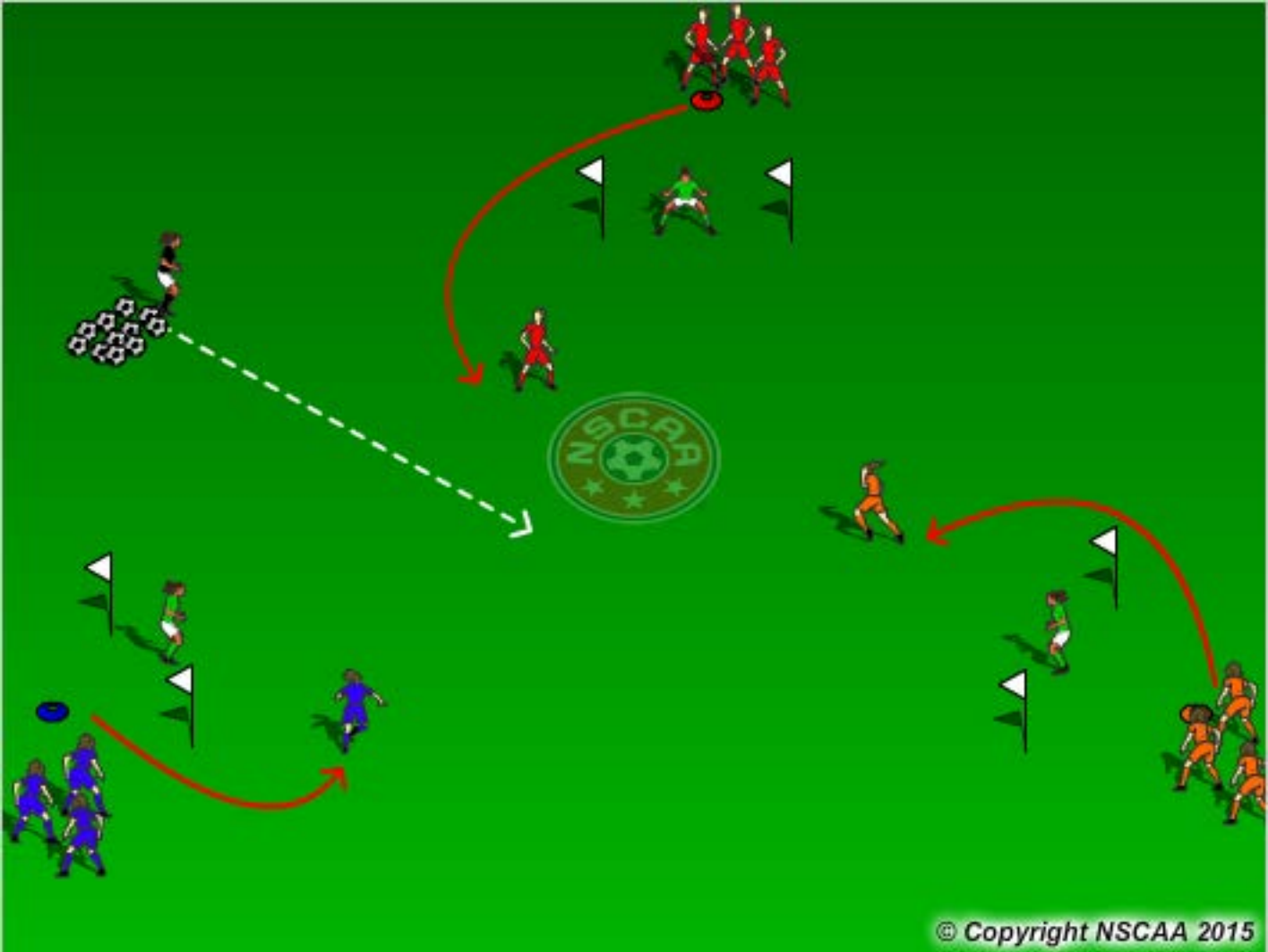
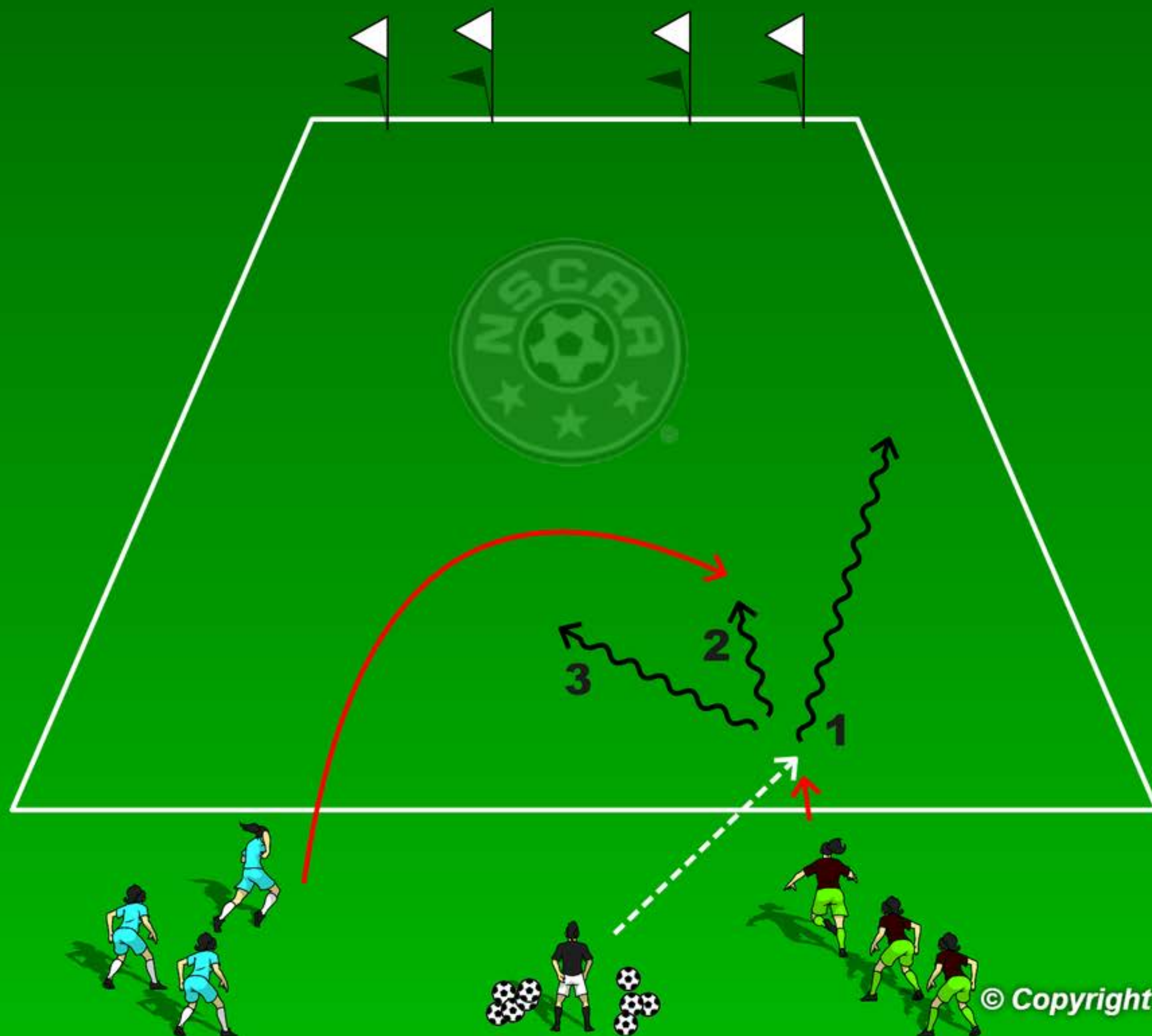


© Copyright NSCAA 2015

STRONG: Lots of frequency. The coach can observe and help individuals. After a shot players move forward to take a turn in goal. Balls can be retrieved effectively. Mini competitions can be set up. Players are active and engaged.



3 Team Game. Coach calls out the number of players and the direction to come out around the goal. Defend one goal, score on two....1v1v1 all the way to 4v4v4 depending on the coach or possibly more than one ball for two 1v1v1. Great grassroots game and lots of chance to be a GK.



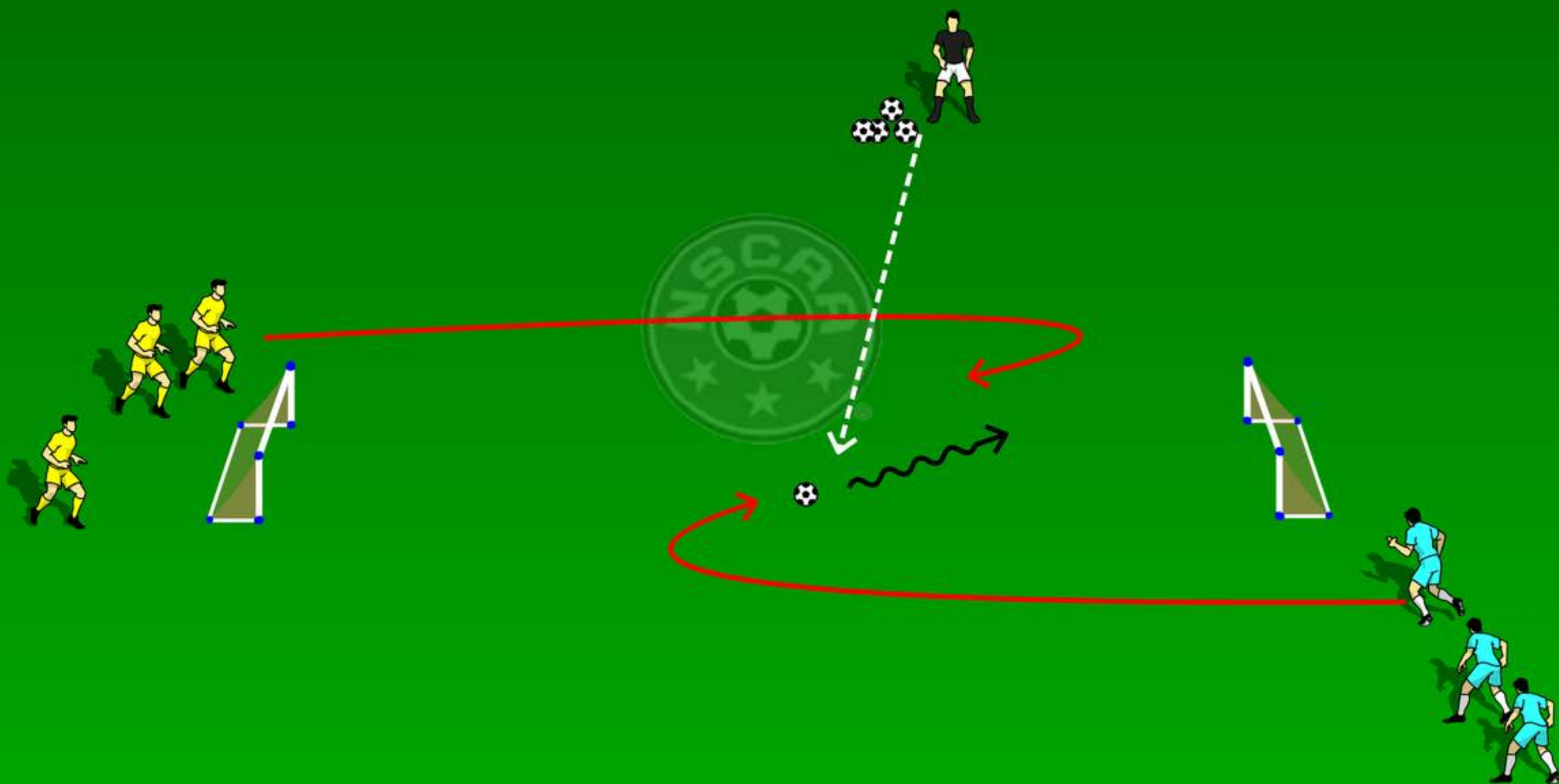
1v1 with direction. Coach plays the ball to one player who must drive toward one of the two goals and dribble through them.

1. Go at speed, 2. Set up 1v1, 3. Drive across field opposite to opponent's movement.

If defender wins the ball the play to the coach as the counter.

Depending on service and opponents first option is to drive straight to goal.

If opponent is engaged then the player on the ball must play 1v1 directly or manipulate pace and direction.



© Copyright NSCAA 2017

1 vs. 1 to goal. Players attack goal they start at.. Defender must recover goal side.

- Recover goal side.
- Do not tackle from behind.
- Face up to opponent.
- Tackle firmly with closest foot. (WHY IS GOOD TO TO BE ABLE TO TACKLE WITH EITHER FOOT EQUALLY?)

1v1 to 4v4 (8 Player Game)



© Copyright United Soccer Coaches 2017

1v1 becomes 2v1 when a goal is scored. It can become 3v1 and then 4v1.

Variation a team can never have more than a one player advantage.

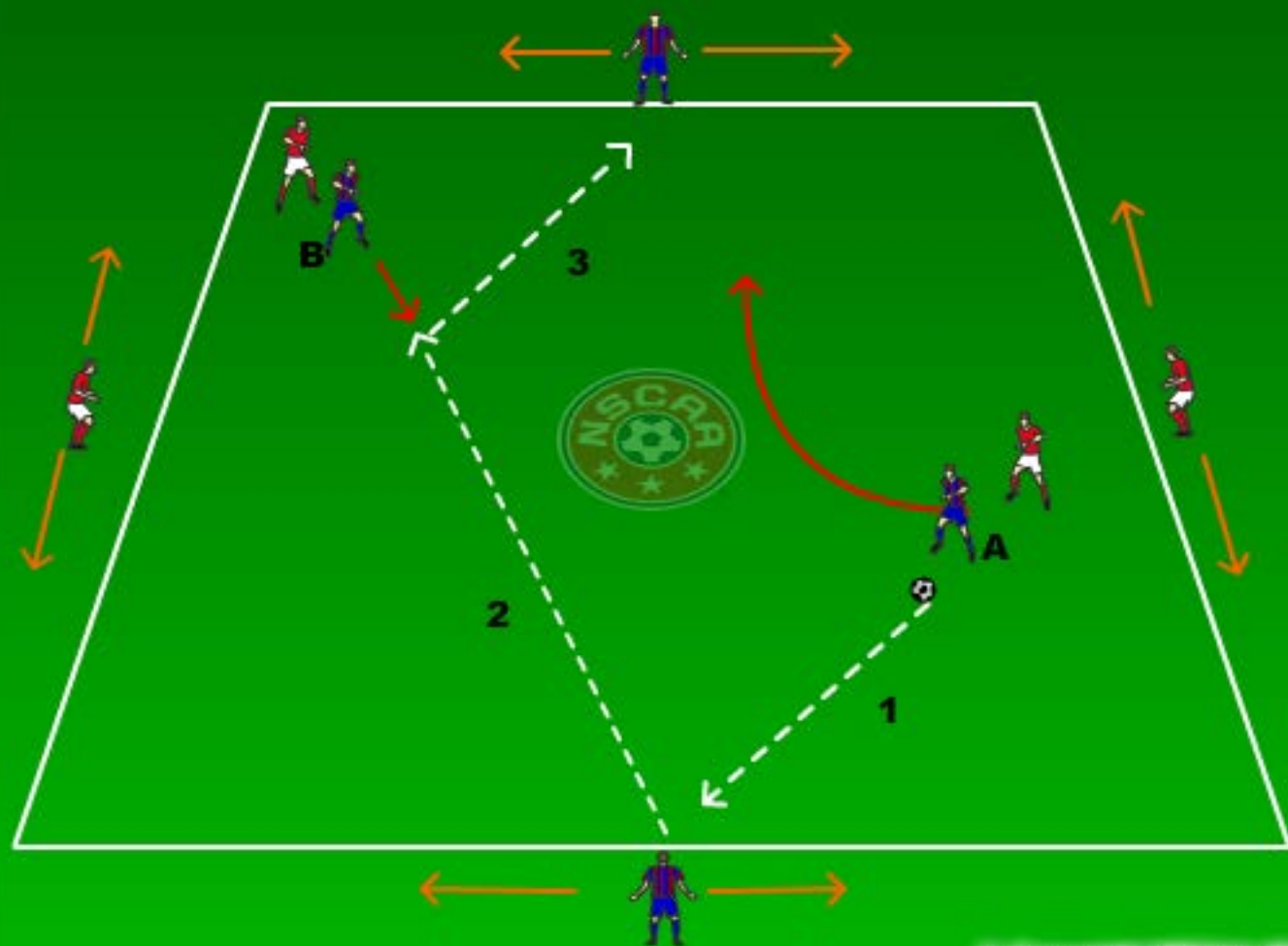
Variation players can sub in and out to keep up a playing level.

Build 1v1 to 4v4 or go the other way 4v4 to 1v1 (losing a player after each goal)



© Copyright NSCAA 2012

"GET OUTTA THERE" A high energy 2 vs.2 game. Every ball scored or out of bounds restarts with coach. Play is continual. When coach calls, "Get outta there" the players must run and tag in their teammates who immediately begin to play. When the supply of balls is finished players gather them for coach. (Permanent keepers is an option)



© Copyright NSCAA 2012

2 vs. 2 plus targets

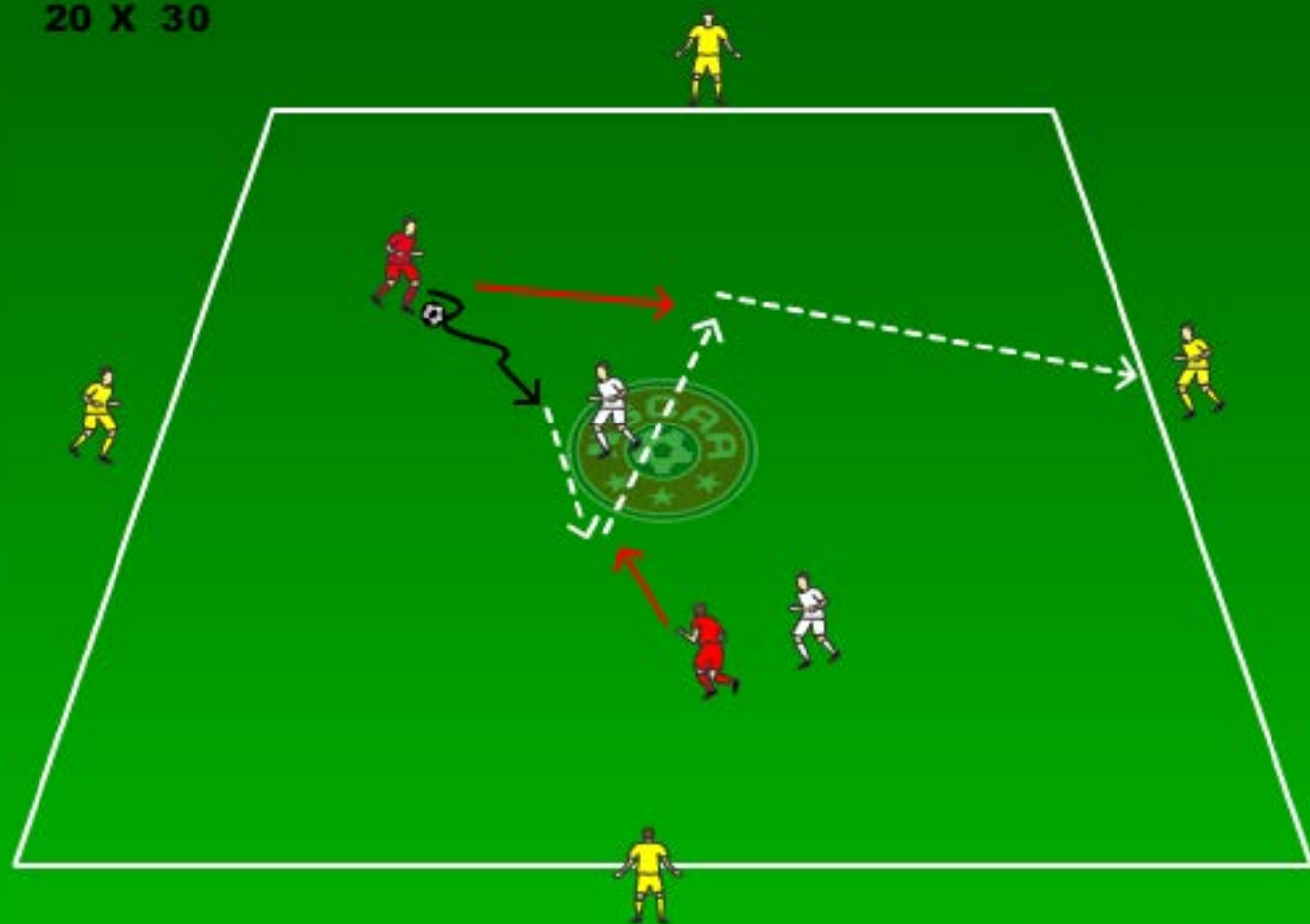
2 targets for team who can move around playing area to make a 4 vs. 2

Score by target playing to the partner player

Pass 1 goes out, Pass 2 finds the 3rd man, Pass 3 goes out again ad player A looks to receive

Continuous play

20 X 30



© Copyright NSCAA 2012

2 vs. 2 with support players

(May develop from 1vs.1 and/or 1 vs. 1(+1))

Identify combination options inside the area before playing to an outside player

Play is continual for 1-3 mins

20 X 40



© Copyright NSCAA 2012

2 vs. 1 and 1vs. 1 continuous play to goals

The "2" RED combine in their own half to pass forward and then support forward pass and go to goal

Player who shoots/scores steps off and play starts the other way with WHITE adding a player

Important to play quickly and realistically and to take what is "on" in each situation

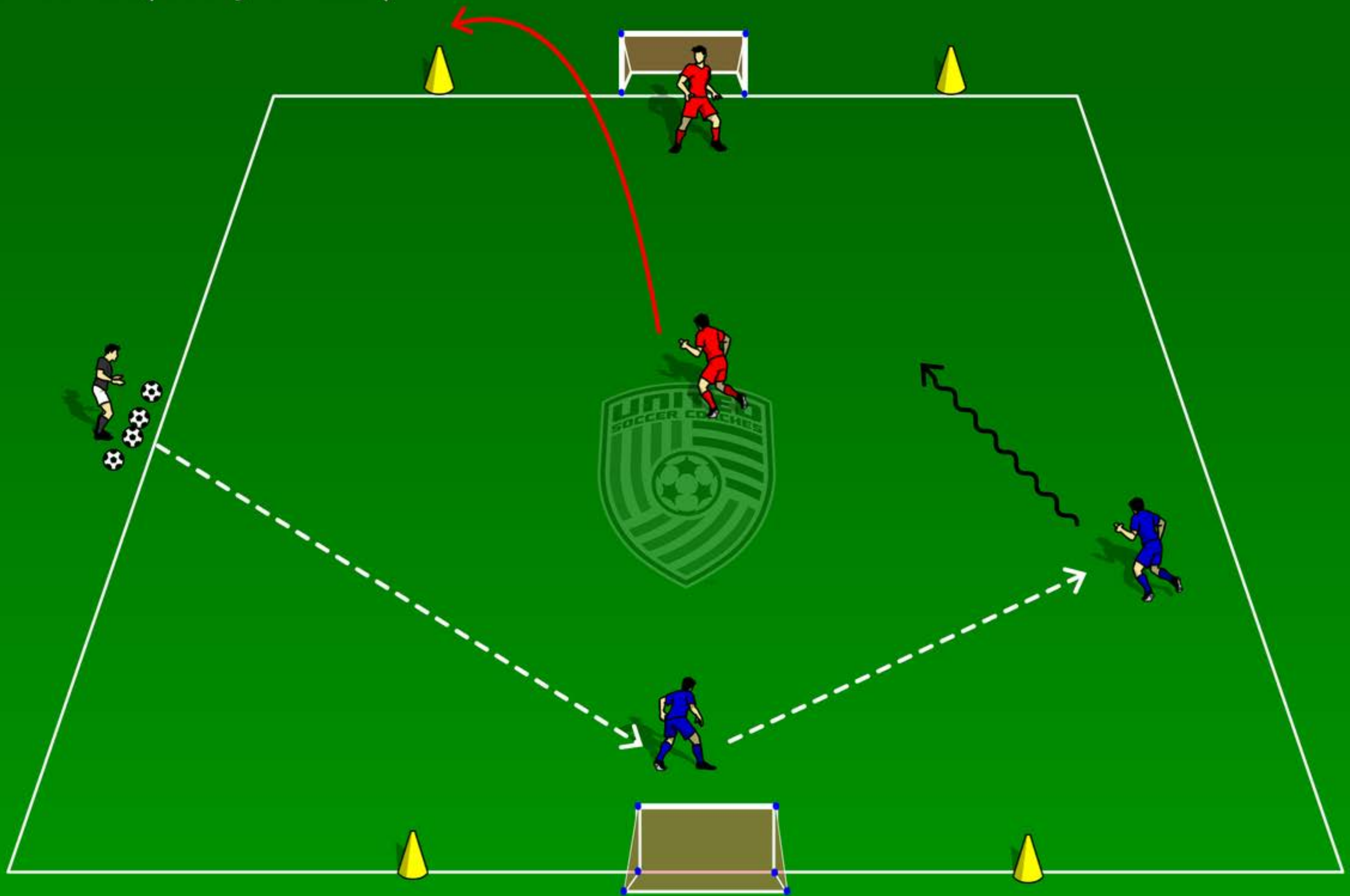
15 X 20



© Copyright NSCAA 2012

1. Support from behind. Overlap into space behind defender created by the dribble inside of teammate
2. Double Pass. Play the way you face under pressure and spin out to get ball back
3. Wall Pass. Defender is committed by the dribble and give and go plays ball behind defender

Fast Break (4 Player Game)



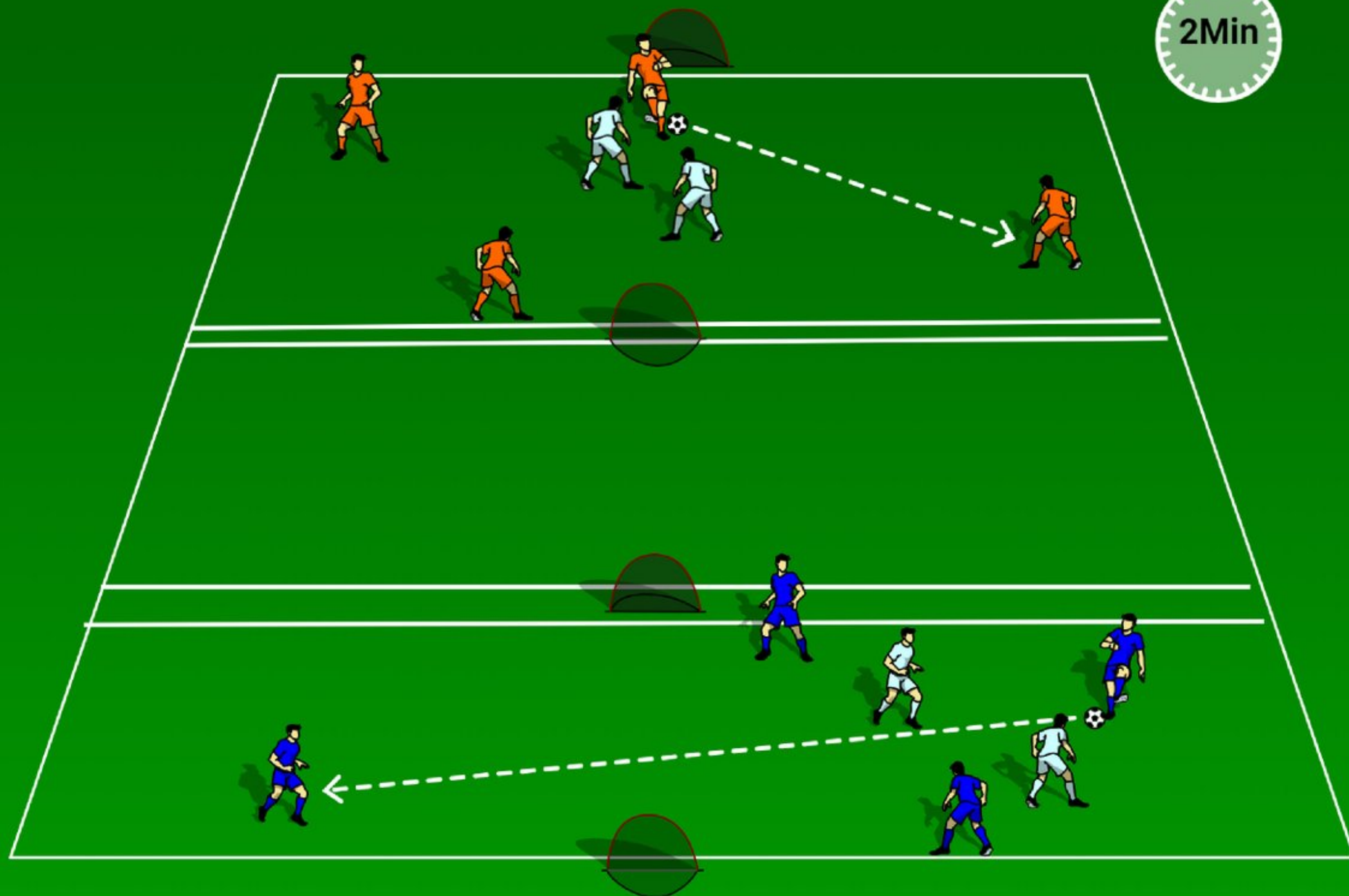
© Copyright United Soccer Coaches 2017

1v1 with GKs....coach plays the ball to one of the GKs.

