

Date: N/A

Phase: Attacking & Defending

Theme: Maximising odd numbers

Format: T → S → G

Objective:

To maximise low/odd numbers at training (3, 5, 7 number ideas)

Practices:

Practice 1: Forward passing/sliding to intercept

Practice 2: 3v1 attacking/1v3 fast break attack

Practice 3: 2v2+1 attacking/defending

Pitch Set-up:

Practice 1: 20x15 technical/skill rectangle

Practice 2: 25x35 skill rectangle

Practice 3: 2v2+1 attacking/defending

Key Organisation:

PRACTICE 1:

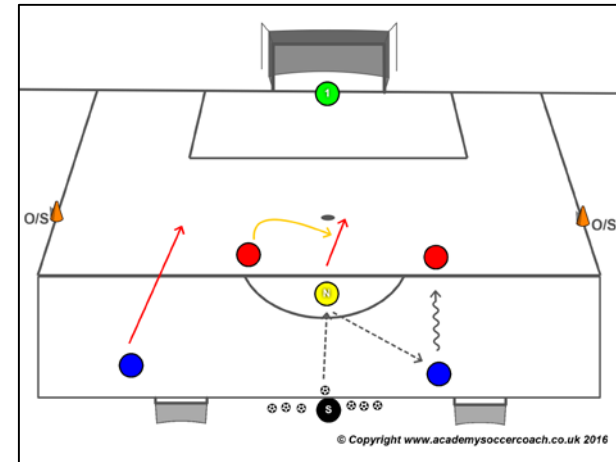
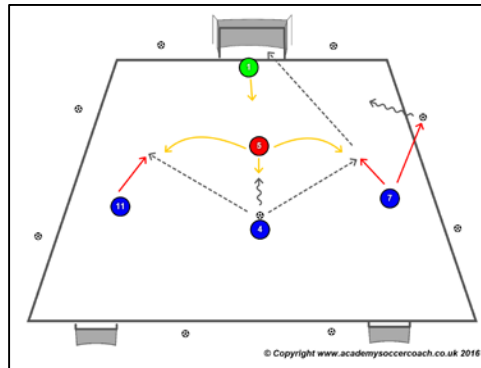
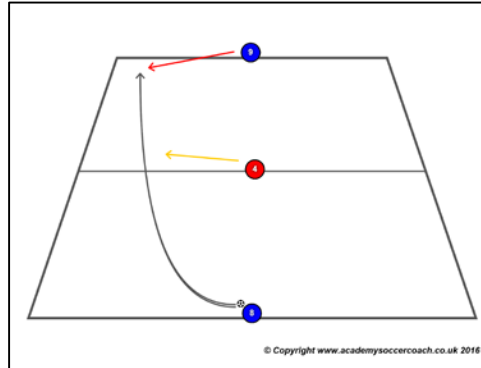
Two players are set up at either side. One in the middle. Two blue players look to send ball back and forth to one another. Red player is looking to intercept the ball.

PRACTICE 2:

Three blue players are set up to attack the one red player and one GK. If the red player wins the ball the player breaks out to score in either two goals.

PRACTICE 3:

Two blue players attack the red players. The yellow N player plays on the team who is attacking. If red players win the ball they score into the two goals. Off sides apply.



4 Corner Conditions:

Attacking & Defending

Confidence

Speed

Believing

Challenges from 4 C.C:

- ❖ Try to look to go forward with a penetrative pass.
- ❖ Try to defend realistically and then counter attack with speed.

Competition from 4 C.C:

1. Count how many passes/goals as an attacking team.
2. Count how many regains/goals the defending team score with their counter attacks.

Coaching Points:

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| <ol style="list-style-type: none"> 1. RELEASE - quality of pass, weight, accuracy 2. RECEIVE - open body to play forward 3. RUN-WITH - progressing with ball | <ol style="list-style-type: none"> 4. RETAIN - ball for available pass or space 5. PROBING and PENETRATING - gaps/spaces 6. PRODUCTIVITY - SCORING with different tech. |
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