GK plays quickly to his/her teammate. Defender must run out around cone before rejoining the game.

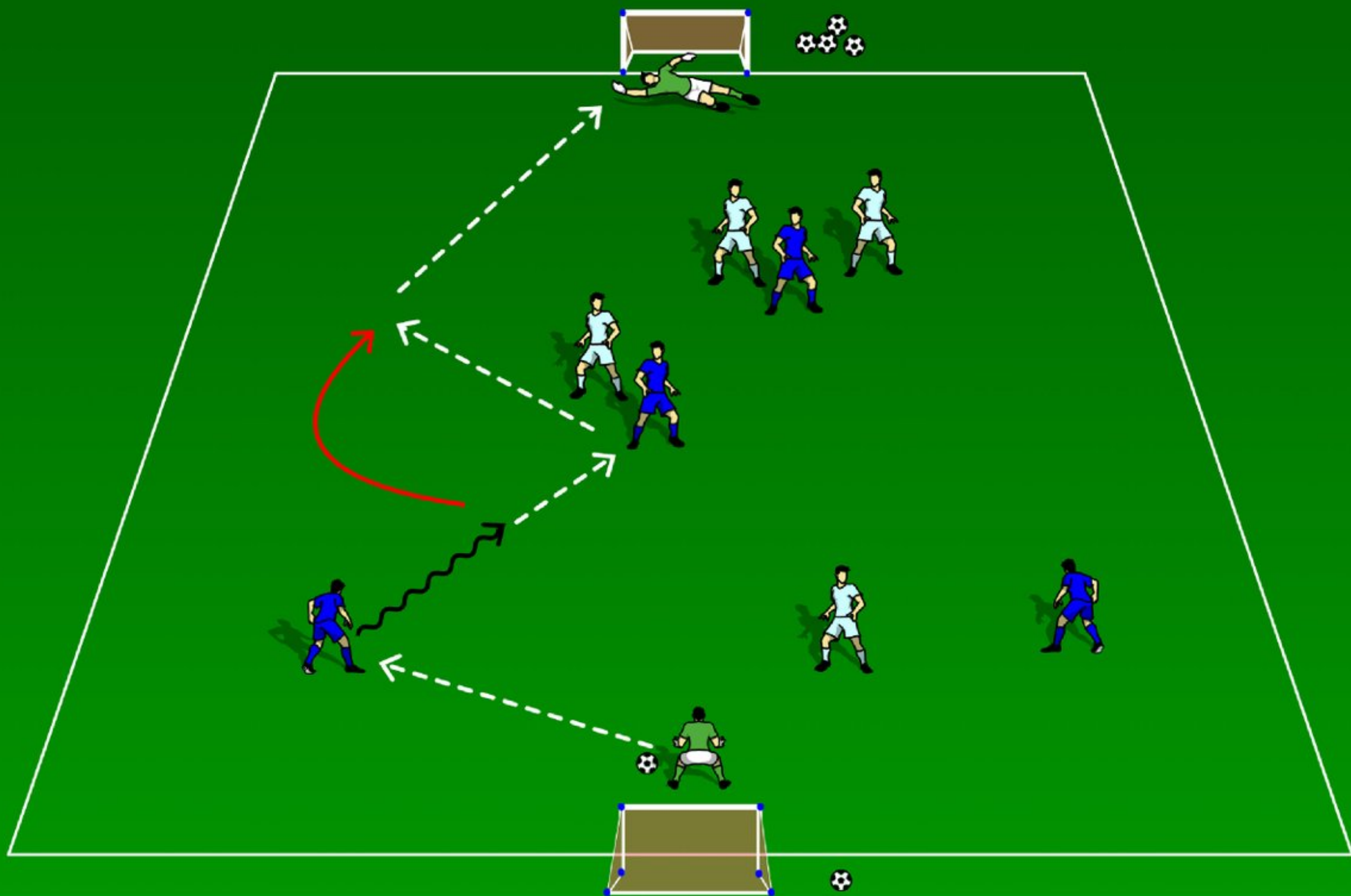
The player with the ball should drive quickly to goal before the defender can recover.

Players reset for the coach's delivery after each goal or out of bounds.



ORGANIZATION x2 4vs. 2 keep ays • # of passes or a split pass is the objective of the 4 • If the 2 win the ball they can score in either small goal and the 4 must defend them • Play 2-4 minute sets then rotate teams.

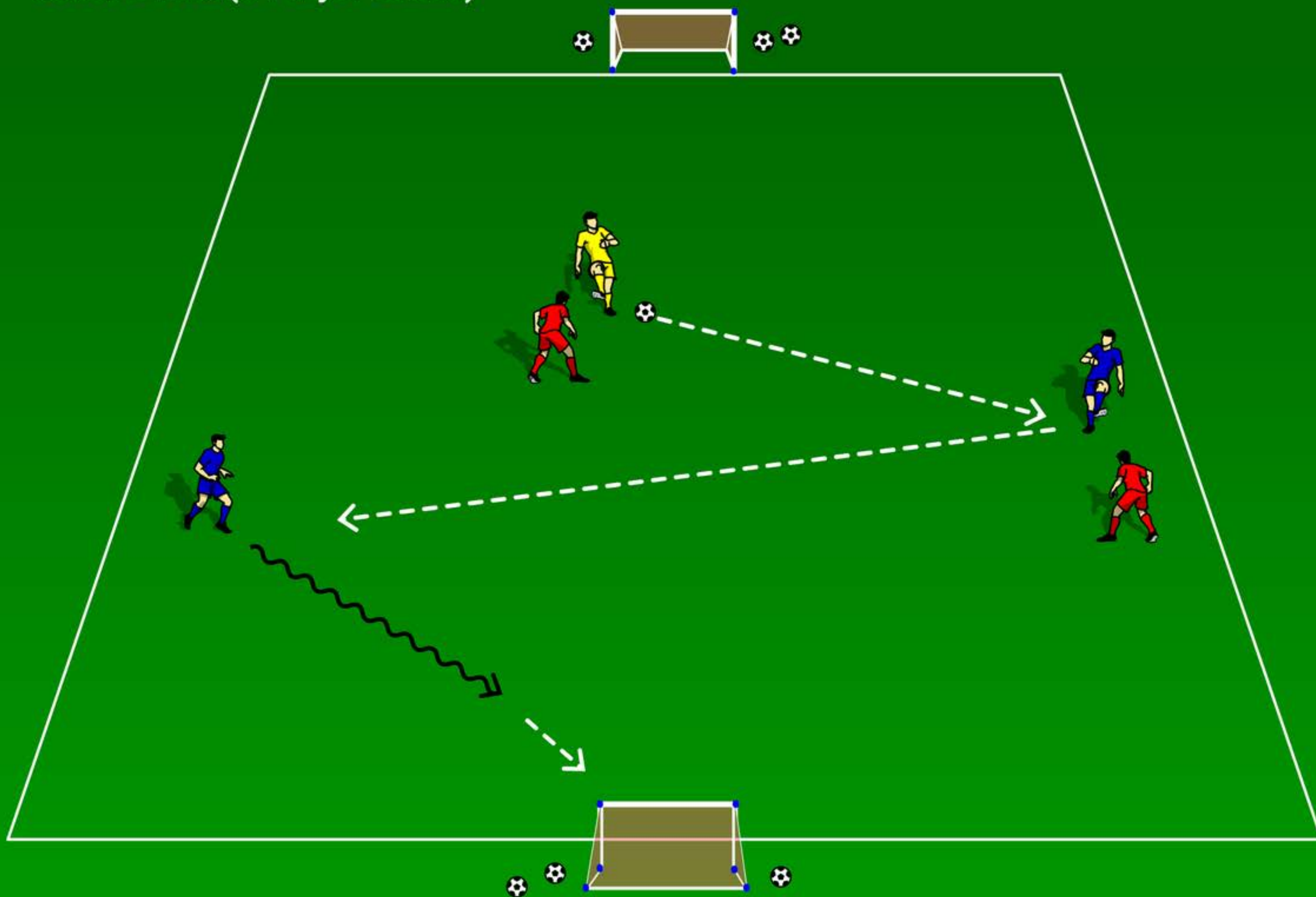
COACHING POINTS Passing and receiving technique should be addressed at all times. Weight, accuracy, playing surface of the foot. Also "taking a look" before receiving should be addressed. • Player with the ball needs support left and right and then the split option. • Each time the ball moves the 4 have a different role: possession, support L/R or the split option. If the 4 lose the ball transition to win it back.



ORGANIZATION 25 x 40 5vs. 5 • Ball starts with the GK each time. • Suggest a basic team shape of 1-2-1-1. • "Make it take it"--if a team scores they restart with the ball

COACHING POINTS "The final piece". • Look for all the previously addressed techniques; passing, receiving, dribbling, turning, shooting, movement to support etc. as applied to the game. • Avoided stopping play and wait to coach at a natural stoppage or coach in the flow.

Joker's Wild (5 Player Game)



© Copyright United Soccer Coaches 2017

2v2 +1 Yellow player works with which ever team has the ball to create a numbers up situation. Emphasis should be on quick play to goal and ball movement to find the free player. Rotate the all time attacking player to give everyone an opportunity in the role.

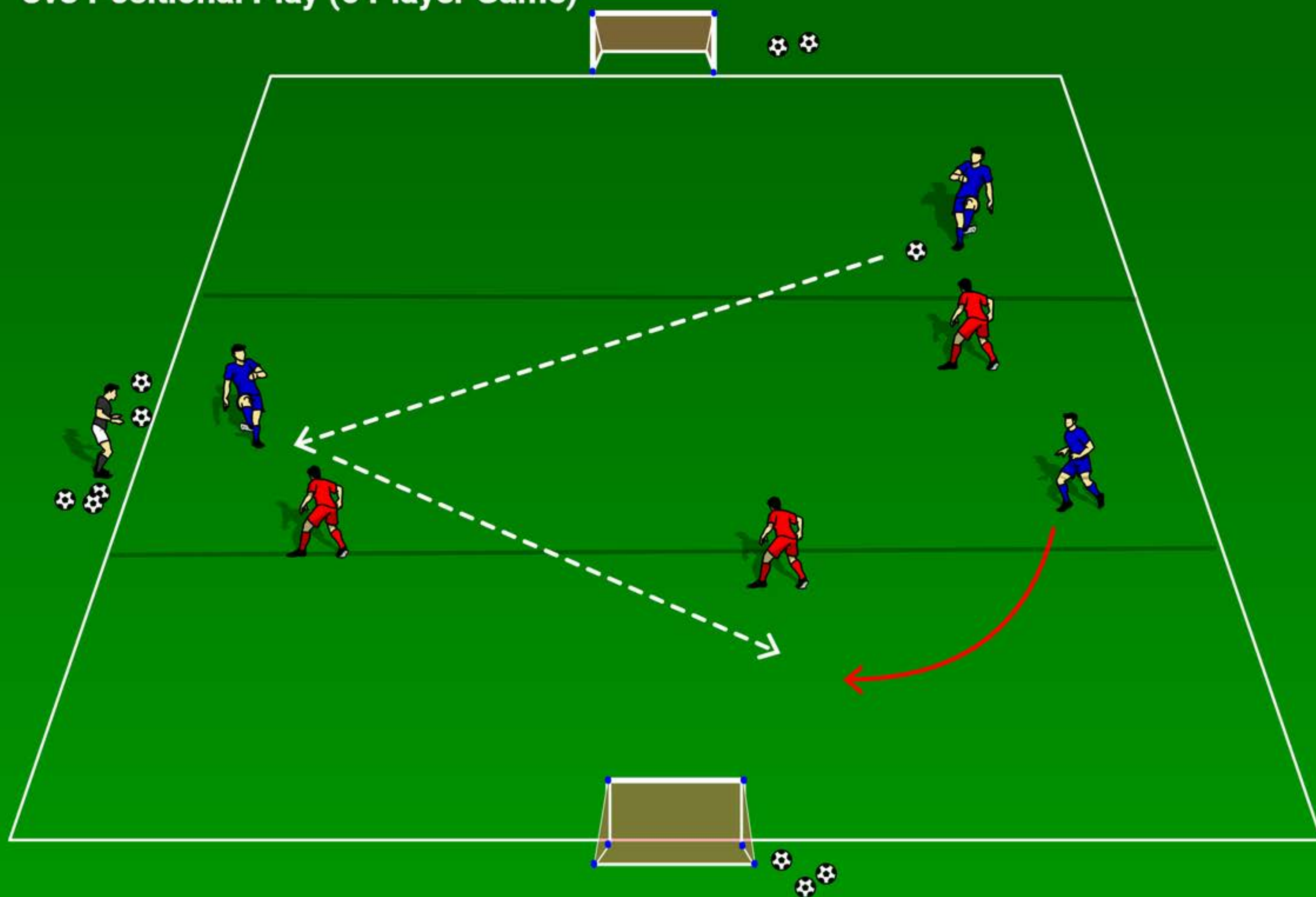
3-2-1 Game (6 Player Game)



© Copyright United Soccer Coaches 2017

Begin regular 3v3 with 3 touch per player limit.
When a team scores they go to 2 touch and then again to 1 touch.
Passing and dribbling get blended into the game.
Vary by playing exclusively to a touch limit per player or total per team.

3v3 Positional Play (6 Player Game)



© Copyright United Soccer Coaches 2017

Focus is on attacking quickly at all times.

Use the 3 zones to see how quickly the defenders can recover to the middle or defending third.

Stipulate when a goal counts....for example if the defenders recover 1/2/3 players to their back third the attack maybe too slow.

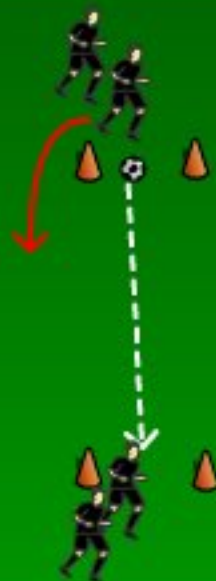
Focus on getting to goal before defenders get deep and compact.

Coach sets the tempo of the game by introducing each ball.

2



3



1



© Copyright NSCAA 2012

PASSING ACTIVITY

- 1. MARBLES** From behind their line each team tries to hit the marble ball and push it toward and over the opponents line. Every ball except the marble is in play.
- 2. PAC-MAN** the players with their ball try to tag those without, who are moving, by passing the ball into their ankles. If you get hit you become a tagger.
- 3. PASSING LINES** Pass and move two touch. Vary surfaces, touches, combo passes etc



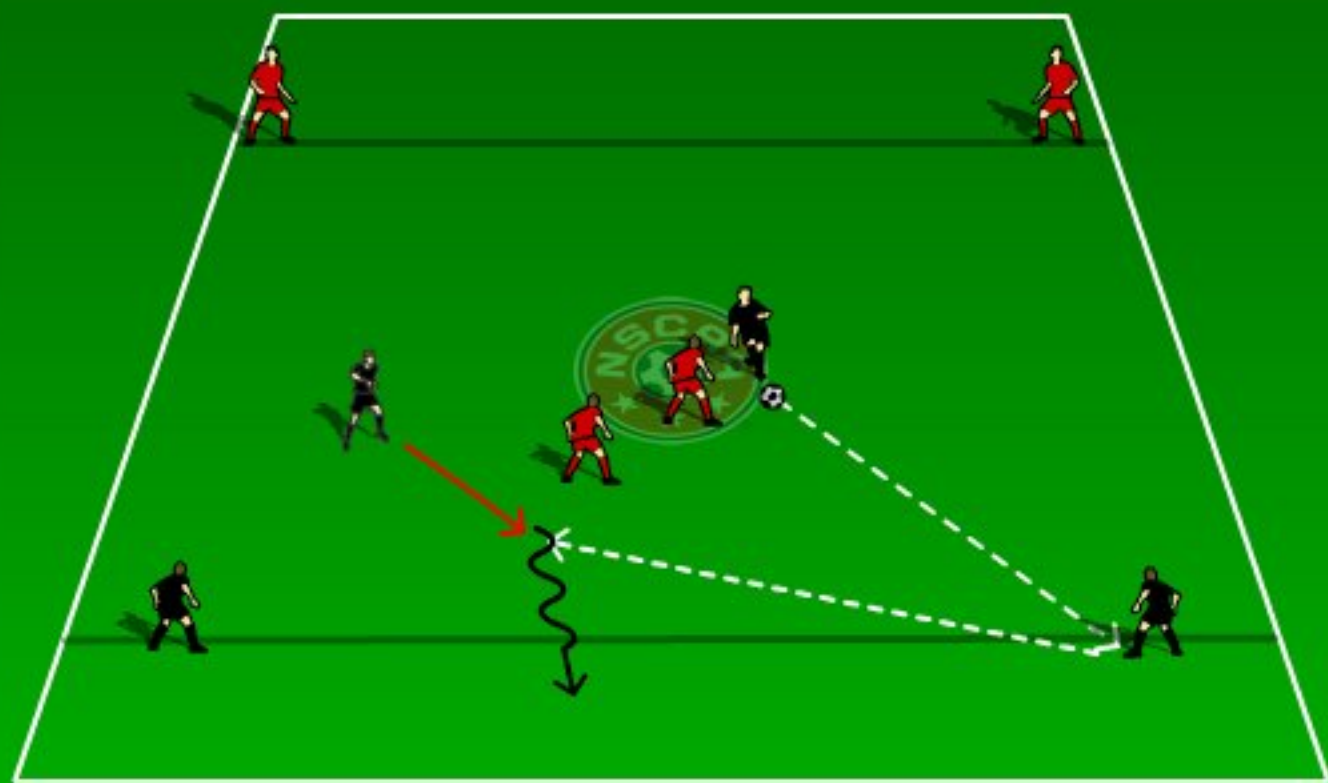
© Copyright NSCAA 2016

3v3v3: Blue attacks green goal. If green can win ball and play to coaches at half way they then form up and attack the orange team. At the same time blue prepares to defend for the next phase. Focus is final third attacking and counter attack.



© Copyright NSCAA 2012

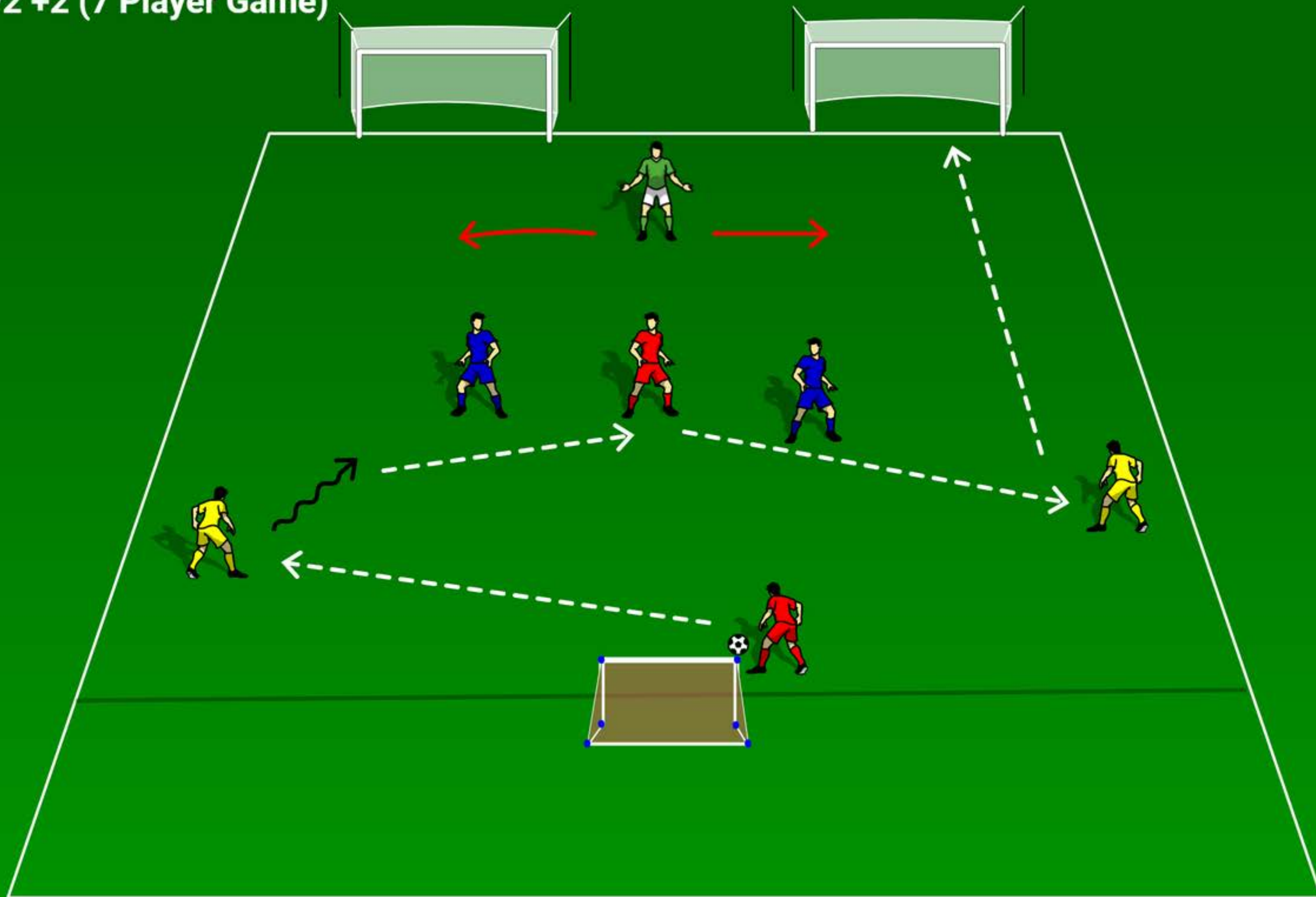
EMPIRE Each player has a ball. Three teams each with a base. Game starts with three balls for each team. Teams seek to steal balls back to their base and protect them. Time of play is up to the coach. Here RED has left a player back and sent others off to steal. BLACK has not left anyone home. WHITE has not sent anyone to steal.



© Copyright NSCAA 2016

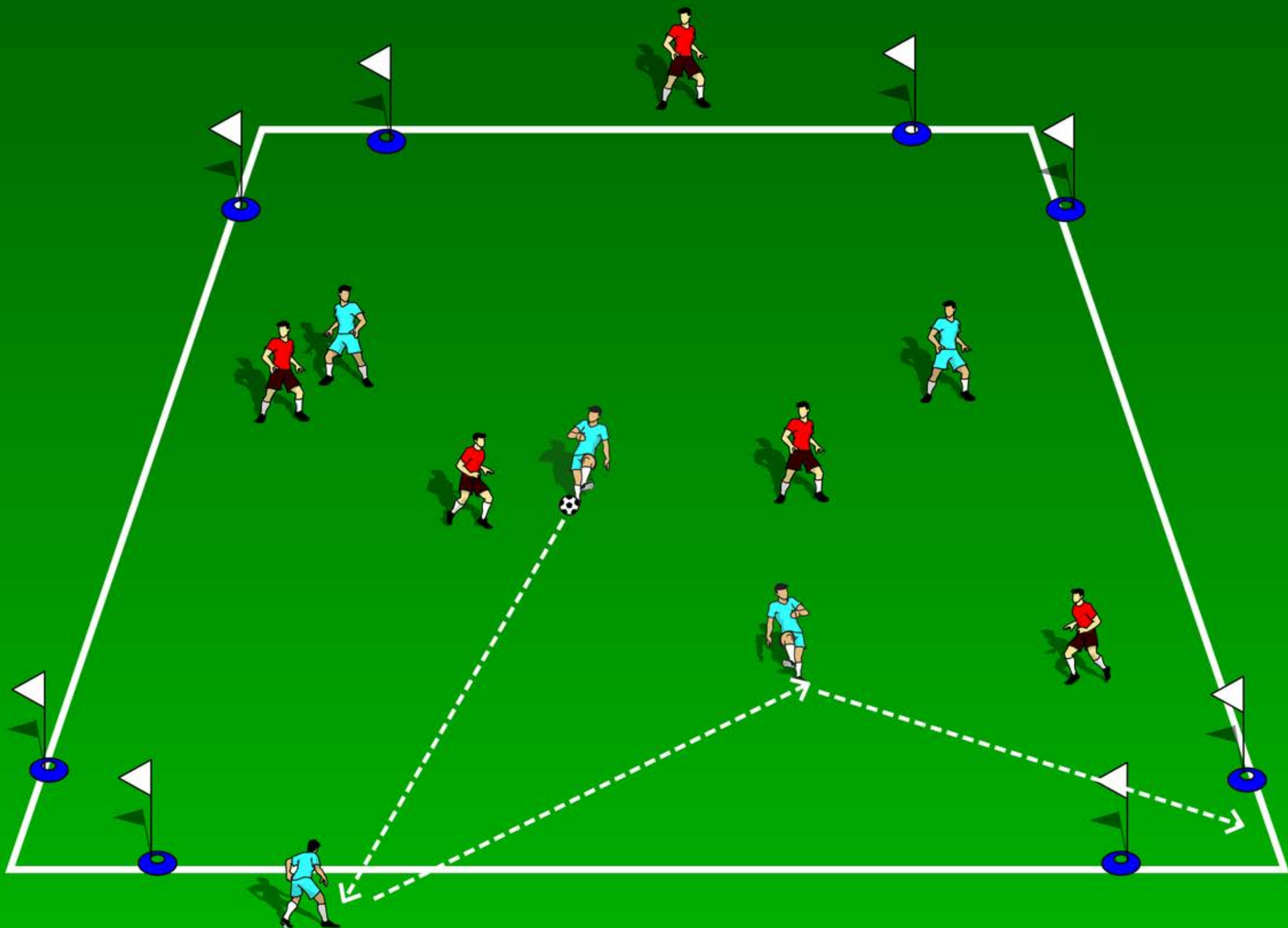
2v2 to a line with "boppers"...."boppers" have 1-2 touch..switch every 90 secs
Score by dribbling over the line, "boppers" can be used to support attack
Coach: when to dribble-when to pass, head up for forward options,
communication and support of "boppers"

2v2 +2 (7 Player Game)



© Copyright United Soccer Coaches 2017

2v2 +2 Goalkeeper has to work both goals. Play to an offside consideration.
Alternate the +2 team or keep key attacking players in this role.
Emphasis opportunistic attacking play. stress the counter option for team of 2 + GK.



© Copyright www.academyfootballcoach.co.uk 2016

To improve technique and vision for angled passing.
Small sided game with angled/side goals and a target player.
Teams seek to score after first finding target and getting a layoff.
The emphasis on looking to play forward on diagonals.
Good functionality for midfielder players.

35x25



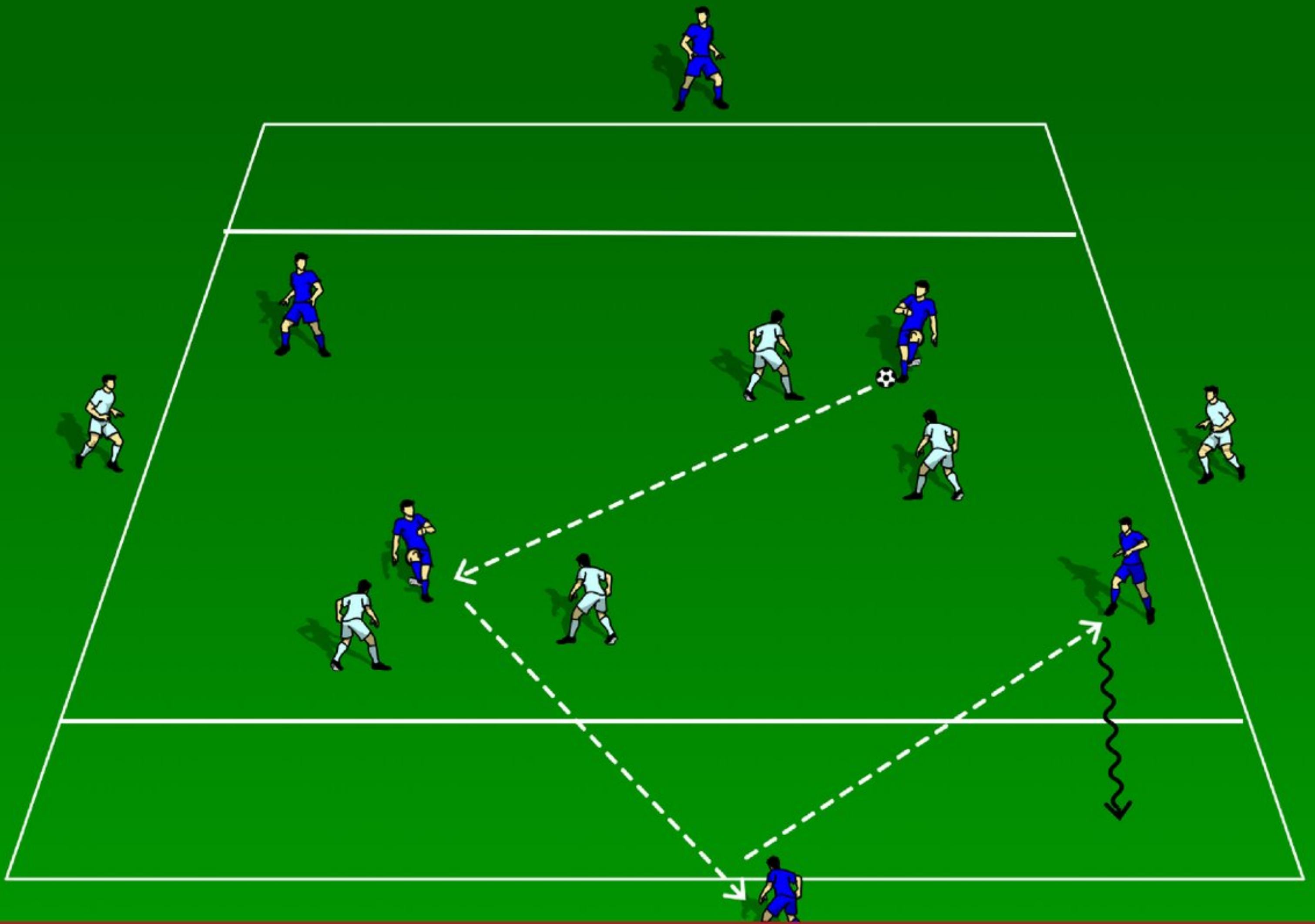
© Copyright NSCAA 2016

5v5 with keepers. GK restarts in back zone cannot be defended
When a player leaves the "build out" zone play is live
Coach: GK distribution, receiving to play forward, identifying when to possess
and when to take more risk



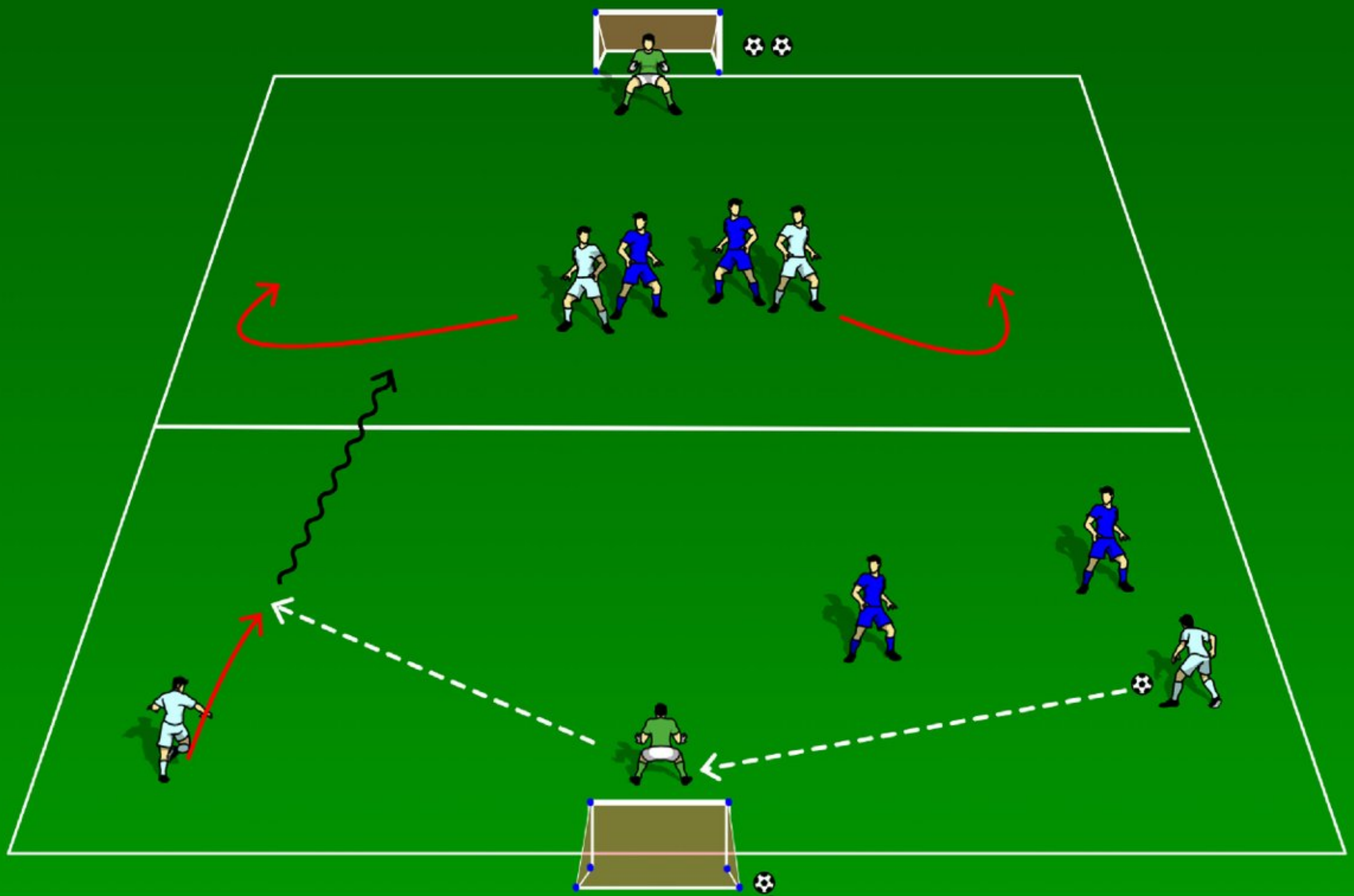
© Copyright NSCAA 2012

BANDIT White team has three GKs defending the triangle goals and one "bandit" defender (A). Black team tries to score as many goals as possible by shooting, passing, receiving back and forth. Coach makes sure two balls are always in play. Both teams take a turn and track their scores.



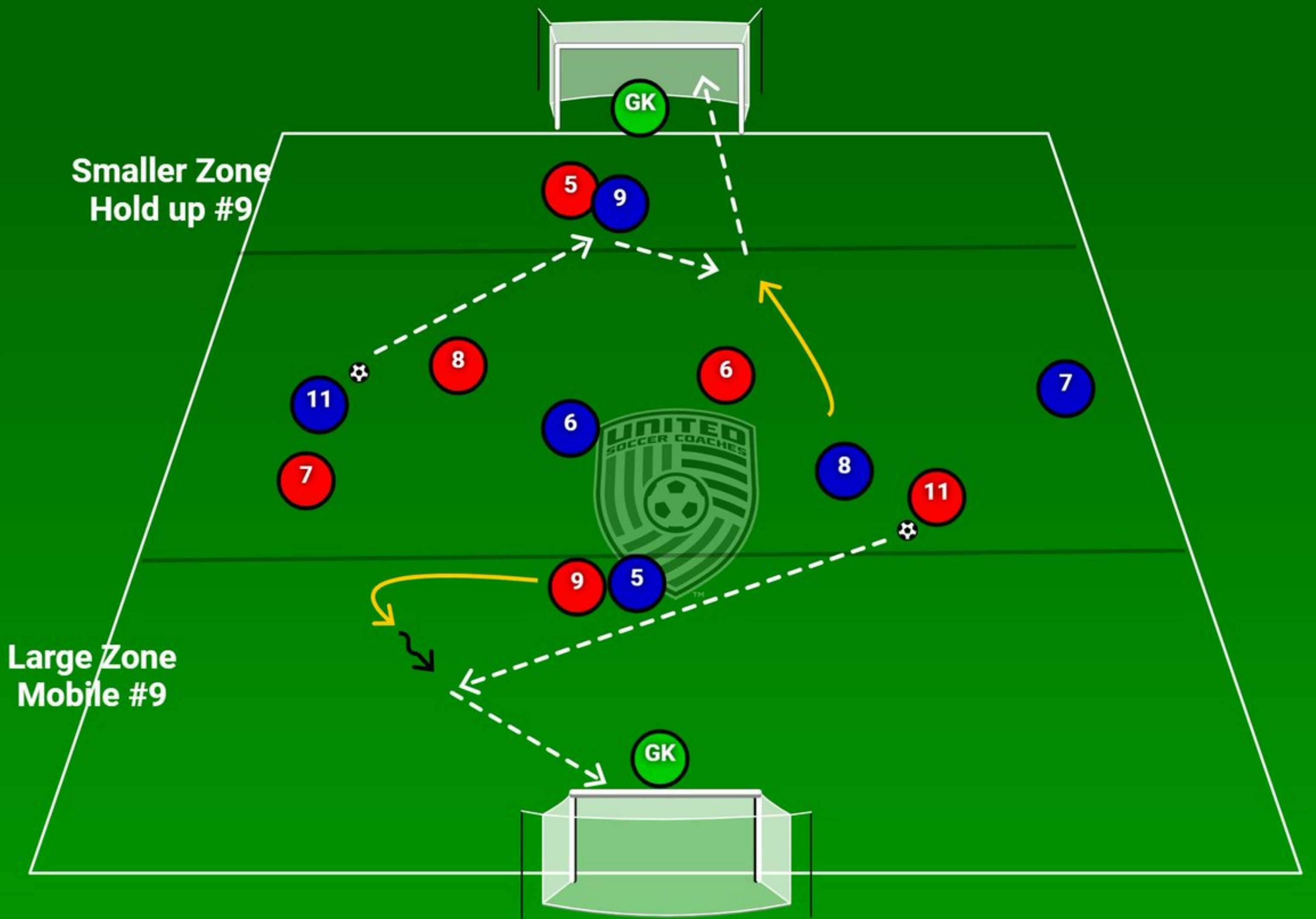
ORGANIZATION 25 x 40 4vs. 4 to endzones (with 2 "boppers" per team) • One team has "boppers" N and S. one team has "boppers" • To score dribble into endzone OR receive a pass in the endzone.

COACHING POINTS Be prepared to use the 2 man advantage. • One team has depth and length in support. One team has width in support. • Create combinations that set up a final positive forward pass OR dribble.



ORGANIZATION 25x40, 5 vs. 5 • Ball starts with the GK each time. • Each team has two outfield players in each half. • Back players may enter the attacking half on a dribble or a passing combination to create a brief numbers up opportunity.

COACHING POINTS Maintain possession 3vs. 2 (including the GK)
Observe passing and receiving technique and supporting movement.
Vision should always be to play to targets and support OR to dribble into the attacking half if space is available.

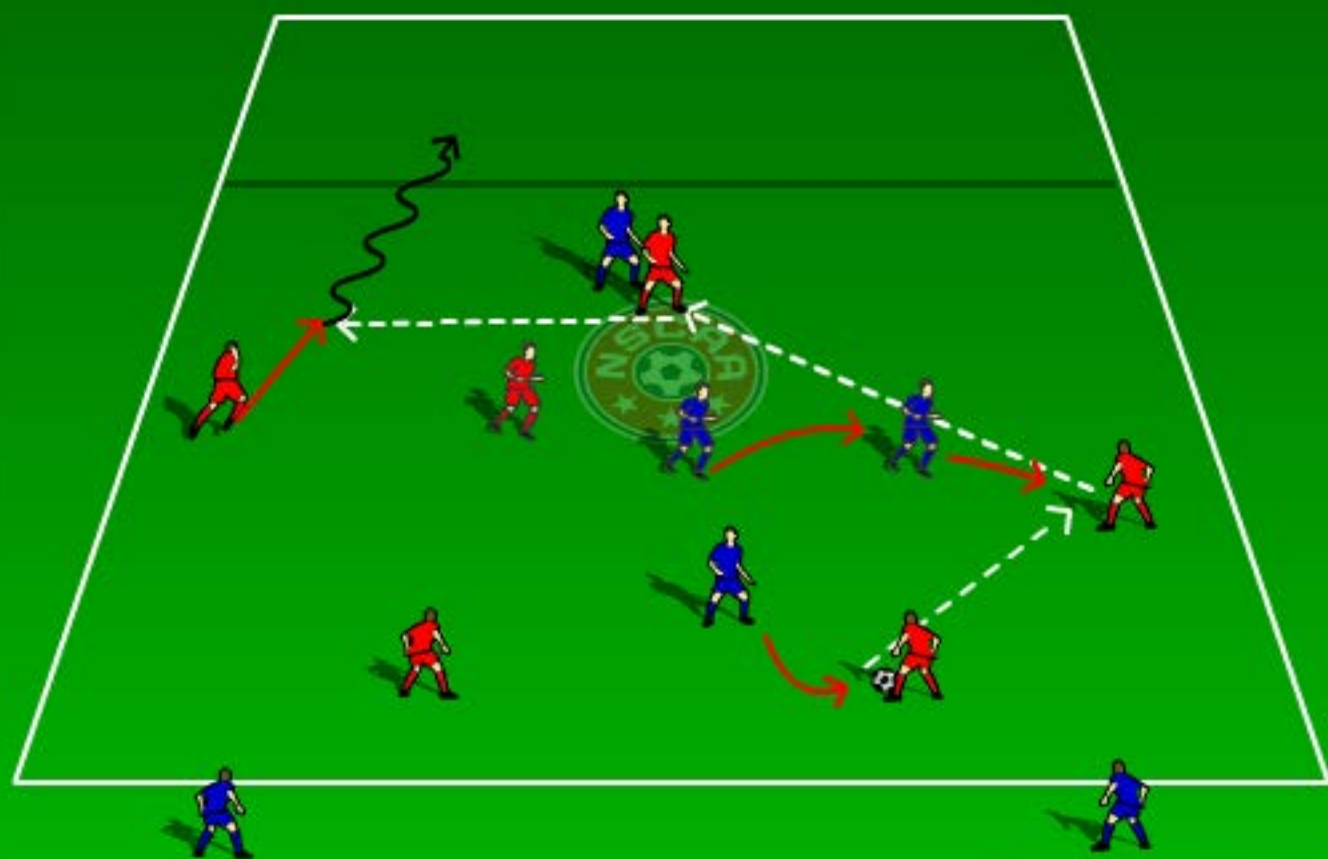


A 3 zone game that encourages playing into the #9 and then supporting.

Variation is to have the zones different dimensions based on the function or quality of the #9.

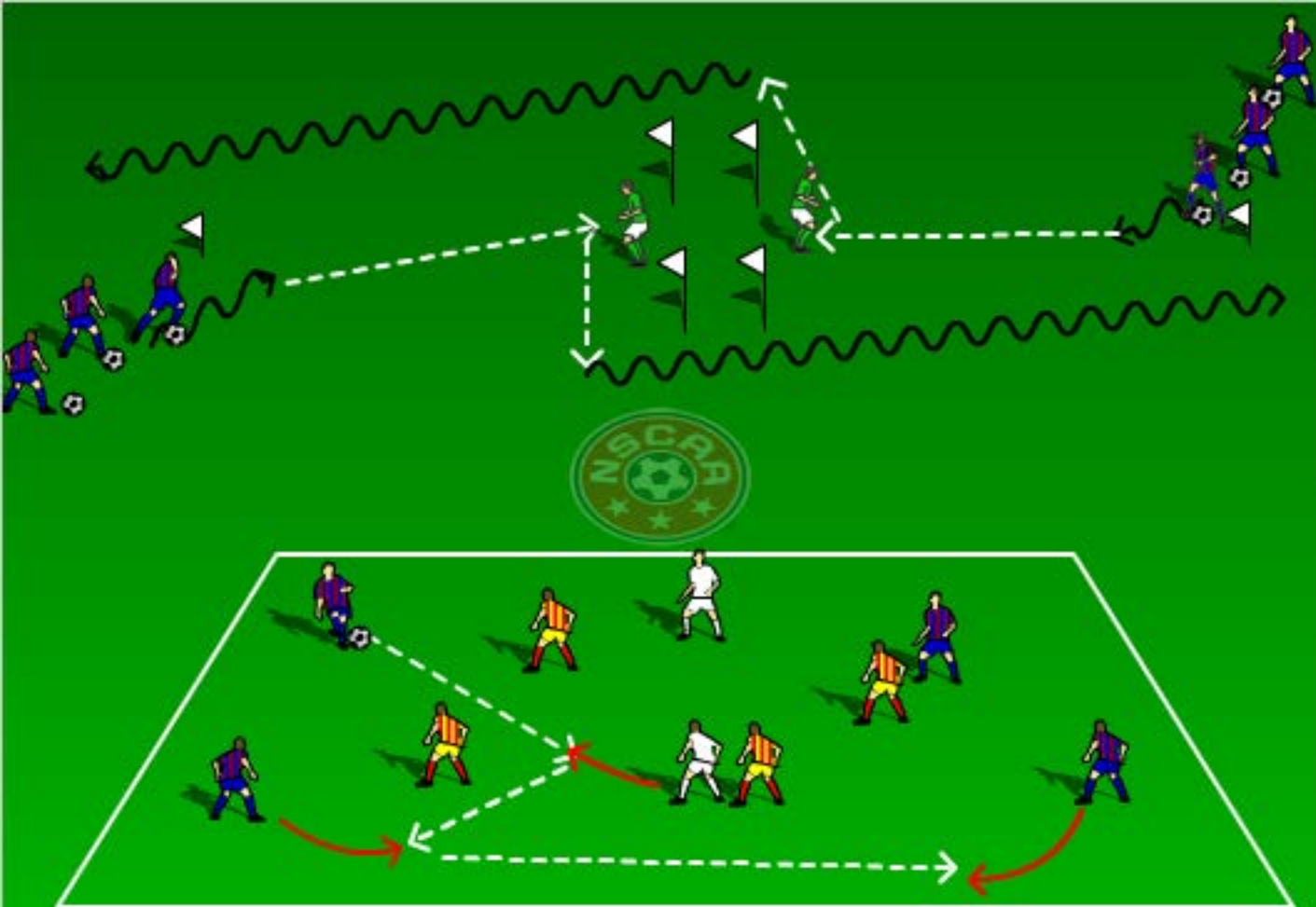
A small zone for the target #9 to bring others into the game and then get into the box.

A large zone for the #9 who is mobile and quick and plays off the shoulder of the defender to get in behind.



© Copyright NSCAA 2015

6 vs. 4 Playing quickly in tight spaces: For a team breaking down an opponent in the final 1/3 take the forward group (here a 2-3-1) and demand the opposing group presses quickly and aggressively numbers down. Outlet counters are also subs to keep up intensity. Red are forced to play quickly and positively.



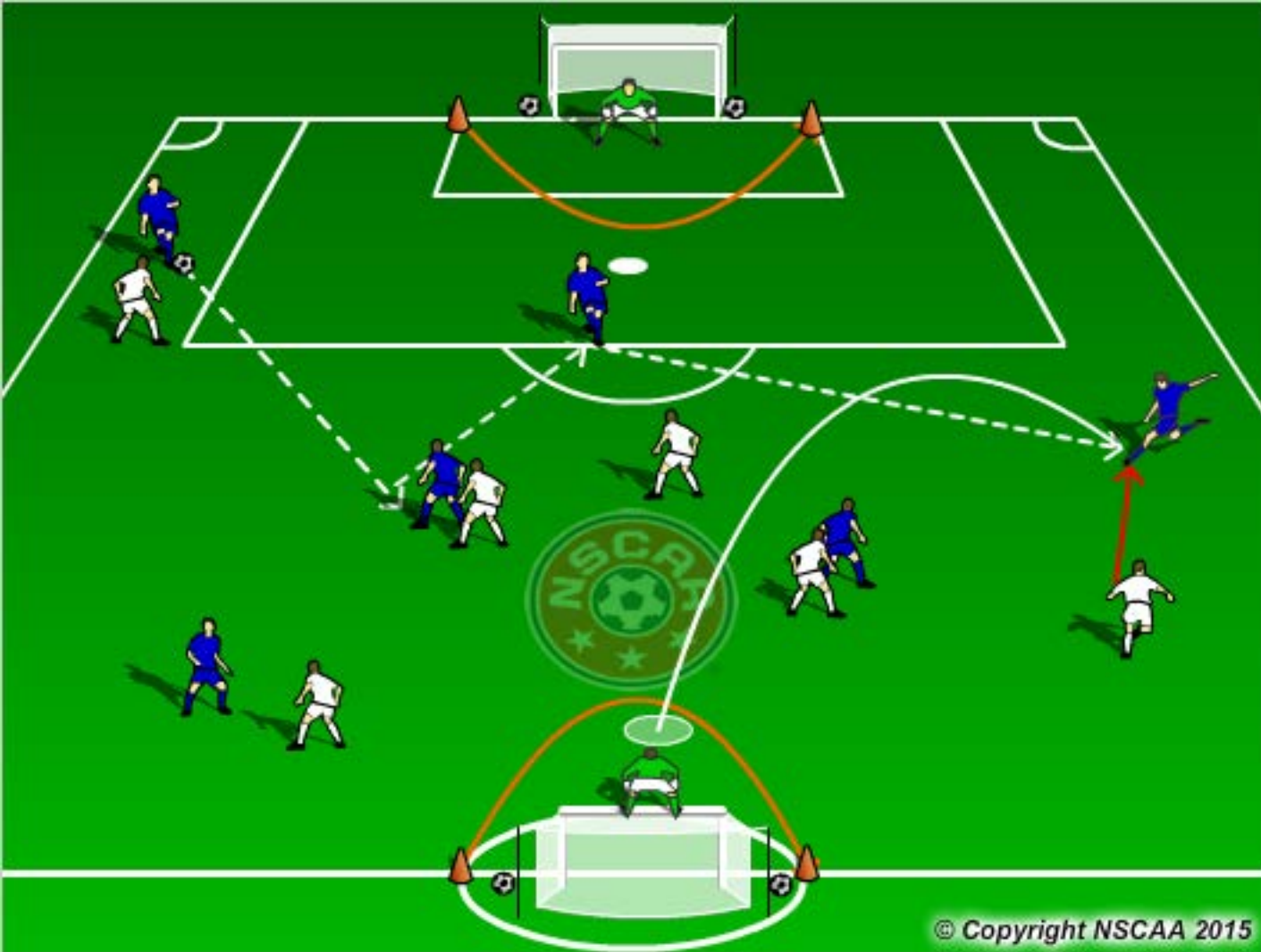
© Copyright NSCAA 2015

Warm up for x18 players including keepers. Keepers defend two smaller goals back to back, players pass/chip/drive balls in and then move to receive a return ball from keeper and dribble on. Excellent sensible keeper warm up with technical reps for all. The rest of the group play a 4v4+2 possession



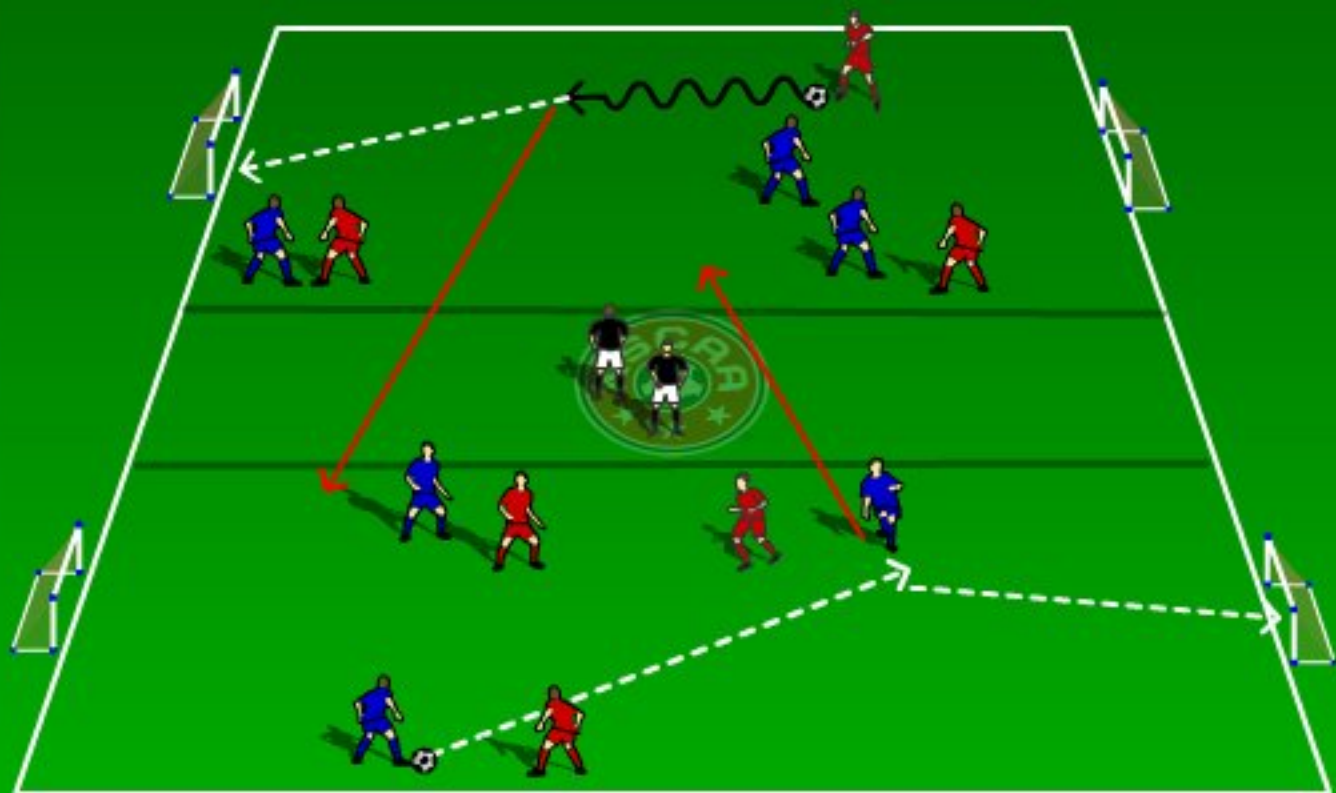
© Copyright NSCAA 2015

Possession activity: Blue team of x5 and x2 GKs working on ball circulation. Yellow team of x3 seek to dispossess/intercept and if they do may attack either goal. Subs are ready to keep defending pressure high. Possession team should have objectives e.g 10 passes for a "goal" etc.



© Copyright NSCAA 2015

For Possession to Penetrate and for Pressure and Cover.
Objective to get into opposing GK on the fly. GK must stay in an area.
Possess always looking to play directly.
Defensively pressure to deny ball over and cover to help the 1 vs. 1s.



© Copyright NSCAA 2016

Play x2 even number games (3v3-5v5)

Game condition is after a player scores they join the other game

The potential for overloads and underloads is great

The opportunity to play with and against all players is great



© Copyright NSCAA 2016

Getting deep players into the attack off the ball.
3 +keeper v2 in each back third. 2 neutrals restricted to middle area.
Start with keeper and the 3 who must find a pass into middle third.
One player from deep can be released forward to make a 3v3 in attacking area.



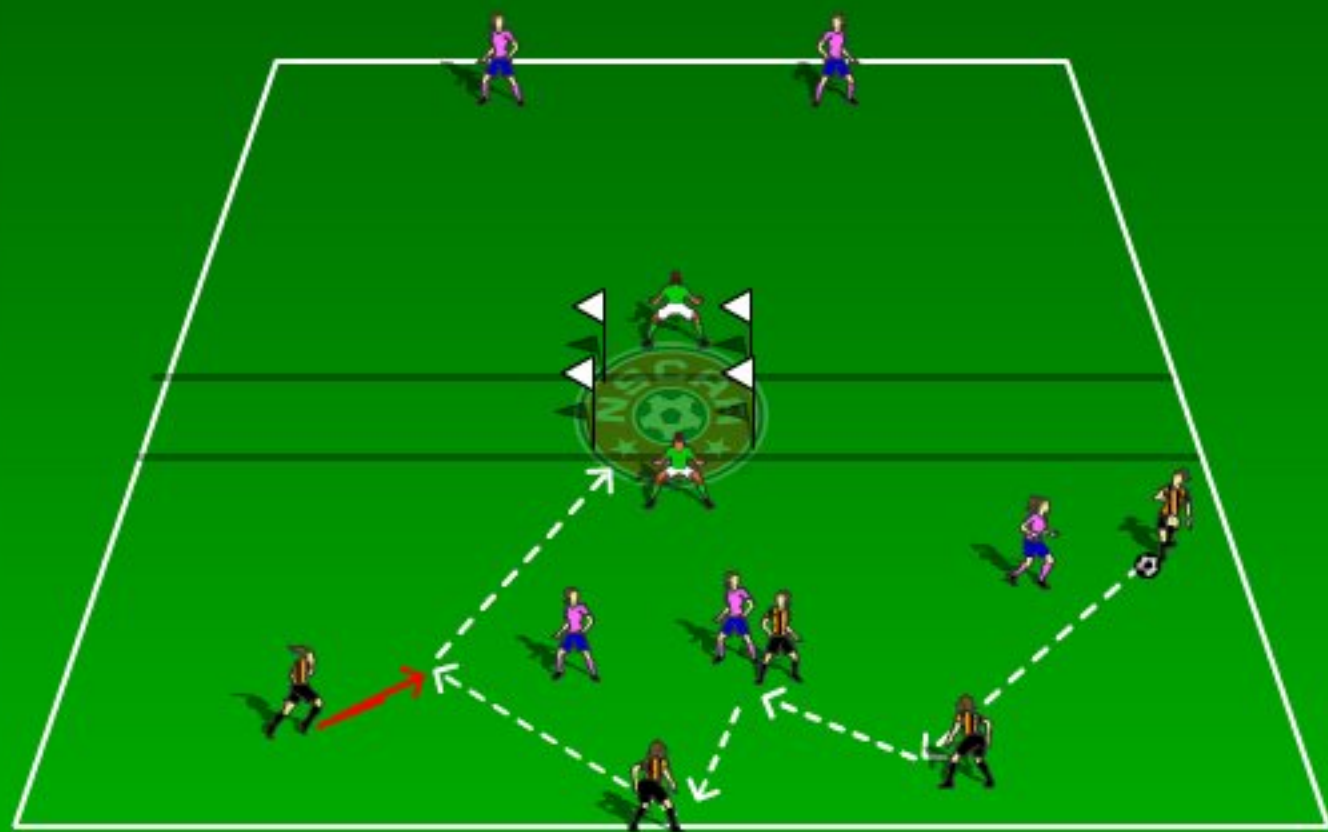
© Copyright NSCAA 2016

5v5 including GKs and an all time offense player
2 touch in defending half unlimited touch in attacking half
All time offense player seeks to give numbers up in defending half
Coach: efficient low risk possession in back half and go for goal in front half



© Copyright NSCAA 2016

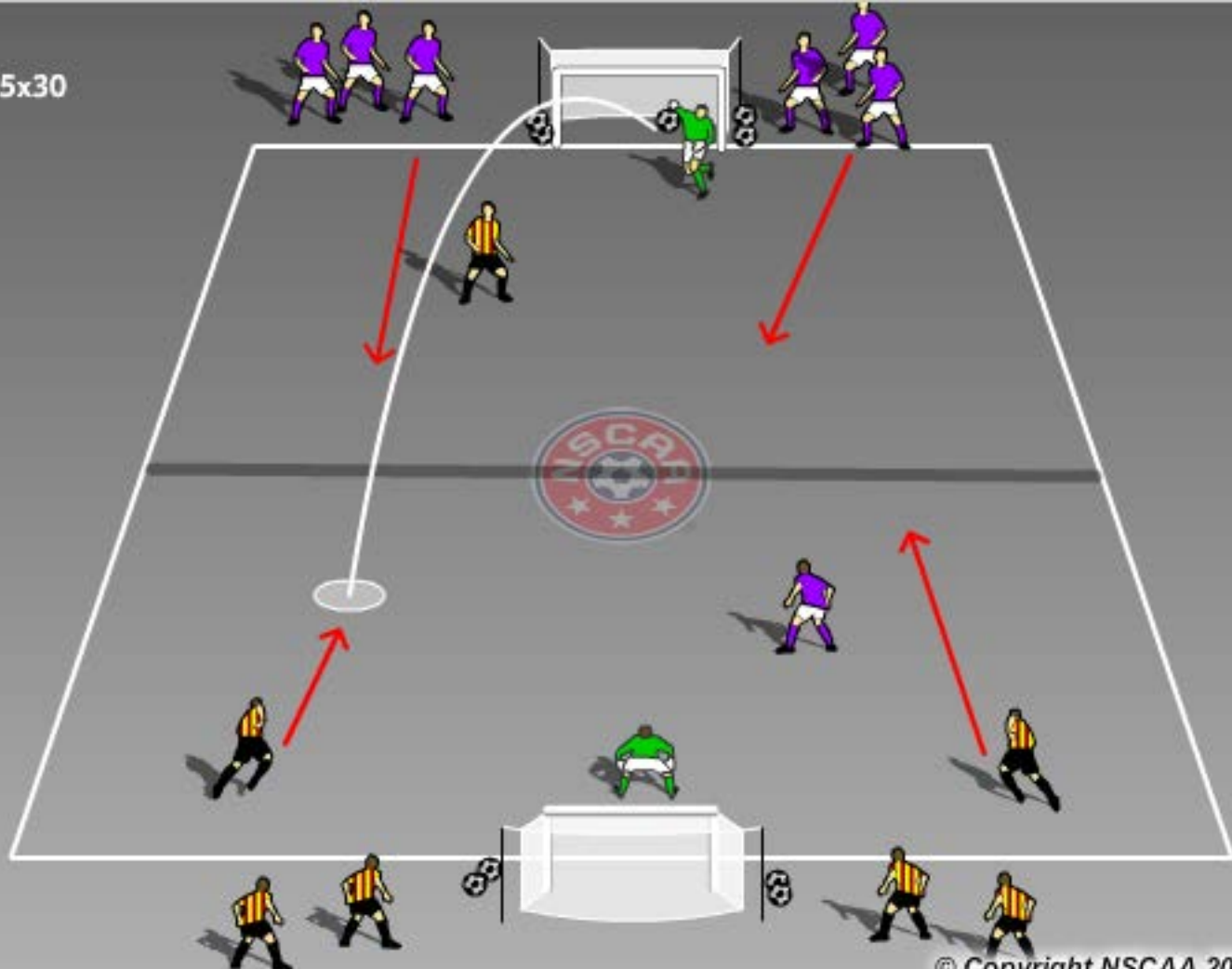
5v2 or 5v3: 5 score by dribbling through corner goal, 2/3 score by winning ball and playing to outside team mates. Here as the player dribbles to goal as team mates clear out space for the next attack.
An activation game before a more formal directional game.



© Copyright NSCAA 2016

Play 5v3 in one half. If the the 5 score or the 3 win the ball and play long to their two colleagues a 5v3 occurs in the other half with two players always staying in the attacking half.
Game is fun and energetic and serves as a good second activity in 4 part plan.

25x30

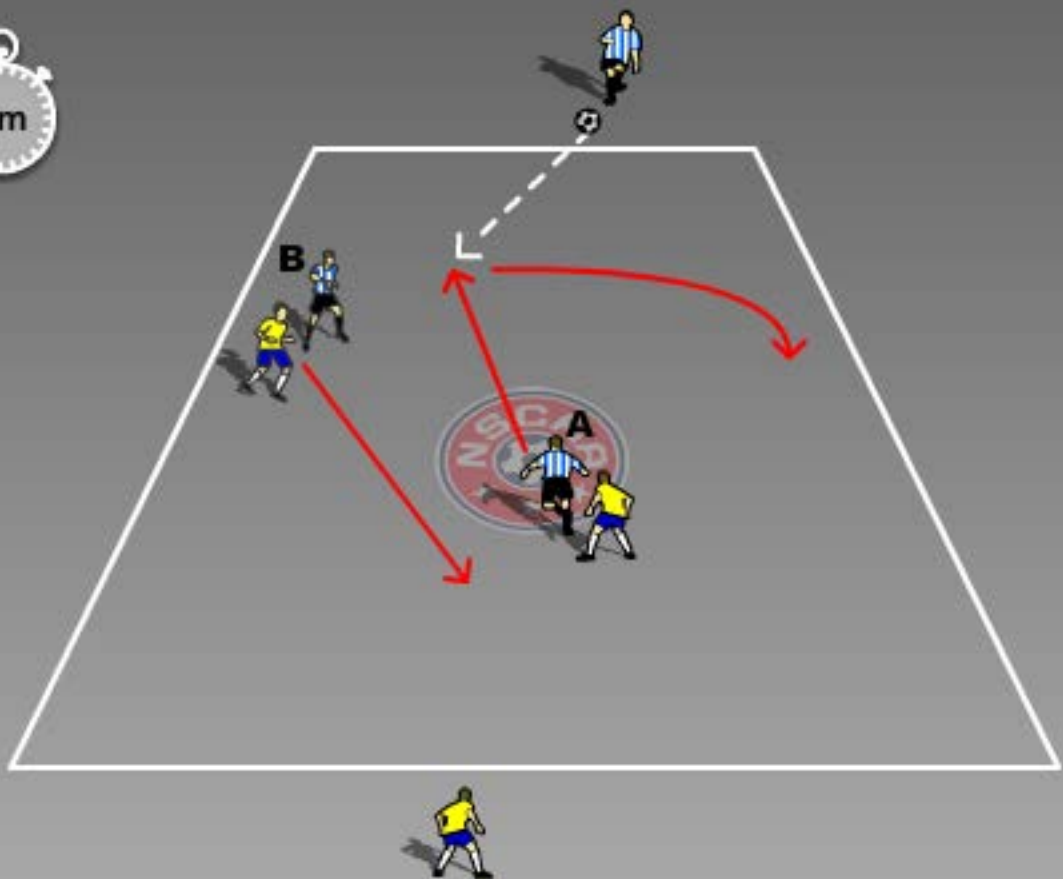


© Copyright NSCAA 2014

GKs alternate serves to opposing team. 2 vs. 2 ensues. Both teams have a permanent striker (who cannot defend).

Activity allows for frequent 2 vs. 3 overload for attack to goal.

Goal directed, finishing game, can keep x14 players active effectively.



© Copyright NSCAA 2014

Receiving and Turning 2 vs. 2

Player A moves to receive a pass as Player B checks away taking a defender with him. Player A looks to turn to find the opposite target or teammate, Player B. Paired movement and combination are key. (Rotate players frequently)

15x25

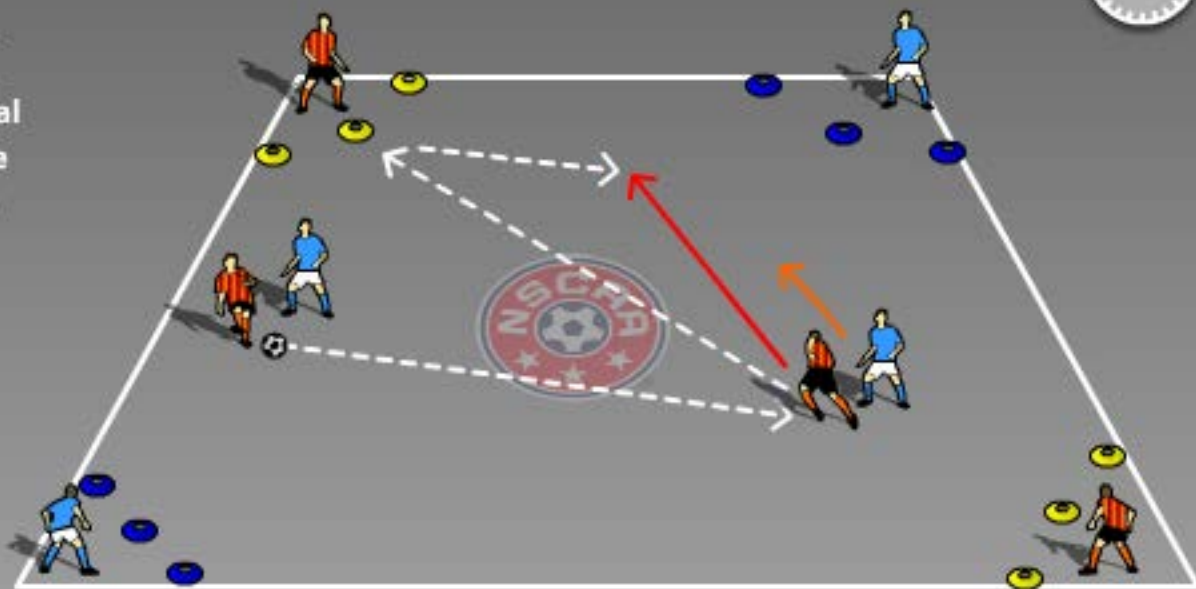


© Copyright NSCAA 2014

2 vs. 2 with targets. Designed for midfielders to join in with attackers. The attack must involve the target, who must stay between the goals. Options: Use other target for support. Ball can go back to either midfielder. Ball must go back to the "other" midfielder as shown here.



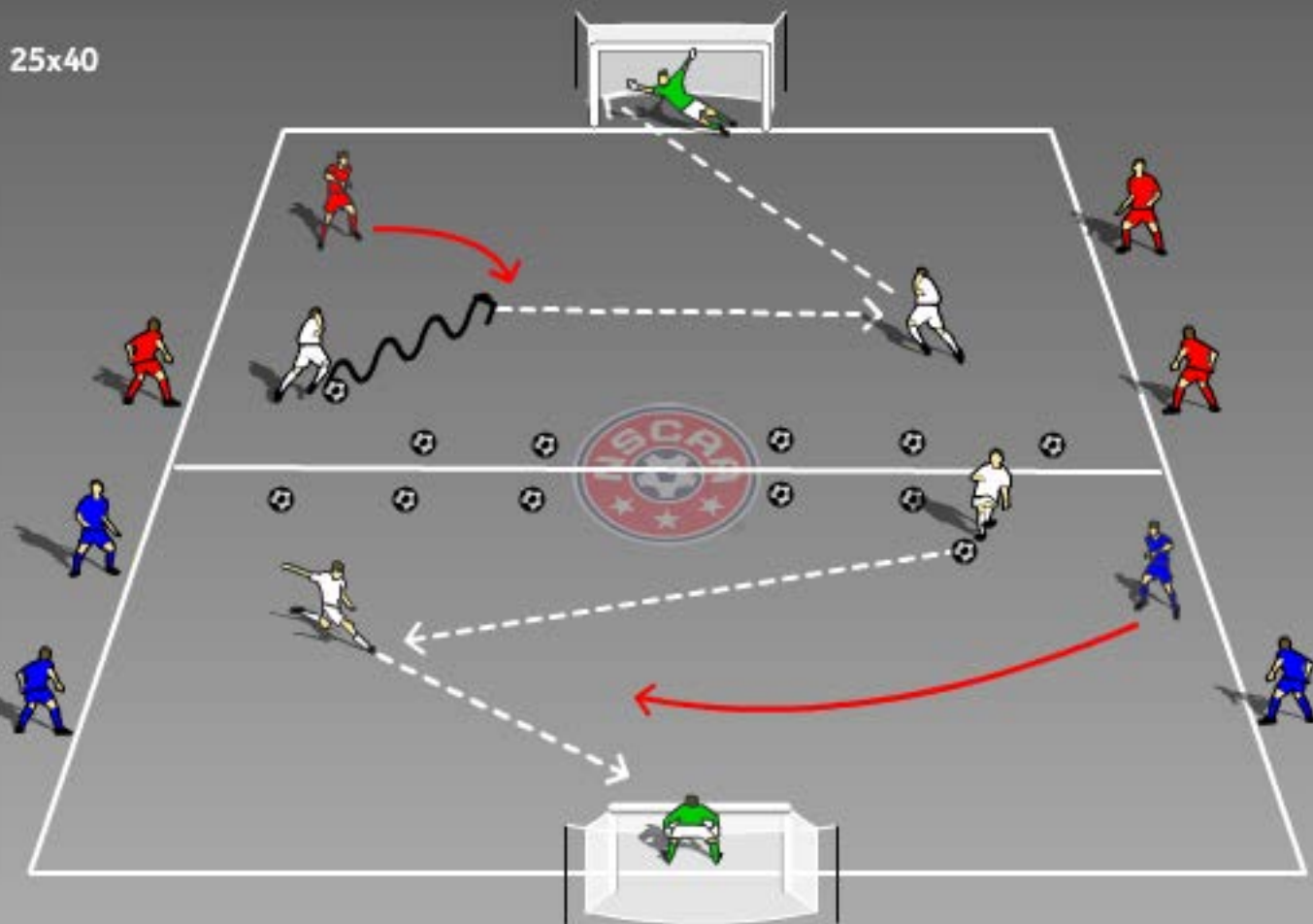
Potential
All time
player



© Copyright NSCAA 2015

2 vs. 2 in the playing space 15 x 15 yards. Play is continuous. Points for a string of passes or (as shown here) a give and go using one of the two support players. After 3 minute game switch the players. Consider an all time player to help get going. COMBINATION, PASSING, MOVEMENT

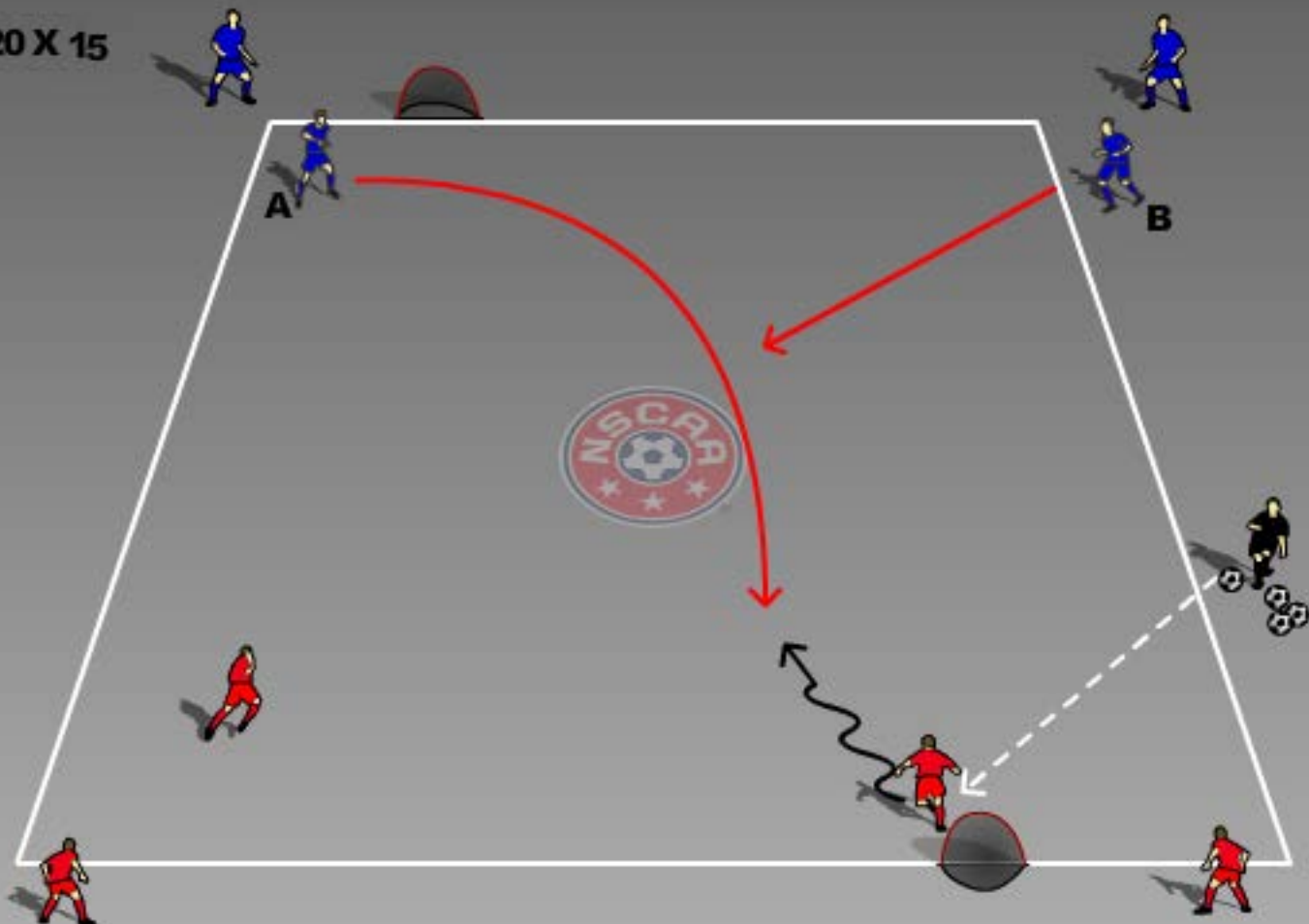
25x40



© Copyright NSCAA 2015

3 teams of 4. Team of 2 have six balls to take to goal. Each set one opponent in the half may defend. If GK or defender win it they play to teammates on outside. Multiple 2 vs.1 situations. Progress to allow 2 defenders in. Rotate teams and make is competitive. COMBINATION +FINISHING.

20 X 15



© Copyright NSCAA 2014

2 vs. 2. Ball is introduced by a server.

Blue player A moves to confront the ball carrier and effect **PRESSURE.**

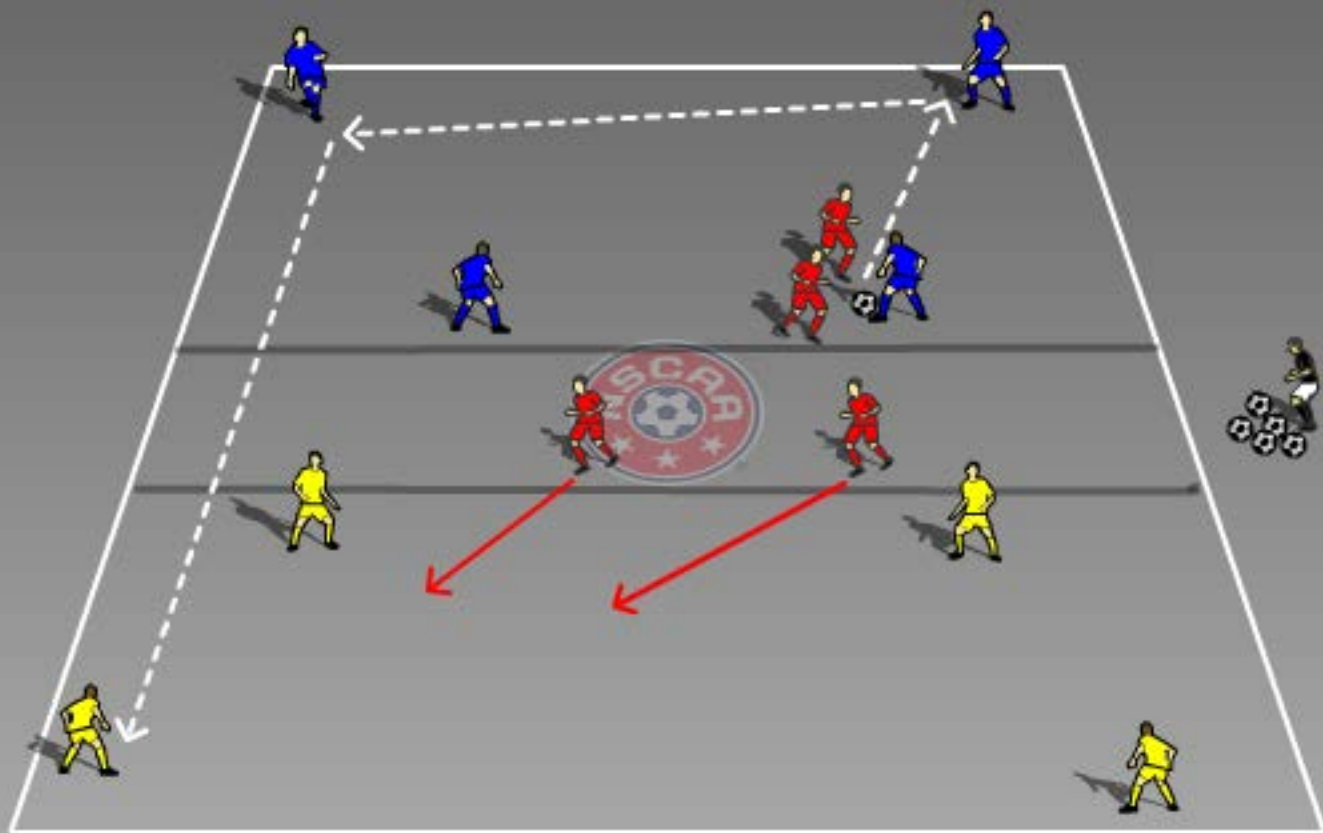
Blue player B recovers into a position of **SUPPORT.**

Blue players seek to turn the 2 vs. 2 into a 2 vs. 1 by working together.



© Copyright NSCAA 2014

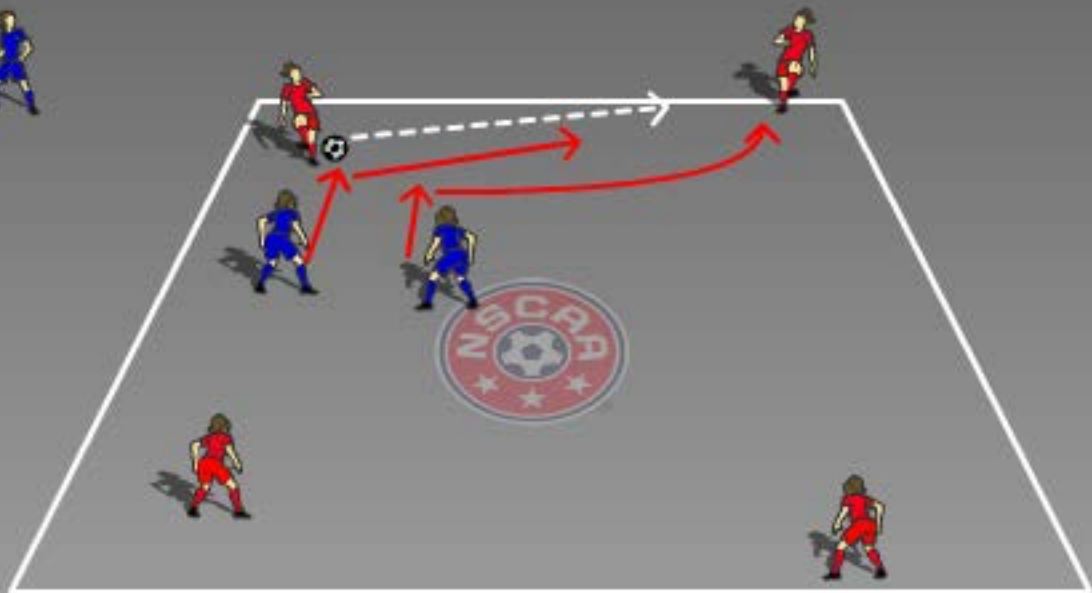
Finishing game: 3 teams, one serves, one attacks, one defends/retrieves. Coach determines which server begins action. 4 attackers may pass to servers for 1/2 touch serve. Defenders seek to win it and play to server as counter. Numerical advantage to attackers, extra defenders retrieve balls. Teams rotate



© Copyright NSCAA 2013

Keep away and change the point of attack. Blue team keeps possession and then seeks to switch to yellow team. Red team may disposses or intercept. Continual 4 vs. 2 situations with a long option. If a ball is played out coach restarts to let teams get set.

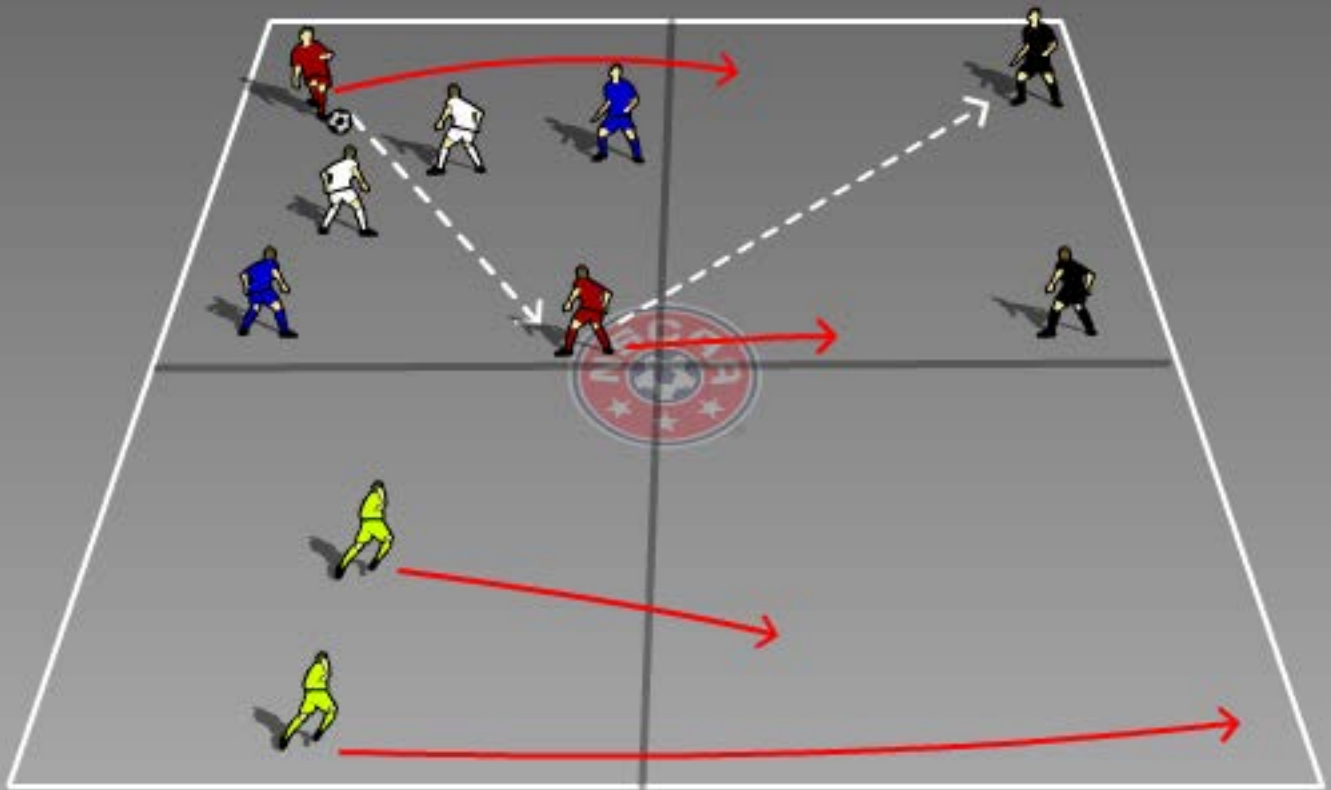
15x15



© Copyright NSCAA 2014

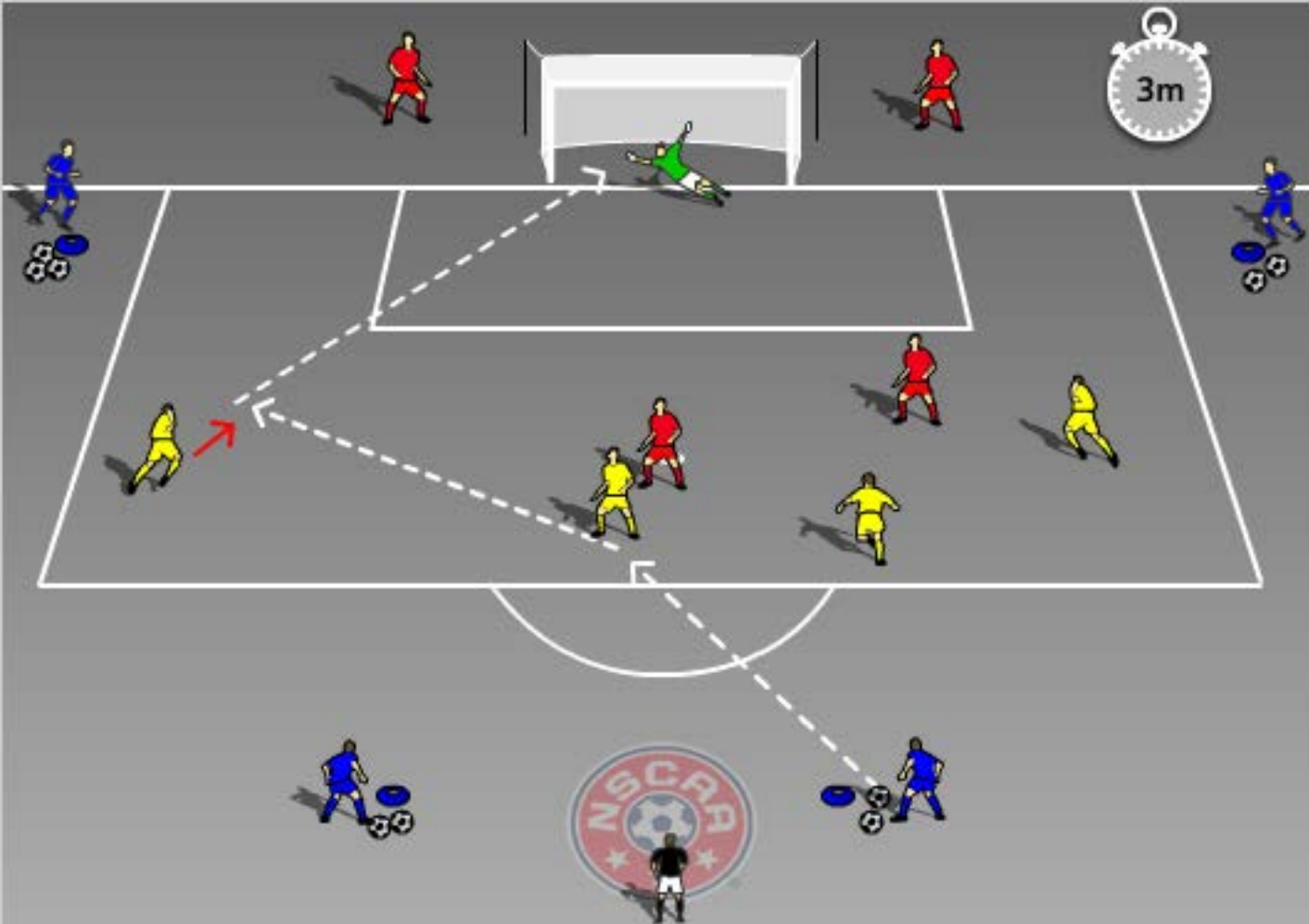
4 vs. 2 keepaway...if the 2 win it and play it to their teammates both teams switch.

Here blue force a square ball with effective pressure and cover. Then blue move as the ball is moving to press and cover the receiver.



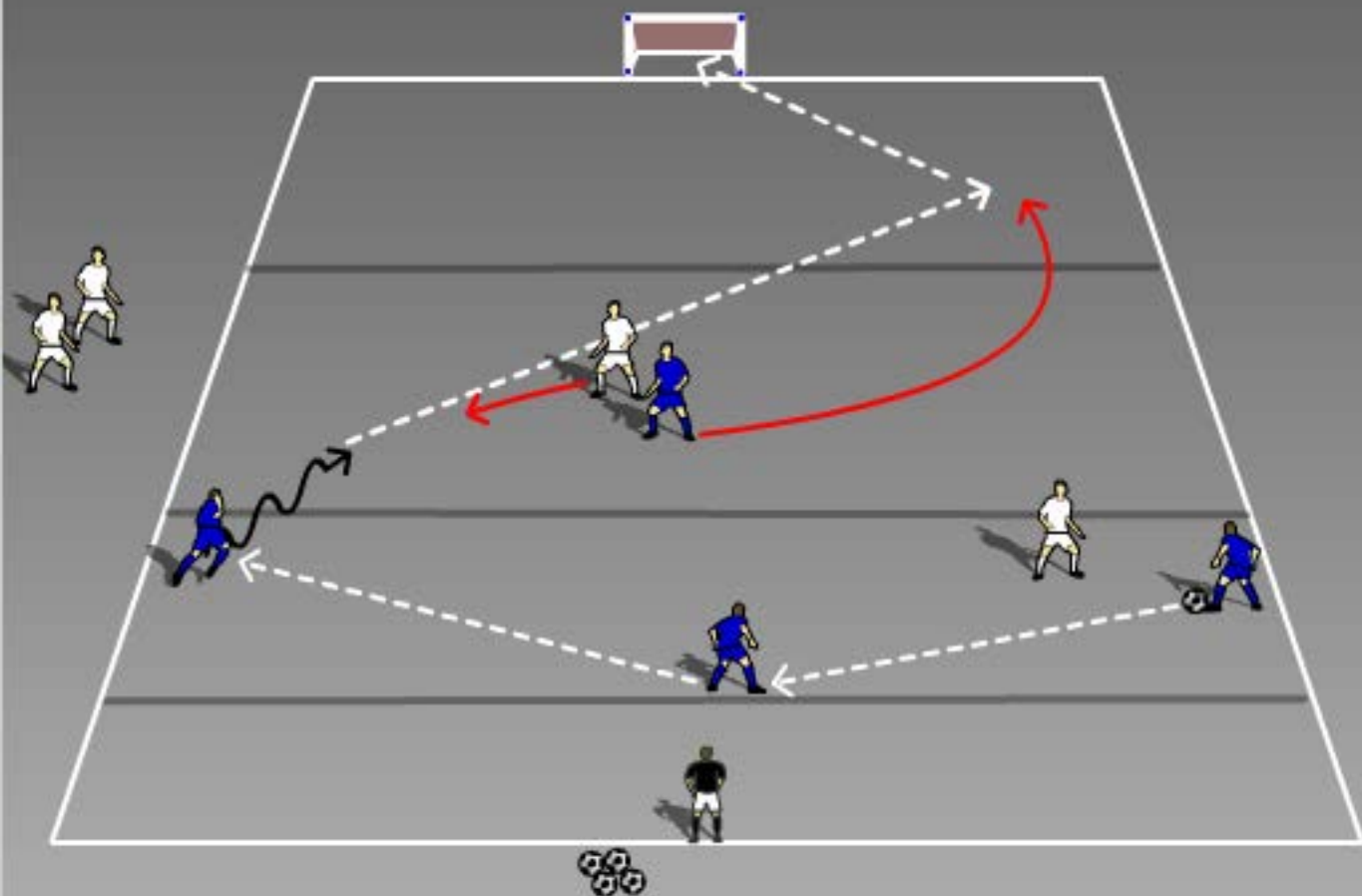
© Copyright NSCAA 2015

5 team possession game: Blue+Red vs. White....after # passes or split ball can go to Black or Yellow. Here Red plays to Black so Red moves to support. White must chase. Diagonal switch is not allowed so Yellow moves to supporting space. Continuous play even after a turnover.



© Copyright NSCAA 2014

4 vs. 2+GK inside the box (2 players field balls), plus 4 servers.
The coach calls out where the service comes from into the box.
The 4 attackers work together to finish the service. Defenders clear to coach.
Play three minute sets and rotate the teams.



© Copyright www.academysoccercoach.co.uk 2015

Developing the 4 vs. 4

3 vs. 1 in first grid...upon a pass or dribble becomes a 2 vs. 1 in next grid.

2 vs. 1 in center grid...upon a pass or dribble into the next grid look to finish.

Progress by adding a 3rd white in first grid and 4th in middle grid.



© Copyright NSCAA 2013

Defending space and opponents. (Adjust space as needed) (Part 2 of 3)
The 4 red players seek to possess the ball in the grid and play the long pass or hit the mannequin. One blue player may press the ball. If the pressure is effective the second defender can take up stronger cover positions.



© Copyright NSCAA 2014

4 vs. 3 to 4 goals. Emphasis is on defending. Play until a goal is scored and then play 3 vs. 4 the other way. Team of 3 must move as the ball is moving seeking to get pressure on the ball to make play predictable and to potentially "eliminate" some of the 4 from the activity. If 3 win it they go to goal.



© Copyright NSCAA 2014

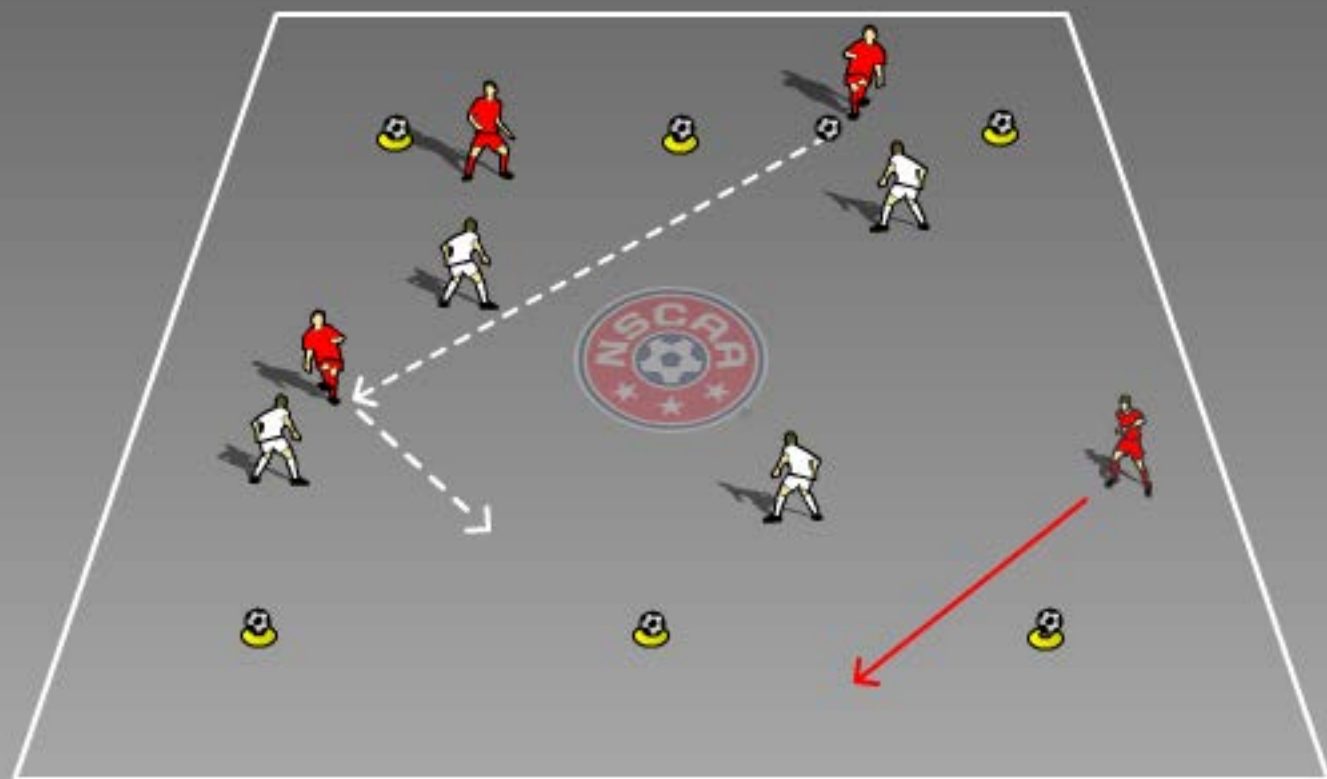
4 vs. 3 to 4 goals. Emphasis is on defending. Play until a goal is scored and then play 3 vs. 4 the other way. Team of 3 must move as the ball is moving seeking to get pressure on the ball to make play predictable and to potentially "eliminate" some of the 4 from the activity. If 3 win it they go to goal.



© Copyright NSCAA 2014

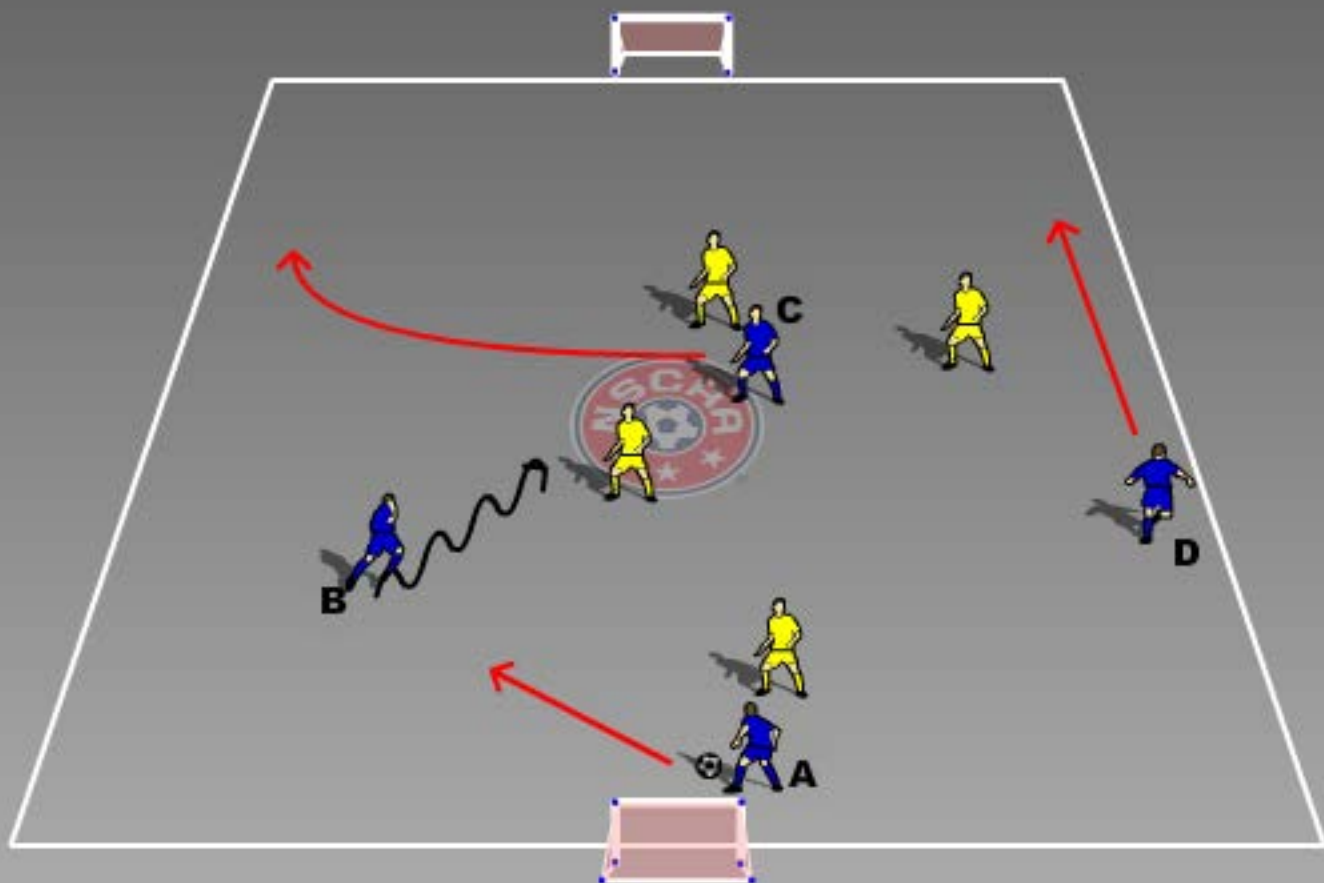
Micro Soccer 4 vs. 4 (only one defender can defend in the zone)
After the player takes a shot they must run around the goal to join back in.
The defending team should try to go to goal quickly as it is 4 vs. 3 for a time.
The coach can manage the conditions to create different challenges.

35X 25



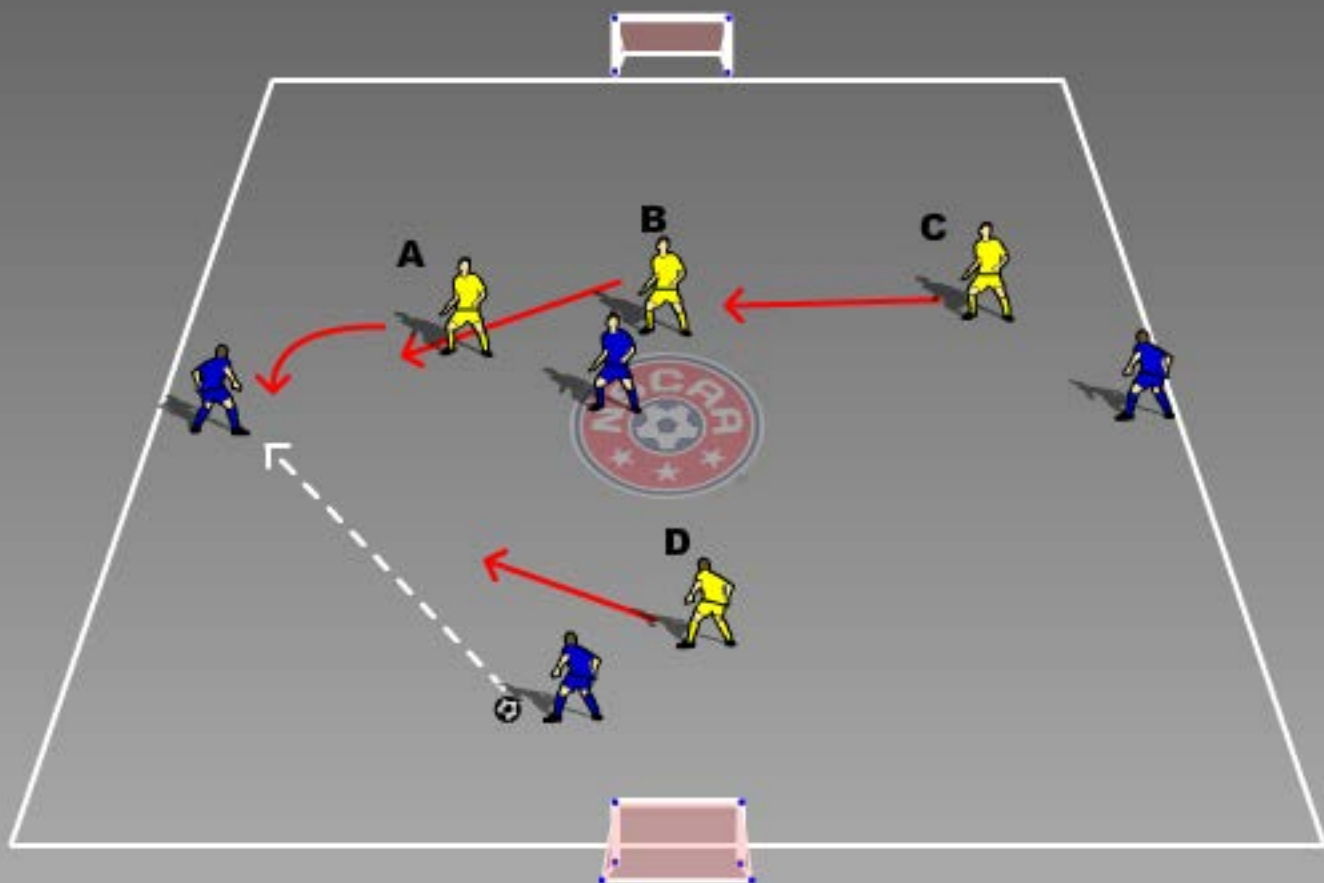
© Copyright NSCAA 2013

"Coconut Shy": Each team attacks 3 targets and defend 3 targets.
A score is knocking off a target ball with the game ball.
Upon scoring set the target back up. (option leave down).
Space behind target is live. Move ahead of the play.



© Copyright NSCAA 2014

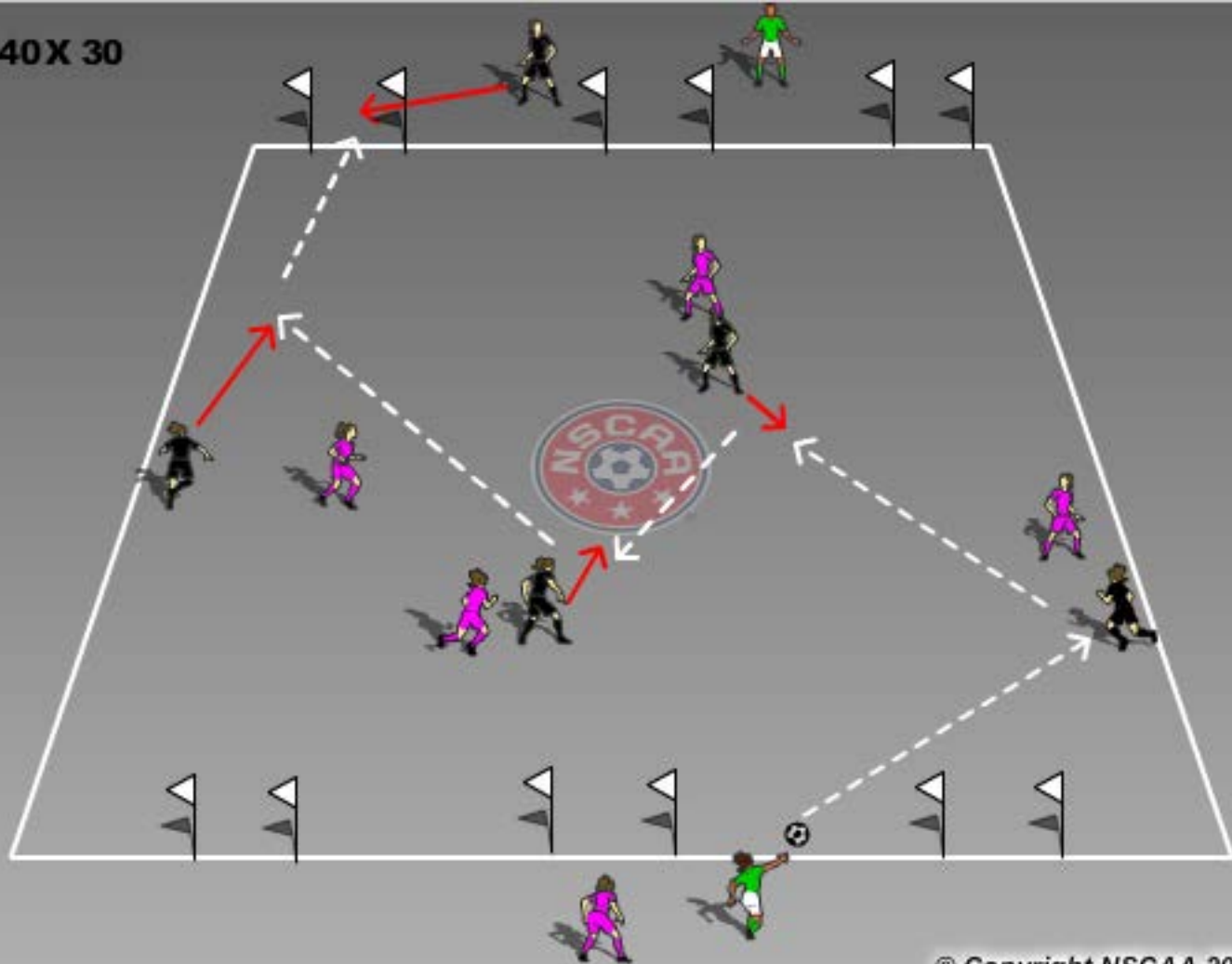
Attacking Principles: (Movement occurs as ball is traveling)
Player A PENETRATES with a pass and then moves to SUPPORT.
Player B PENETRATES on the dribble and COMMITS the defender.
Player C MOVES to create space, PLAYER moves and maintains WIDTH.



© Copyright NSCAA 2014

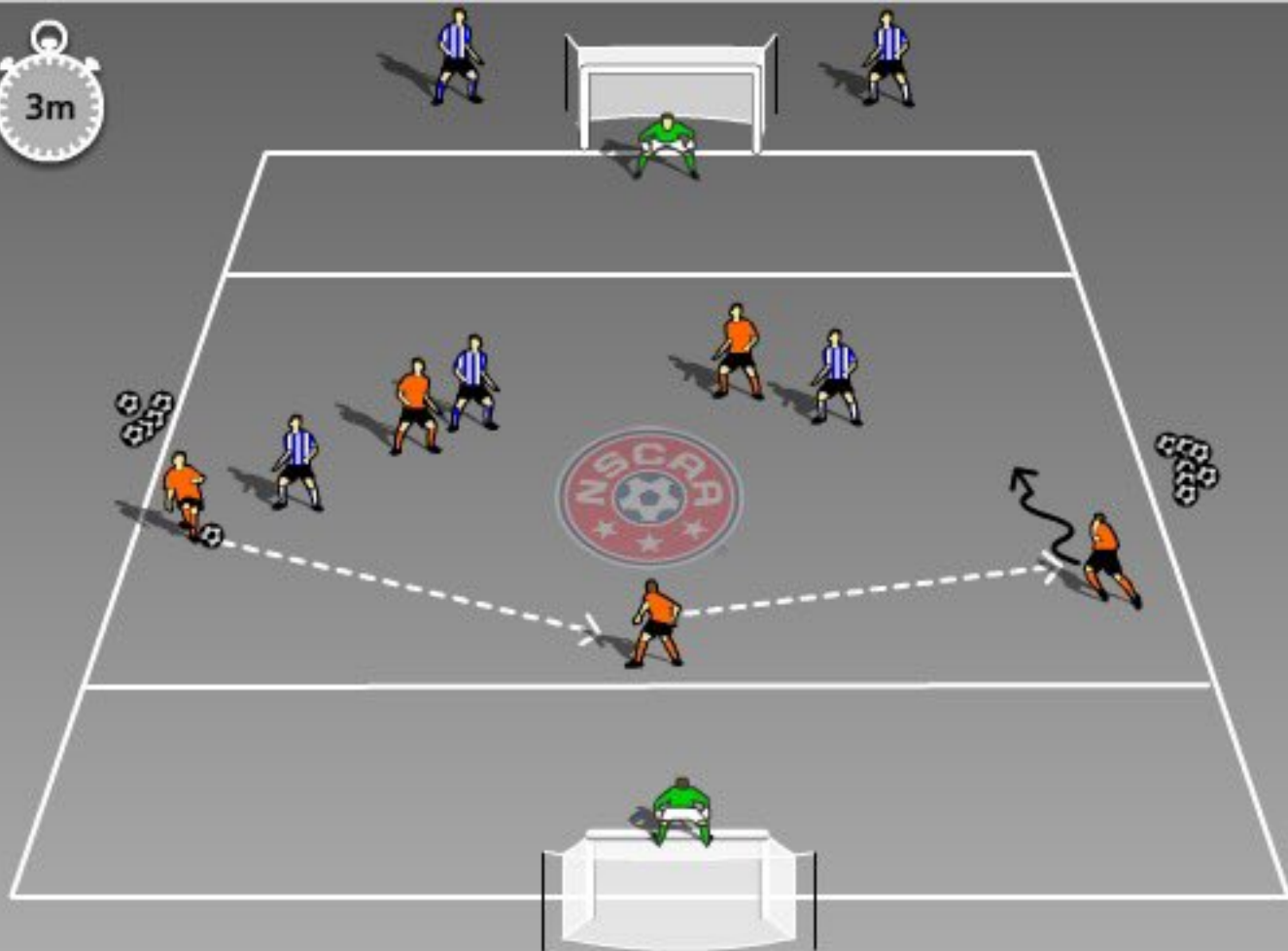
Defending Principles: (Movement occurs as ball is traveling)
Player A is putting **PRESSURE** on the ball.
Player B is **COVERING** at an angle and distance to assist Player A.
Player C and D **BALANCE** off threats of the blue without the ball and space.

40X 30



© Copyright NSCAA 2013

6 Goal Game: Score by passing through a goal to target.
GK starts activity and is a support player.
Variation, score by dribbling through goal (no target).
Variation, score by finding target and getting a pass back.



© Copyright NSCAA 2014

A possession and counter attack activity.
Play is contained to the middle zone until the team of 5 complete 5 passes and then they go to goal. If the team of 3 wins it they can go directly to goal. Restarts begin with the 5 in the middle zone. Play 3 minutes and switch.



© Copyright NSCAA 2016

4v4 with 3 goals

One team will compact centrally on D and look to play out wide in possession

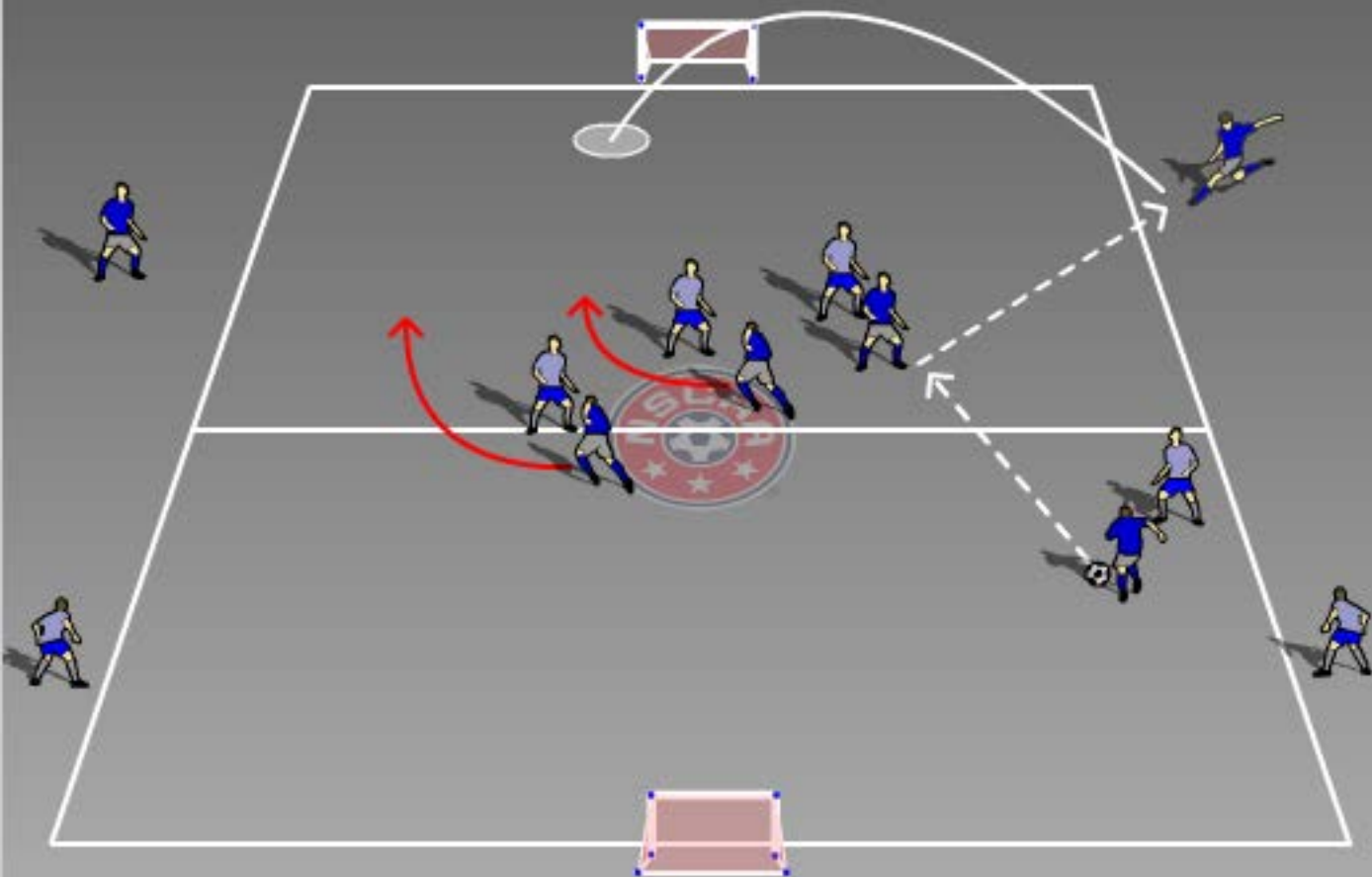
One team will drive centrally in possession and defend wide space on D

After 5-8 minutes switch ends and offer a different challenge



© Copyright NSCAA 2016

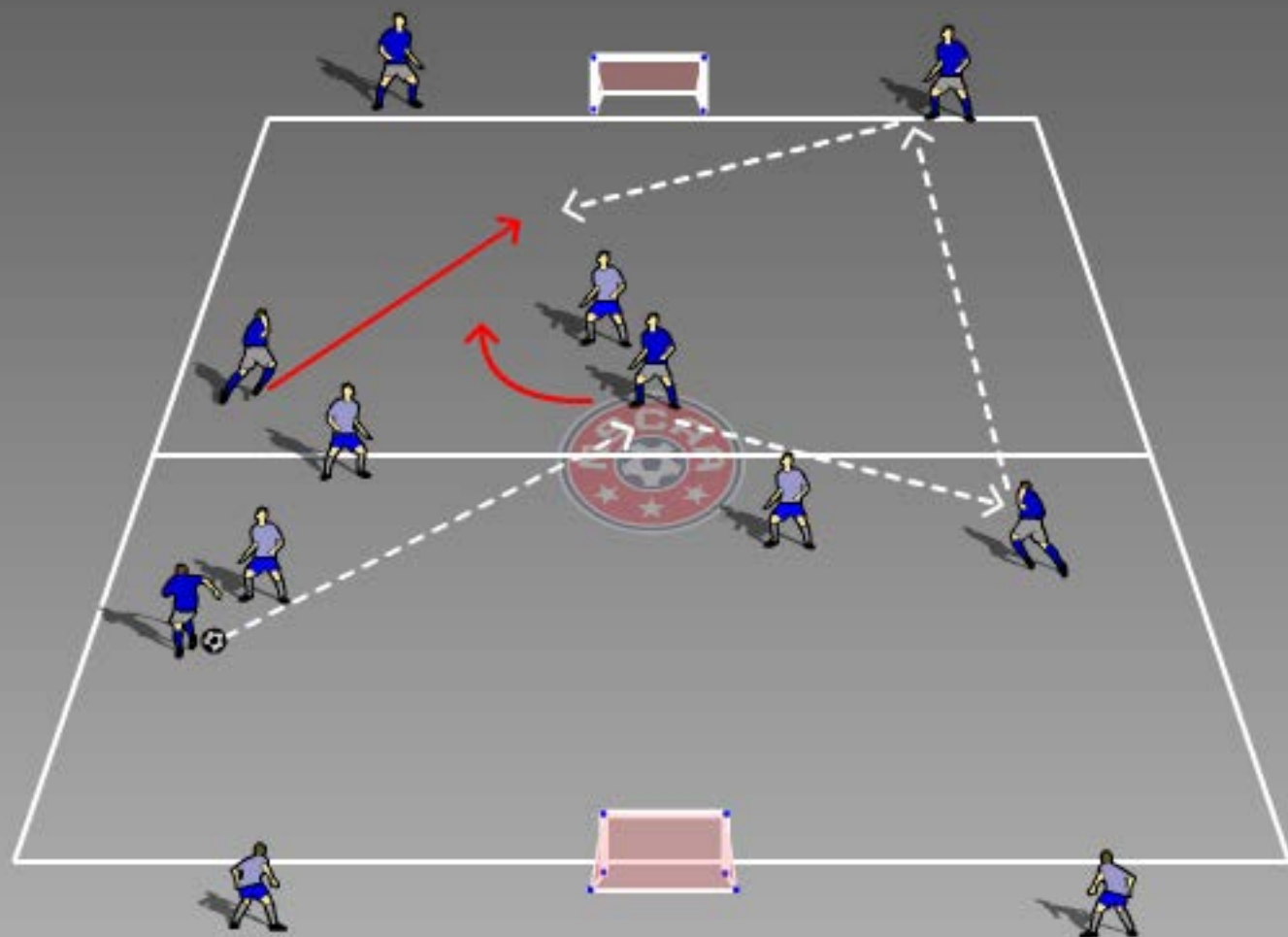
4v4 variations for 8+unders (or modified for older players)
Play three minutes in the two goal orientation and then switch and play three minutes on the four goal orientation
Observe how the players adjust and then add insight



© Copyright NSCAA 2014

4 vs. 4 with wide neutrals (GKs are optional)

Playing to a wide target is an option to spread the defence and get services into the goal area. The wide targets should play at a 1-2 touch "pace". As play develops wide attacking players move off the ball to loose markers.

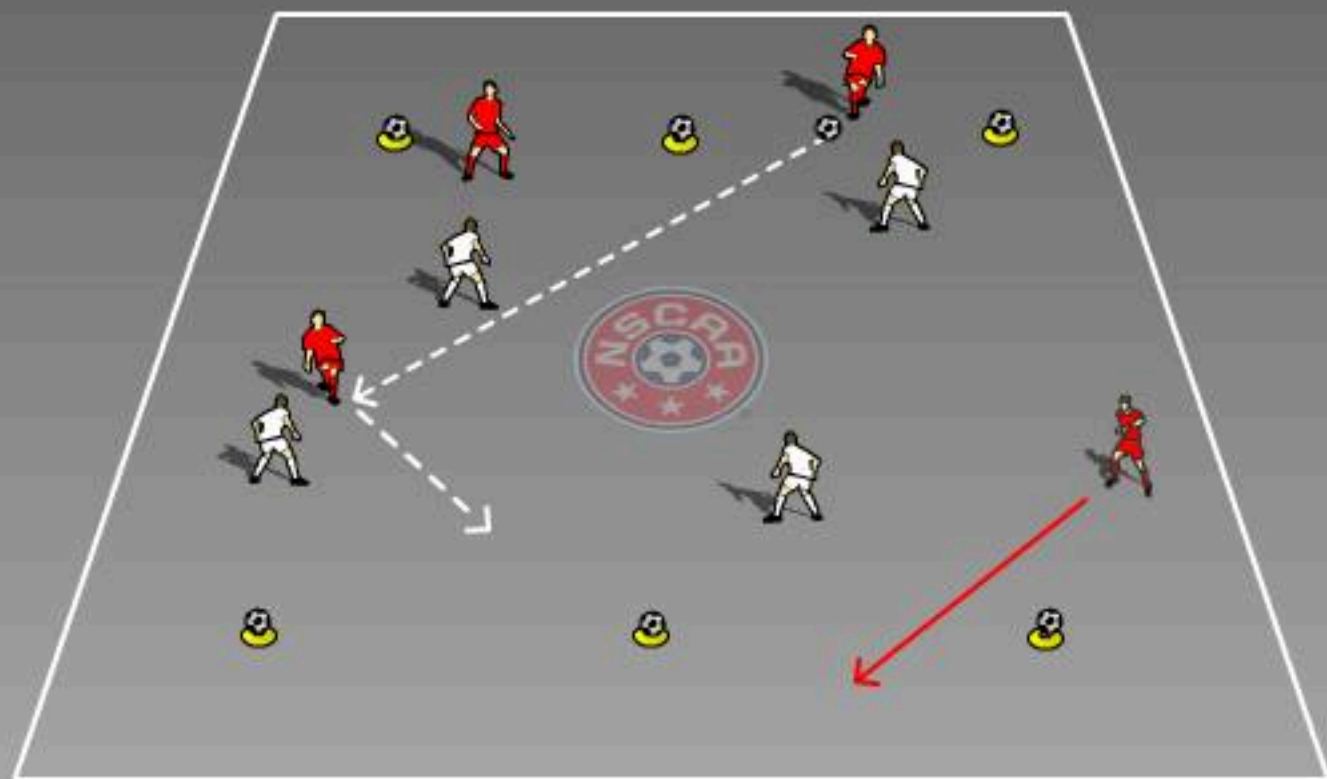


© Copyright NSCAA 2014

4 vs. 4 with endline targets (GKs are optional)

Playing to a target is a condition. The targets should play at a 1-2 touch "pace". The attacking team must all push up as the ball goes into the target. Attacking movement off the ball is a key coaching point in this activity.

35X 25



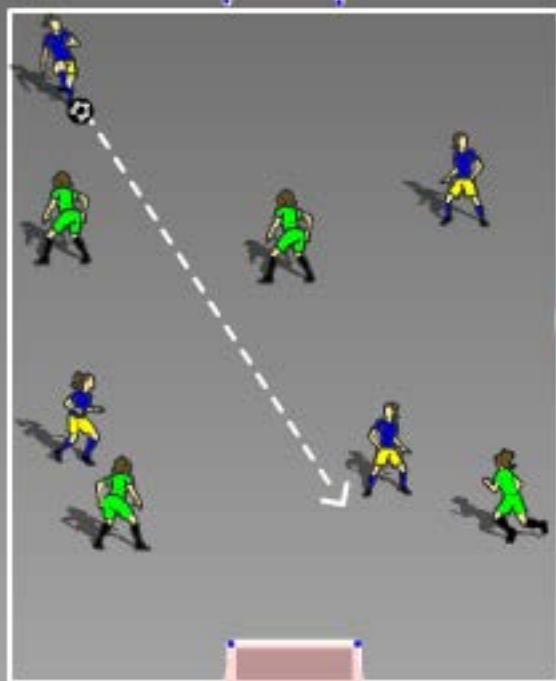
© Copyright NSCAA 2013

"Coconut Shy": Each team attacks 3 targets and defend 3 targets.
A score is knocking off a target ball with the game ball.
Upon scoring set the target back up. (option leave down).
Space behind target is live. Move ahead of the play.

40x25



PARENTS

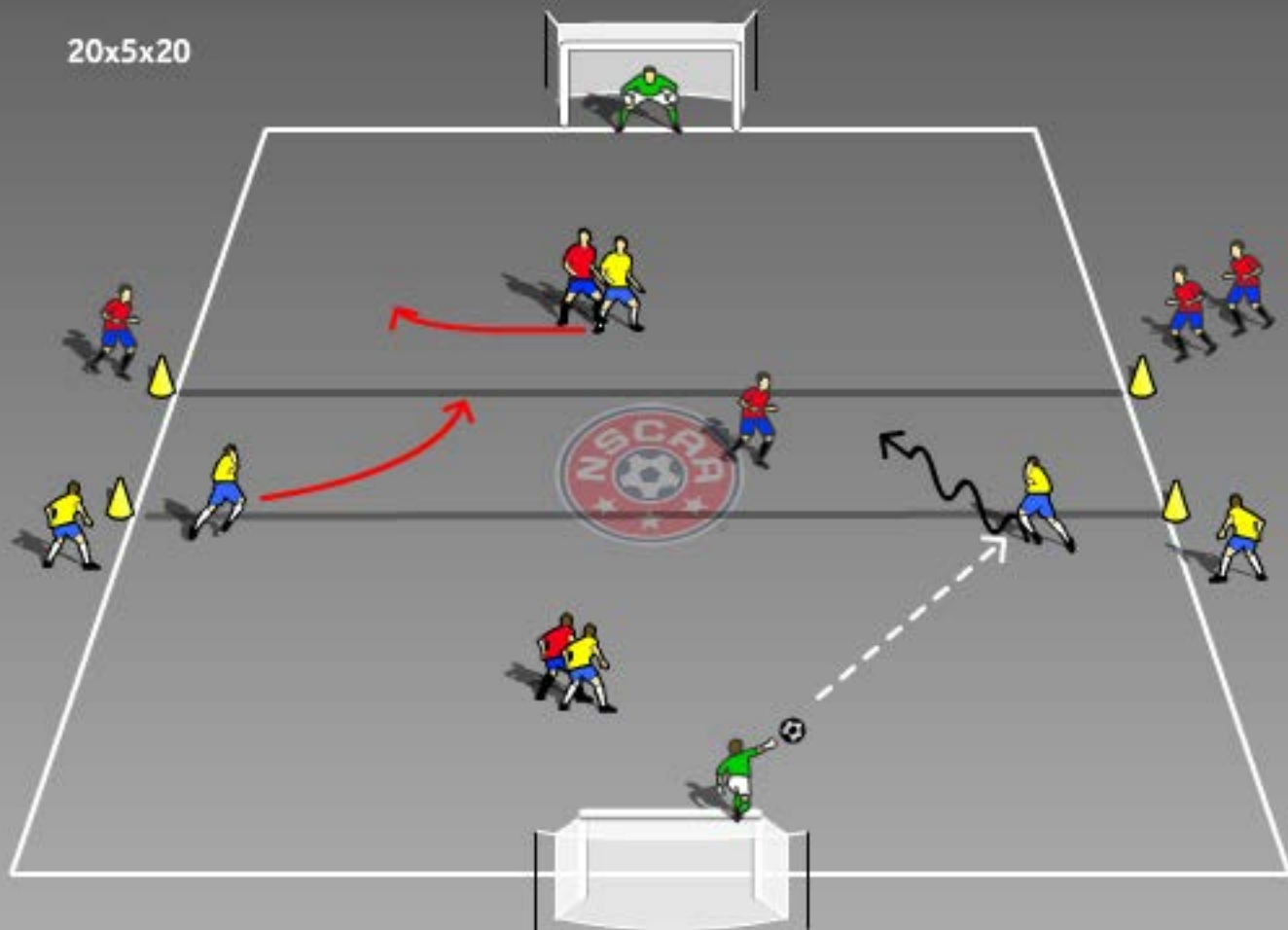


PARENTS

© Copyright NSCAA 2015

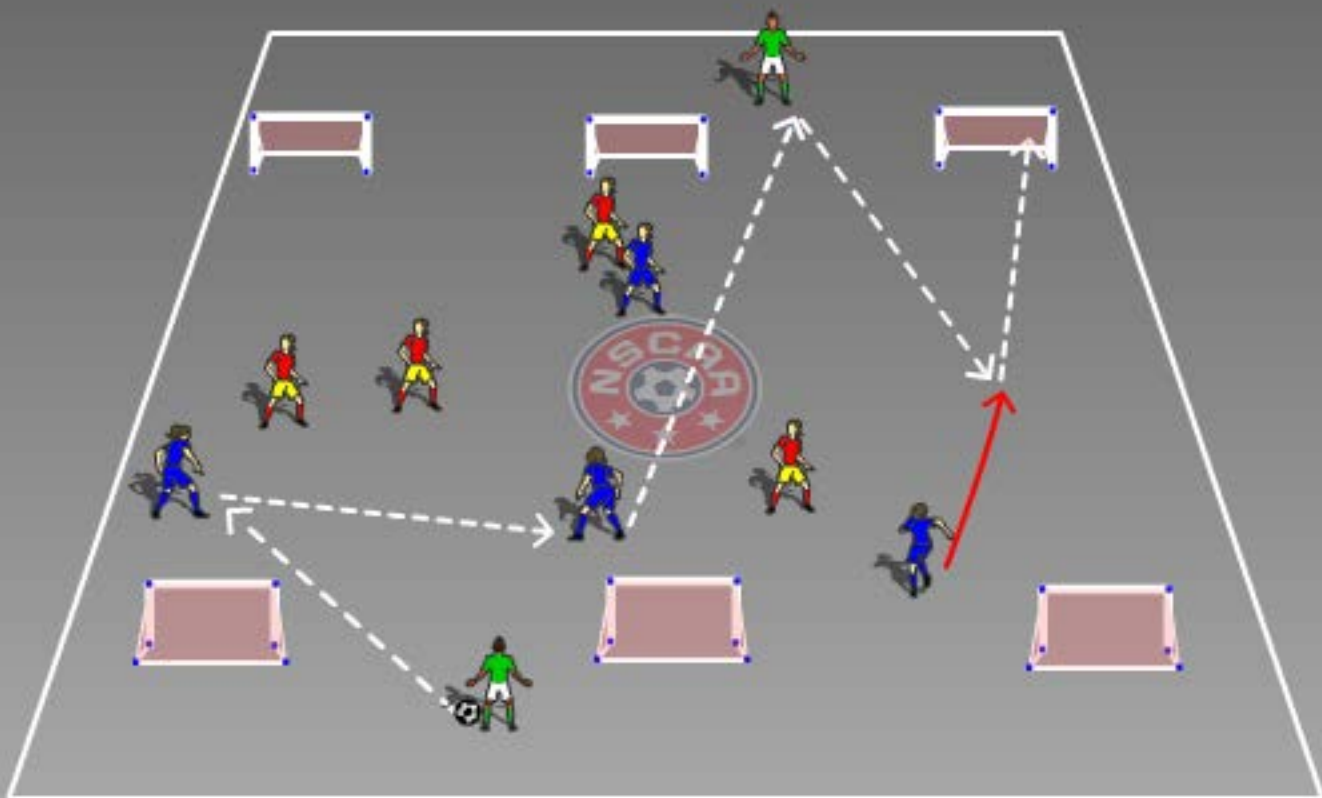
In-House small sided games. 1 coach with x12 players, x2 4 vs. 4 games. Subs can run in and out of either game. Coaches can "manage" the competitiveness of each game. Parents border the field. Play in 3/4 periods. Activity, self directed rest, managed stress, effective use of resources.

20x5x20



© Copyright NSCAA 2015

Each team has one all time defender and striker. Keeper serves wide and two midfielders attack one opposing midfielder. So it is now 3 vs. 2 to goal. Goal is scored or defenders win it ball is now served other way. One midfielder from each team exit. Two new attacking midfielders step in. COMBO ATTACK



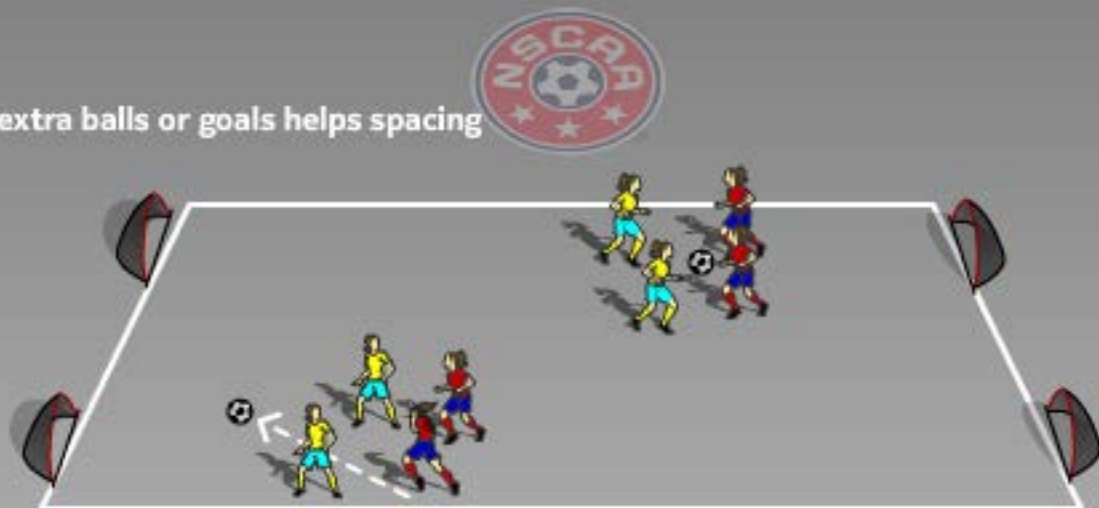
© Copyright NSCAA 2015

6 goal game. In this game condition the GKs each serve as support players for for one team each and as a target for the other. To score, attacking team must find a passing channel to the far GK/target and then support the dropped ball. Multiple goals offer various challenges to the D and options for the attackers.

When 4 vs.4 is really 1 vs. 7



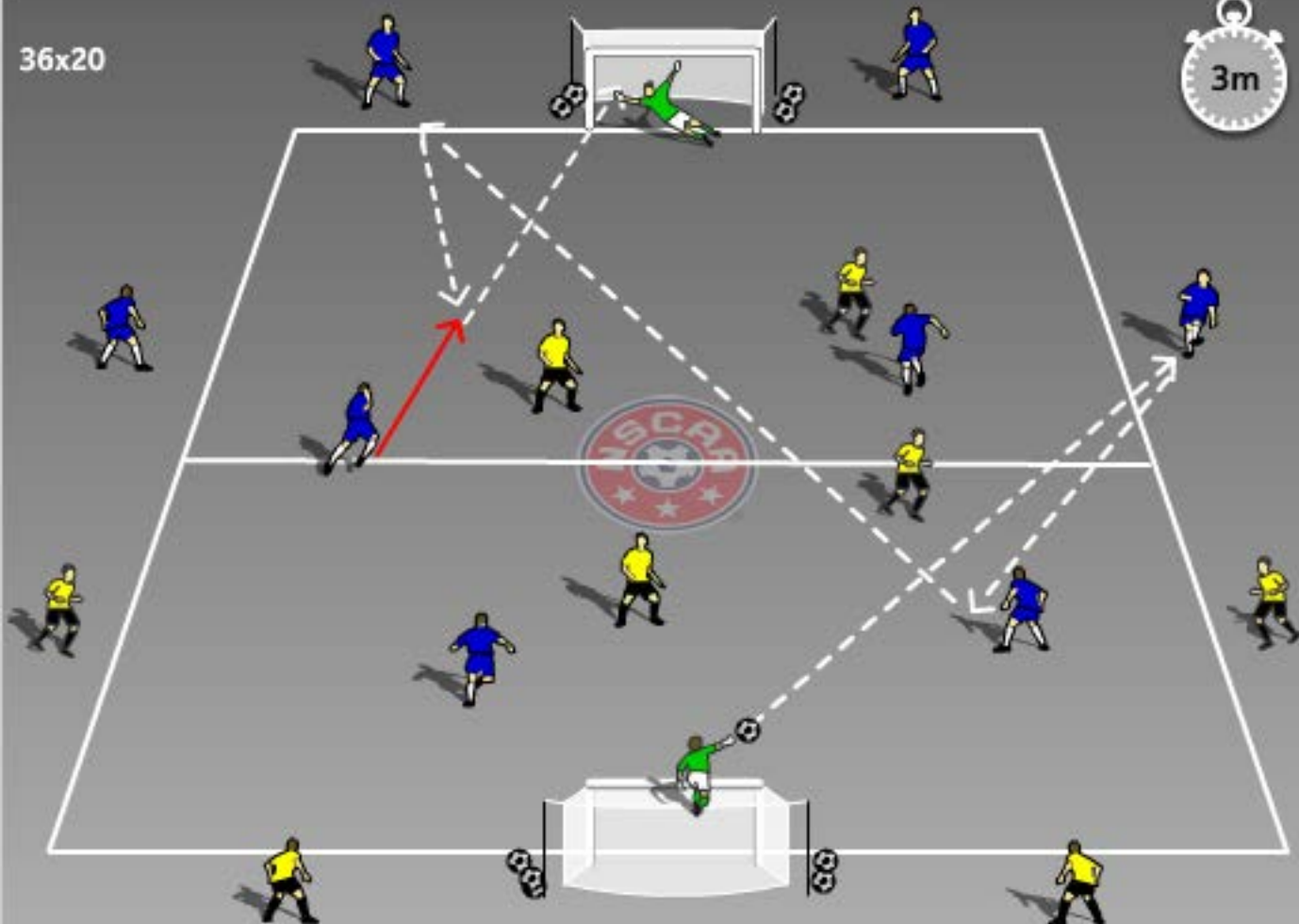
When extra balls or goals helps spacing



© Copyright NSCAA 2015

A challenge for the grassroots coach is when the players all gravitate to the ball. **BUT** this is developmentally appropriate at young ages (they want the ball). So be creative, play smaller sided games (2 vs. 2 instead of 4 vs. 4), or introduce more goals and/or more balls.

36x20

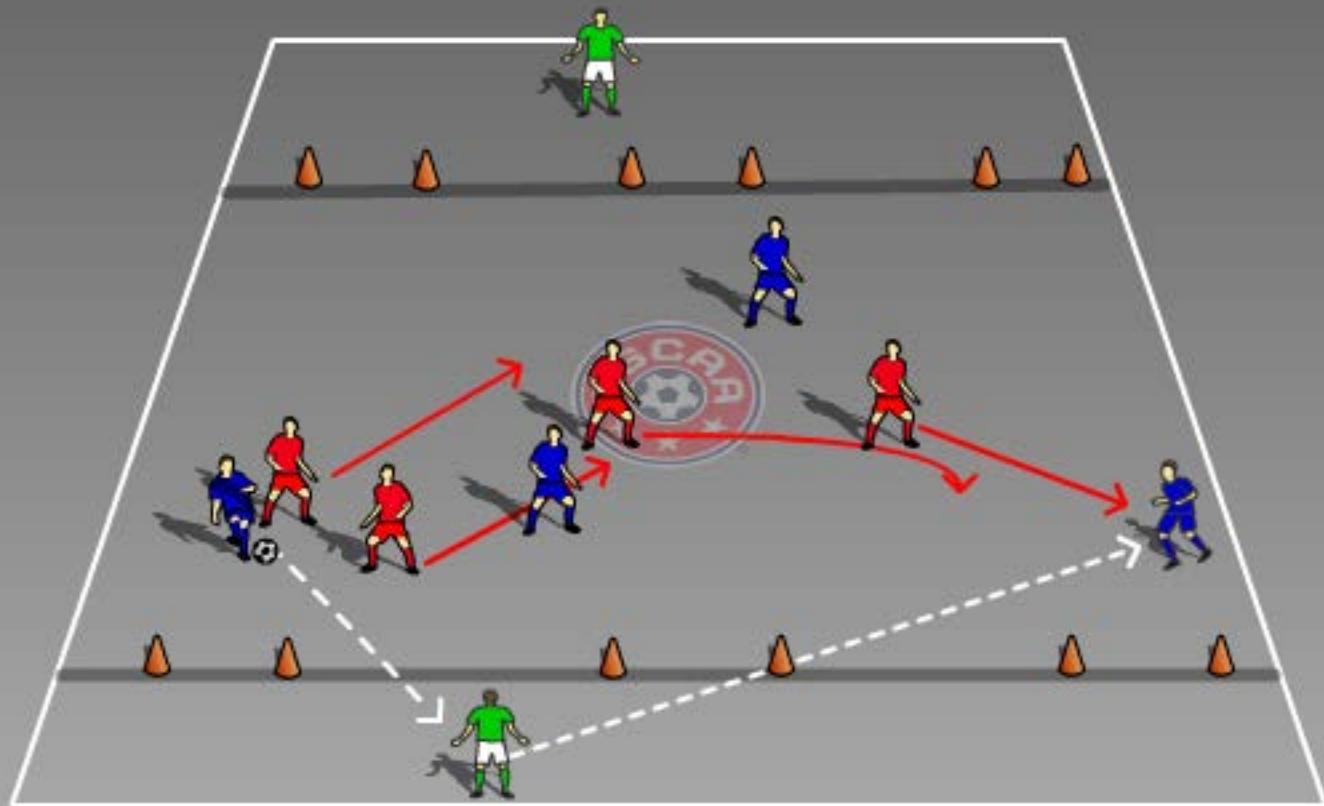


© Copyright NSCAA 2014

Finishing Game: Boppers!!!

1/2 touch for outside (Bopper) players. "Make it take it"--score and your GK restarts. Option to require using the Bopper--bonus for finishes off a Bopper pass. 2-3 minute sets then sub on the fly. Brilliant!

50(5-40-5)x25



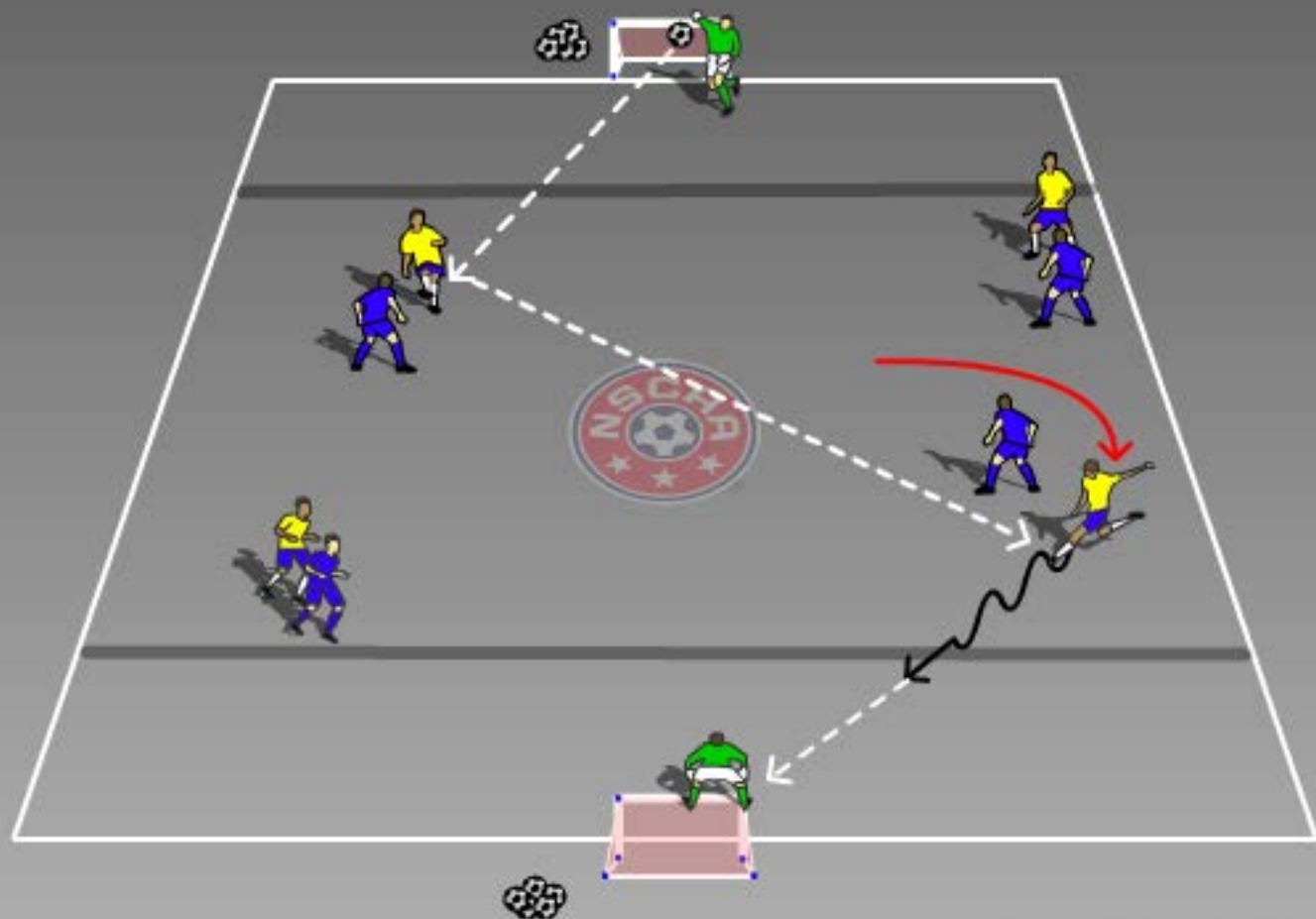
© Copyright NSCAA 2014

6 Goal Game:

Score by dribble or pass through one of 3 goals.

GK may be used for support to play out.

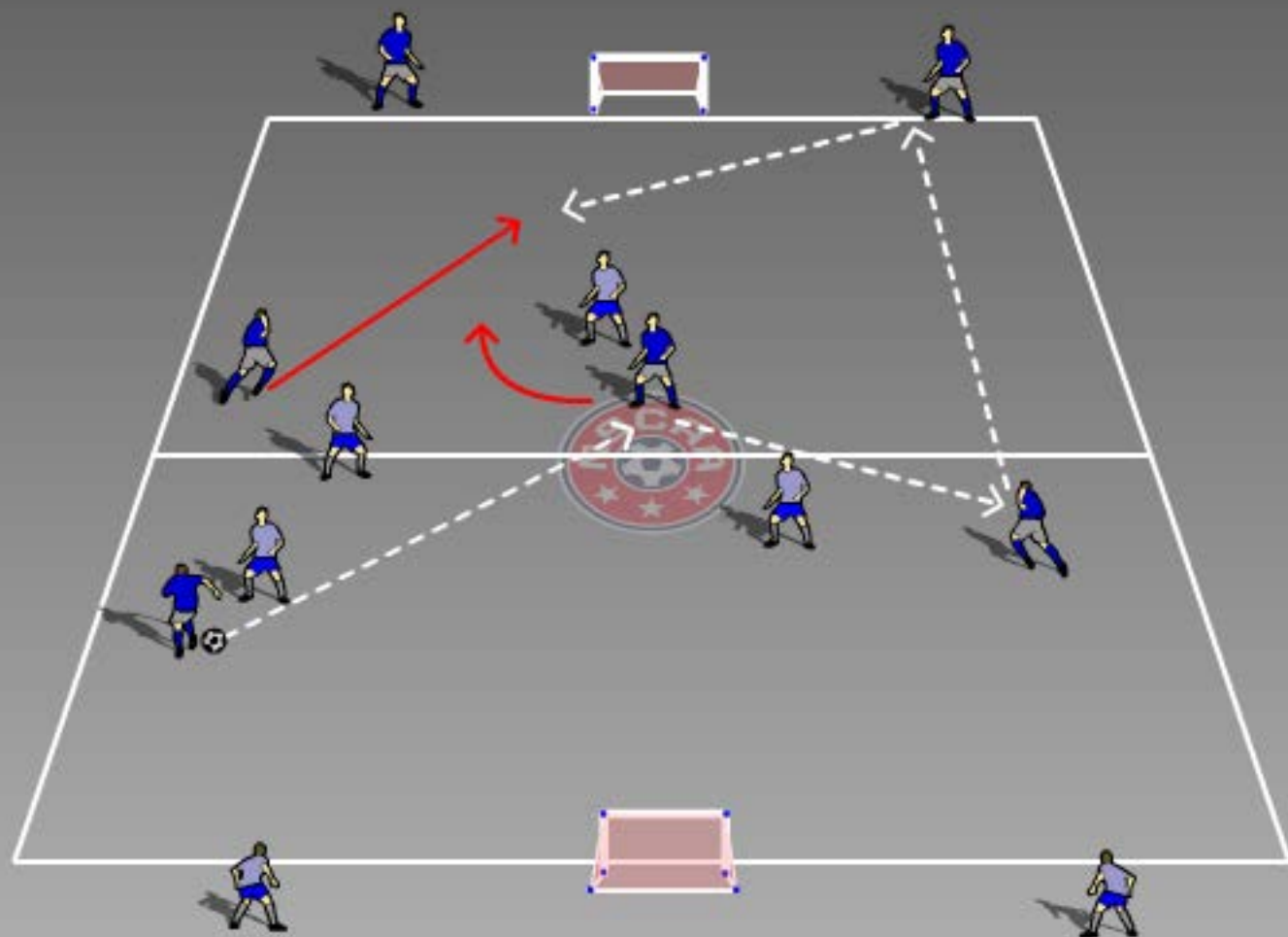
Far GK may be used as a target option also(to play in to + receive back from)



© Copyright NSCAA 2014

5 vs. 5 with "forced marking".

Each player only engages defensively with one specified opponent. To score the attacker must lose their mark and score from within the final zone. Here the yellow player moves off the ball to lose opponent.



© Copyright NSCAA 2014

4 vs. 4 with endline targets (GKs are optional)

Playing to a target is a condition. The targets should play at a 1-2 touch "pace". The attacking team must all push up as the ball goes into the target. Attacking movement off the ball is a key coaching point in this activity.



© Copyright NSCAA 2014

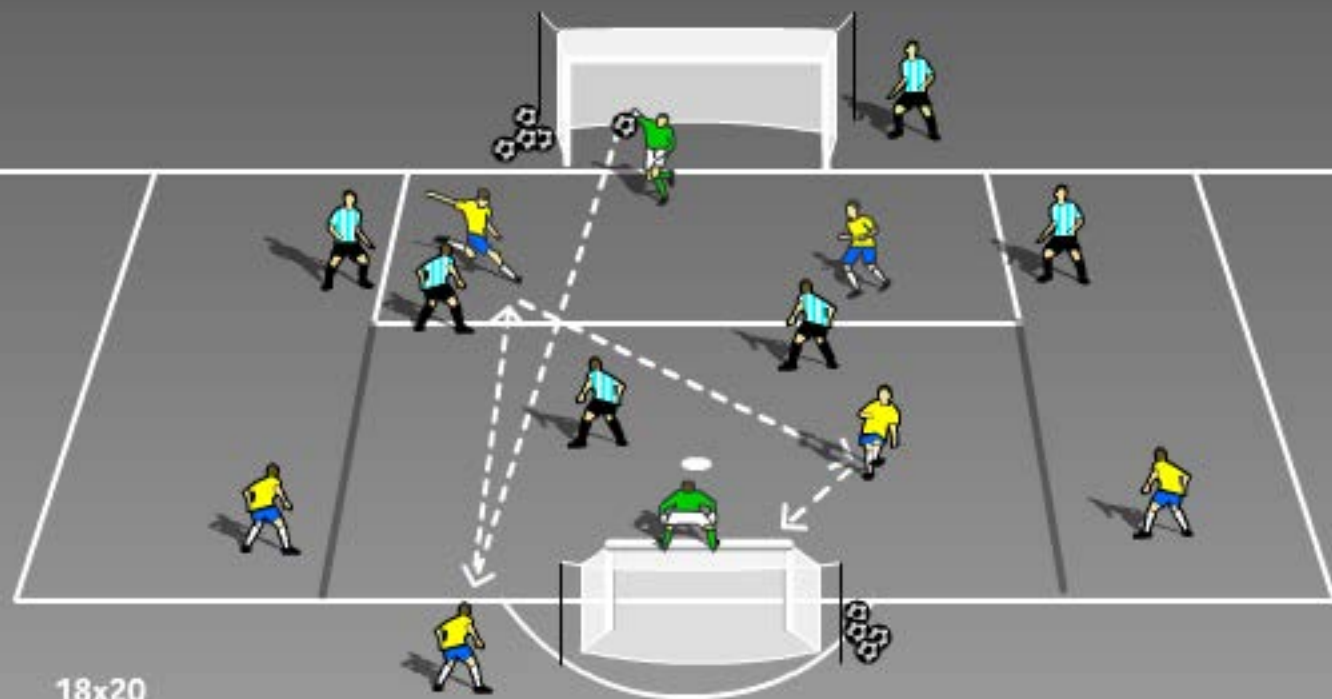
5 vs. 5 with the field divided by cones/or lines into three equal vertical zones. Game condition is that each team must have one player in each zone at all times. Team in possession may run the extra player into any zone (this can be any of the 4 players). Only then can the opposition run their extra play into that zone.

35x25



© Copyright NSCAA 2014

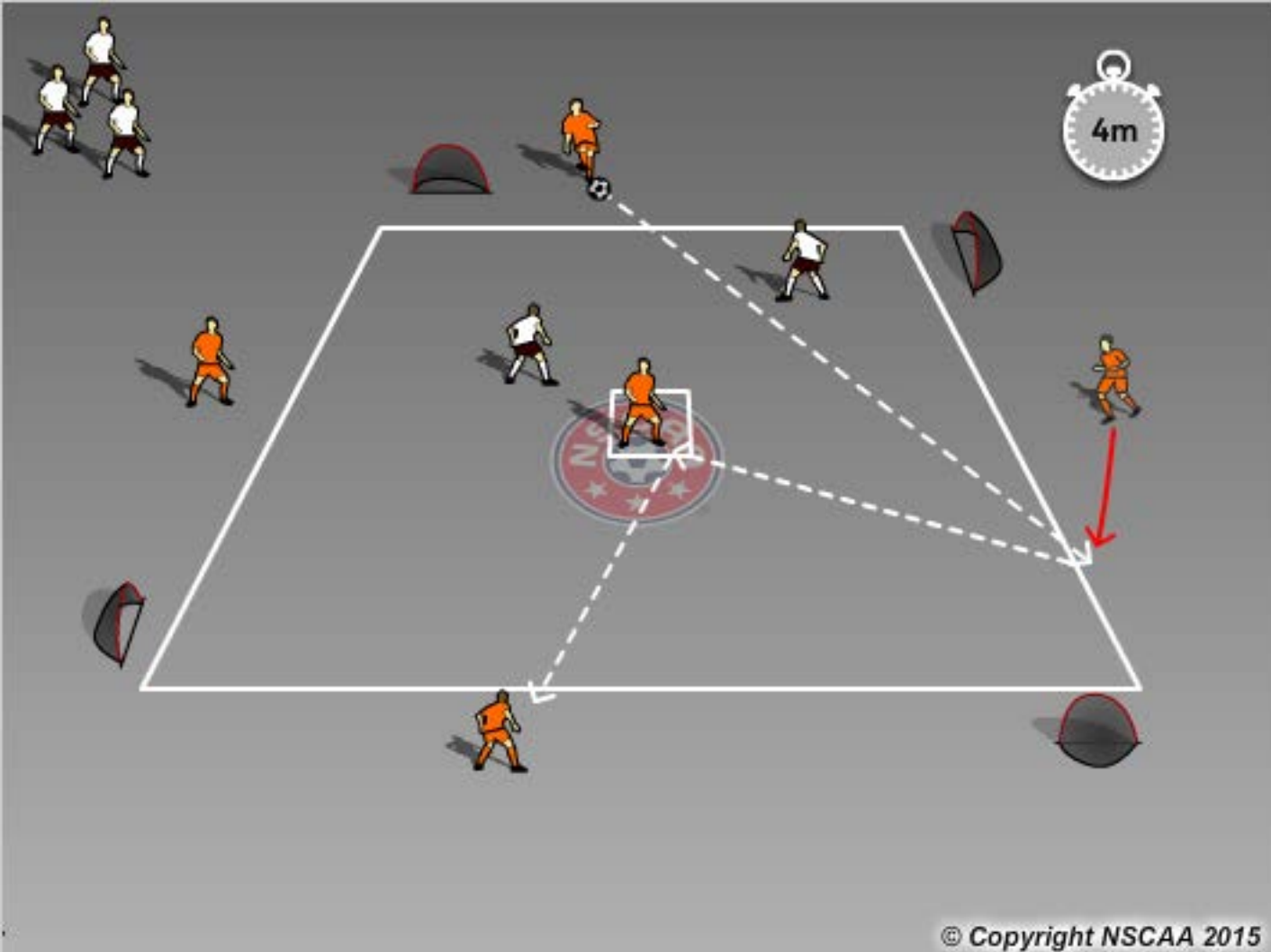
4 vs. 4 with targets. Activity to increase communication and awareness.
All players wear the same color. If you use a target as support no change. If you find the far target that player joins your team, a team mate drops out and you go the other way.
Ball goes from one target to the other. Receiving target dribble in to join A-C.
D switches to outside. C clears space for target to enter.



18x20

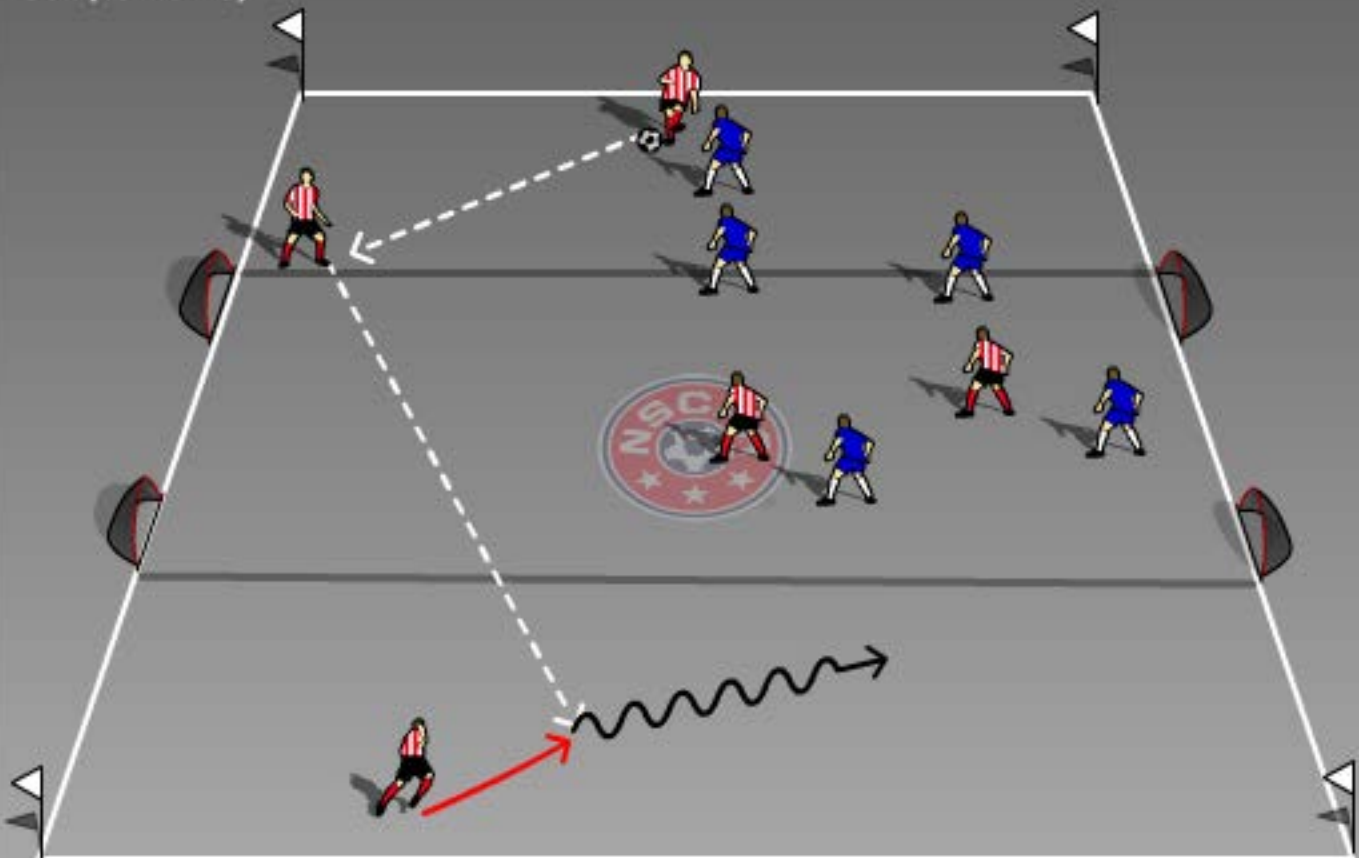
© Copyright NSCAA 2014

18x20 GKs + 3vs.3 (+bumpers on each attacking wing and behind the goal)
Here: GK to bumper, bumper drops the ball for a pass to an open player for shot.
Options: "Make it take it" on a score. Must go to a bumper. Bumpers 1 touch.



15 x15 yard square. 5 vs. 2. Every pass must go through the area. Team of 5 score for 8 consecutive passes incorporating the center player. If the 2 win it they may score in any goal, but the 4 outside players can protect those goals. PASSING, DEFENDING, TRANSITION

30x (15-10-15)



© Copyright NSCAA 2015

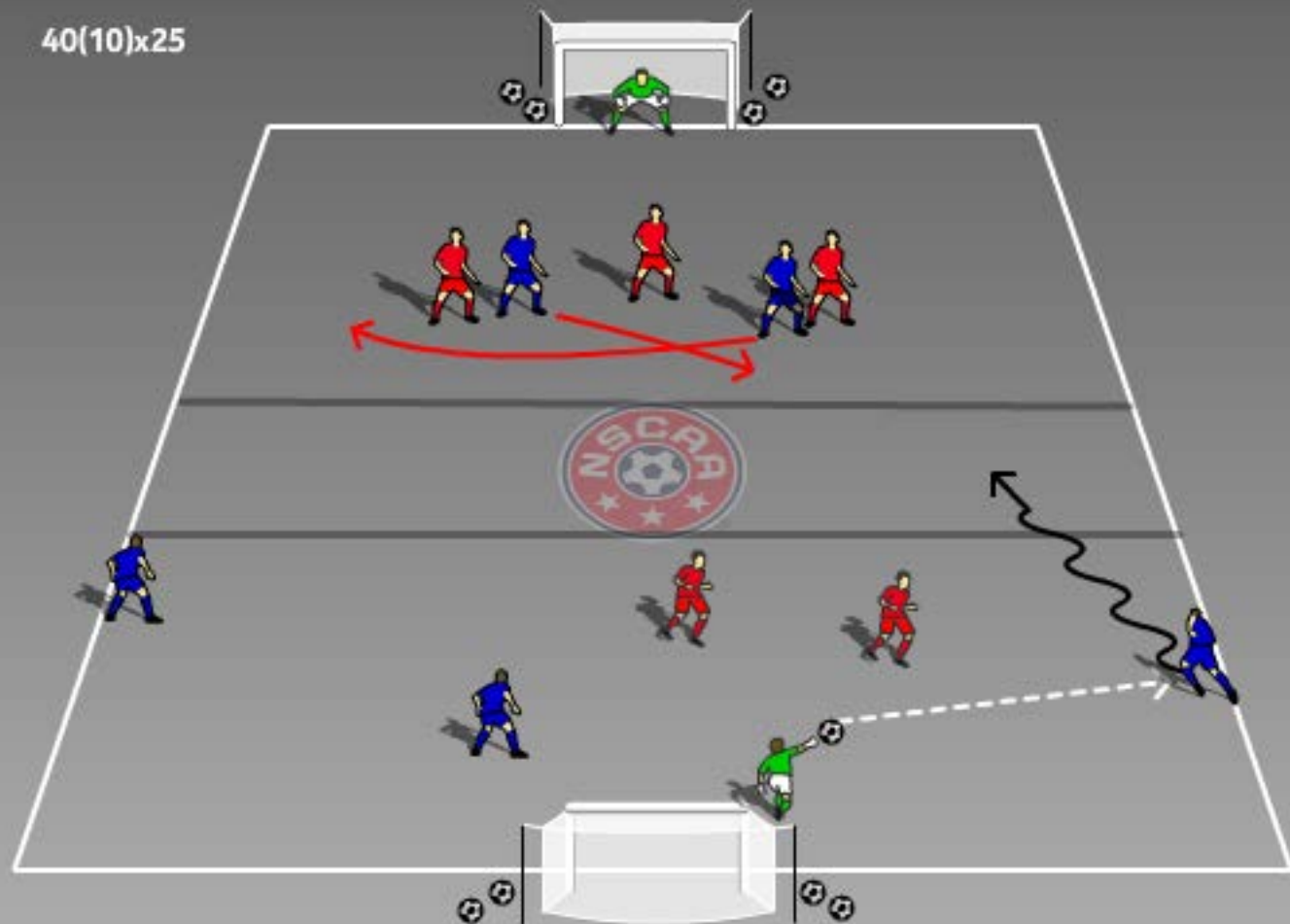
4 Goal Game variation. In possession the team can be spread throughout the field. Out of possession the team must compact into only two adjacent areas. As blue seeks to deny a switch so the stripe team looks to change the point of attack. DEFENDING COMPACTNESS, ATTACKING WIDTH and MOBILITY.



© Copyright NSCAA 2014

Breakaways to goal: 4 vs. 4 +1 (all time attack) in the rectangle.
After a set # of passes the possession team on the dribble or on a pass may break to goal for a finish 1 v. GK. Optional to allow a defender to recover for pressure. Either team can go to goal if the establish possession.

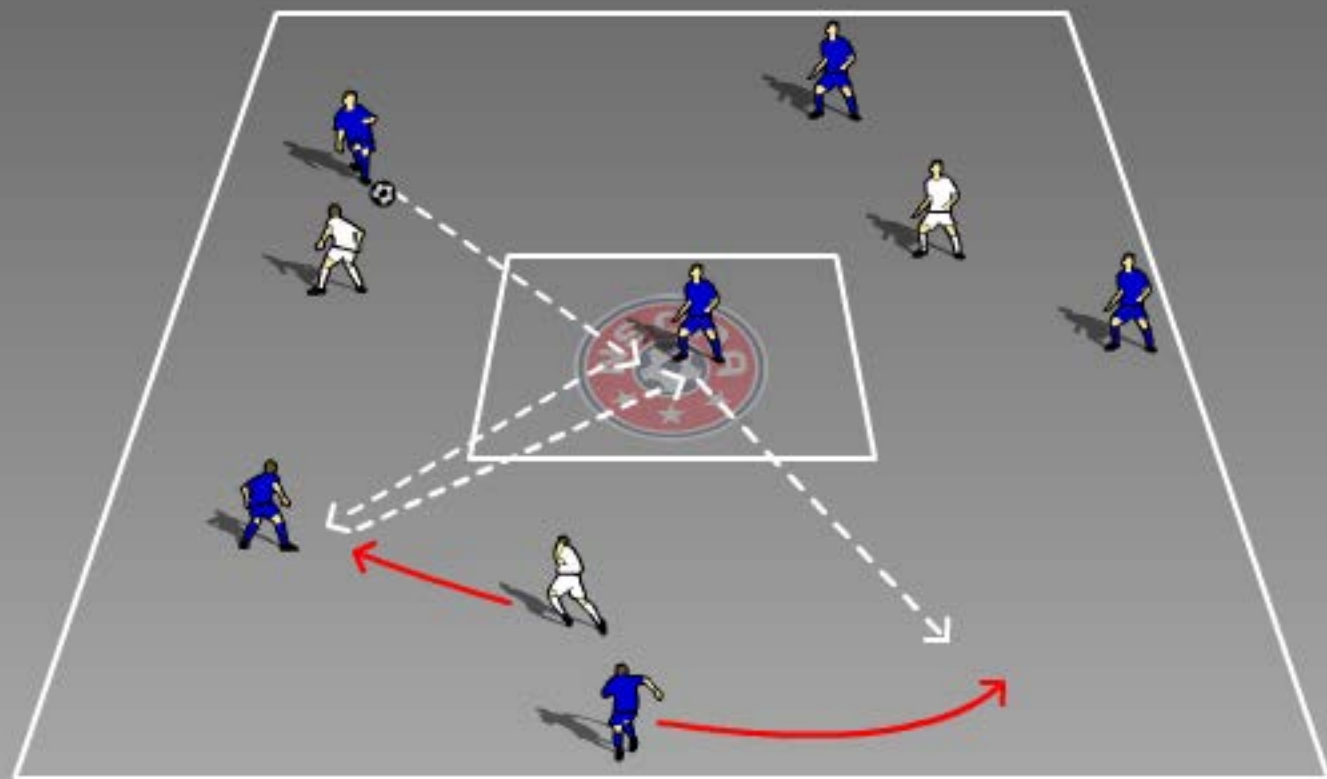
40(10)x25



© Copyright NSCAA 2015

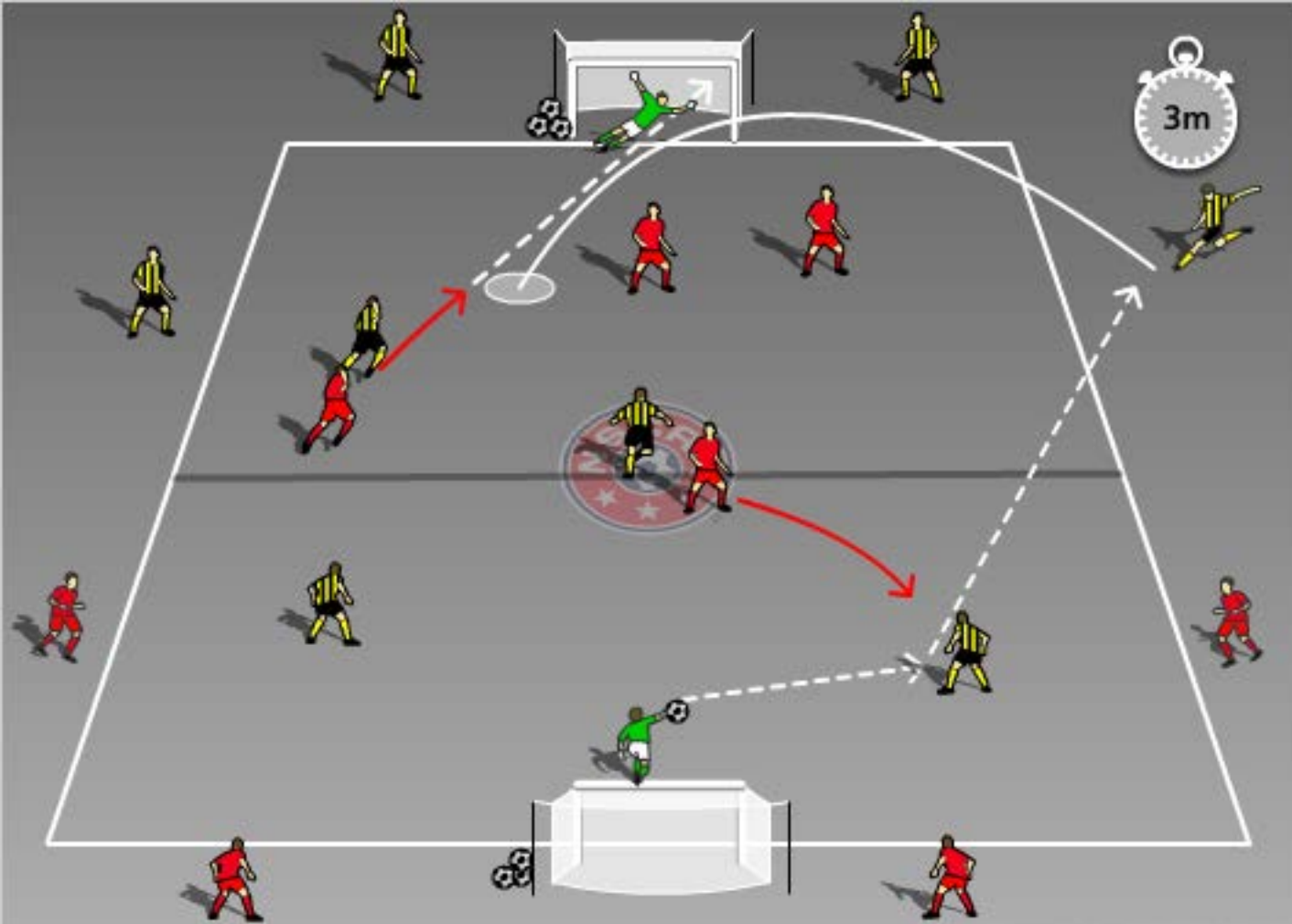
3 vs. 2 +GK in each area. GK introduces the ball and the team in possession attempts to penetrate the neutral/central zone. The player in the neutral zone cannot be challenged until they drive forward to create a 3 vs. 3. If the defending team wins it they can play forward quickly to the 2 vs. 2.

25x25 and 10x10



© Copyright NSCAA 2015

6 vs. 3: One player is restricted to a free zone and must be found every 2-3 passes. If the team of 6 lose the ball out of play or the team of 3 win it a 3 vs. 1 is played in the restricted zone.



© Copyright NSCAA 2015

3 minute games. If you score your keeper restarts it. Using the four outside players, either wide or on the endline can be required before going to goal. Touch conditions inside and outside are options. Players switch on the fly at the coach's direction. Can work with less than x16 players, using less outside

18-25-18 x 50

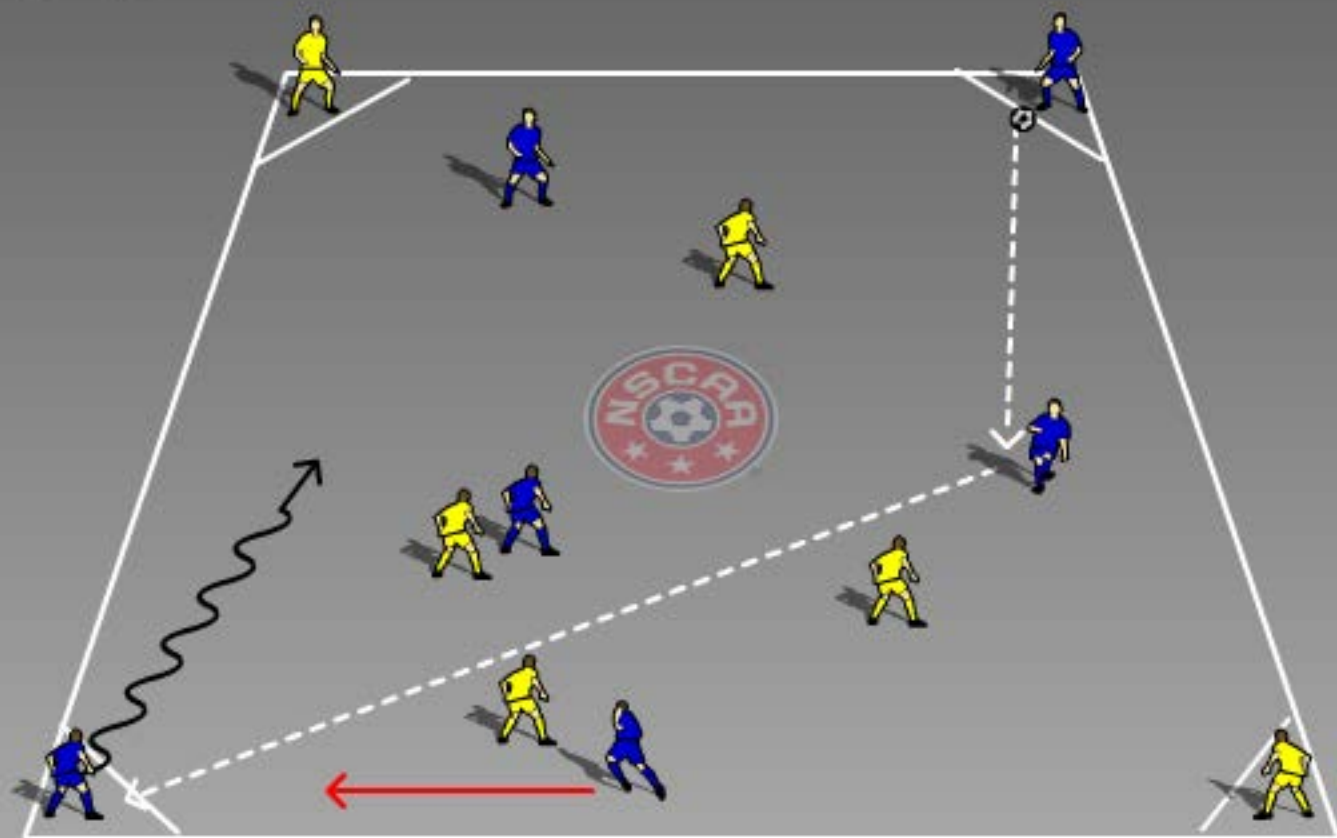


© Copyright NSCAA 2015

5 vs. 5 +2 Possession/Indirect vs. Counter/Direct

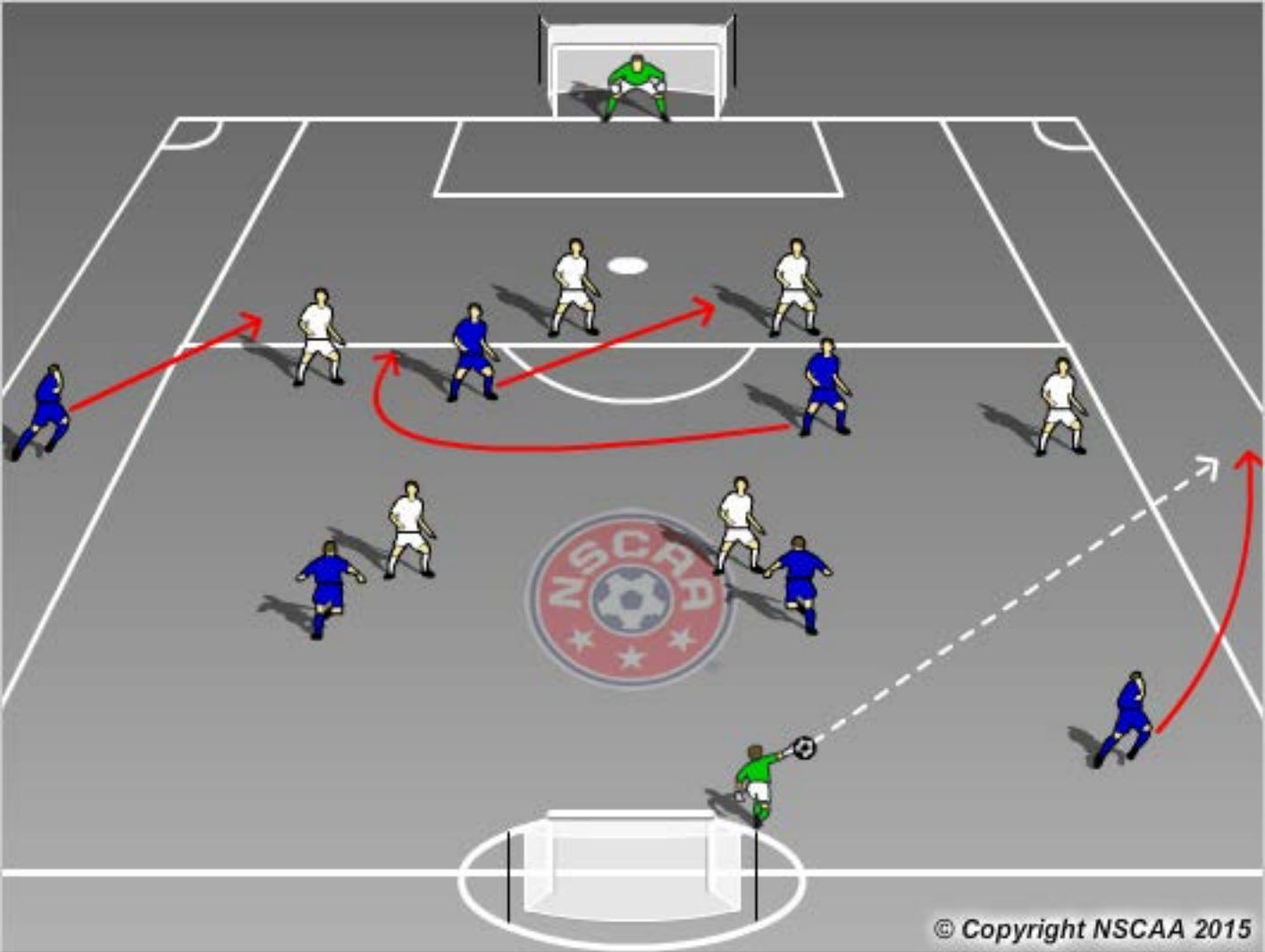
From the central zone one team (blue) must combine for a set number of passes with the support of all time possession players before going to goal. The other team (white) may play as directly as possible. Switch roles in time.

45 X 45



© Copyright NSCAA 2014

6 vs. 6 "corner" possession game. (6 vs. 4 when team has the ball)
Teams try to play corner to corner. If player in corner receives it he comes in and a team mate steps out. Use corners as targets and support options.

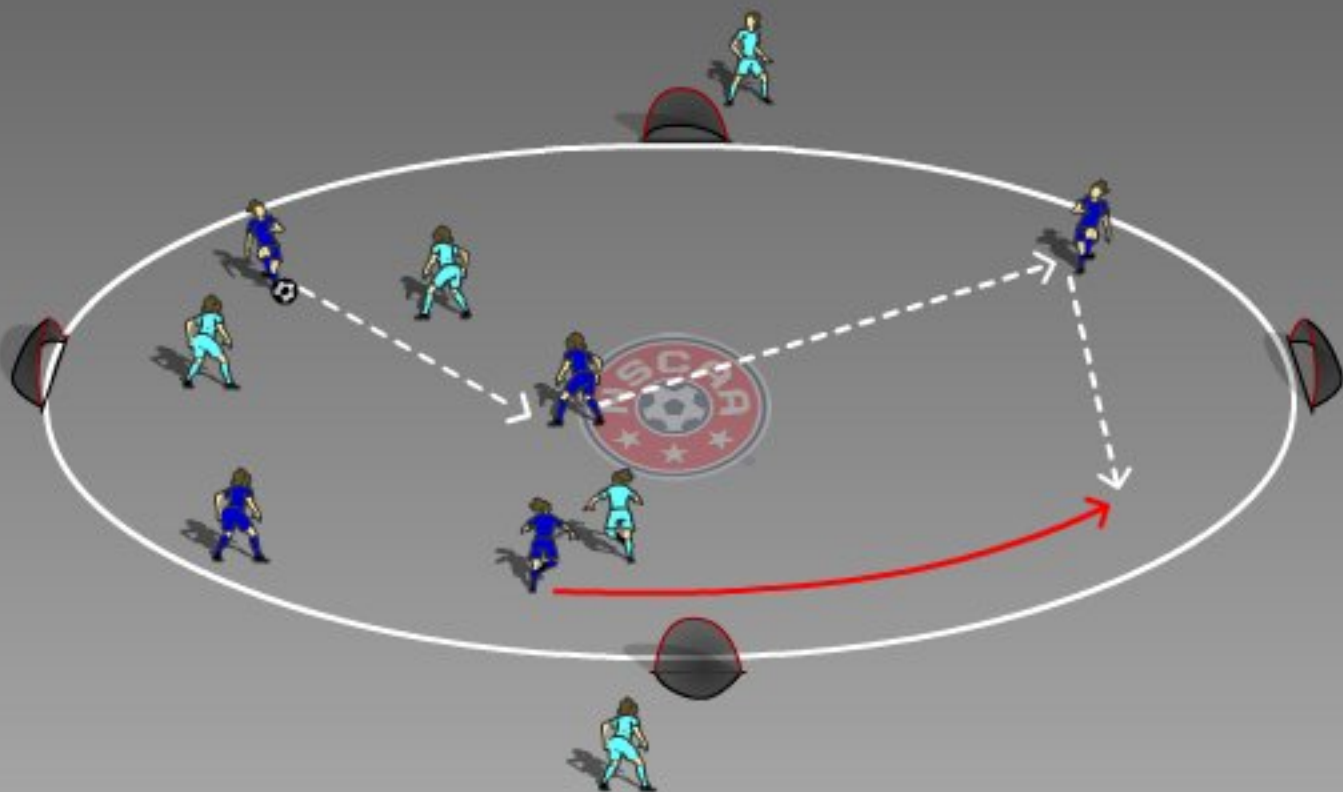


Wide channel game. Team in possession can have players wide who cannot be pressured. Team wide must play at game pace. Develop to allow a defender to go out to press and then a second attacker to go out for wide play combination.



© Copyright NSCAA 2014

**3 attackers vs. 2 defenders and a goalkeeper in each half.
4 neutral players outside the playing space.
Deep wide players plays to the higher wide players and overlap.
Overlapping players cross the ball as the three attackers make runs.**



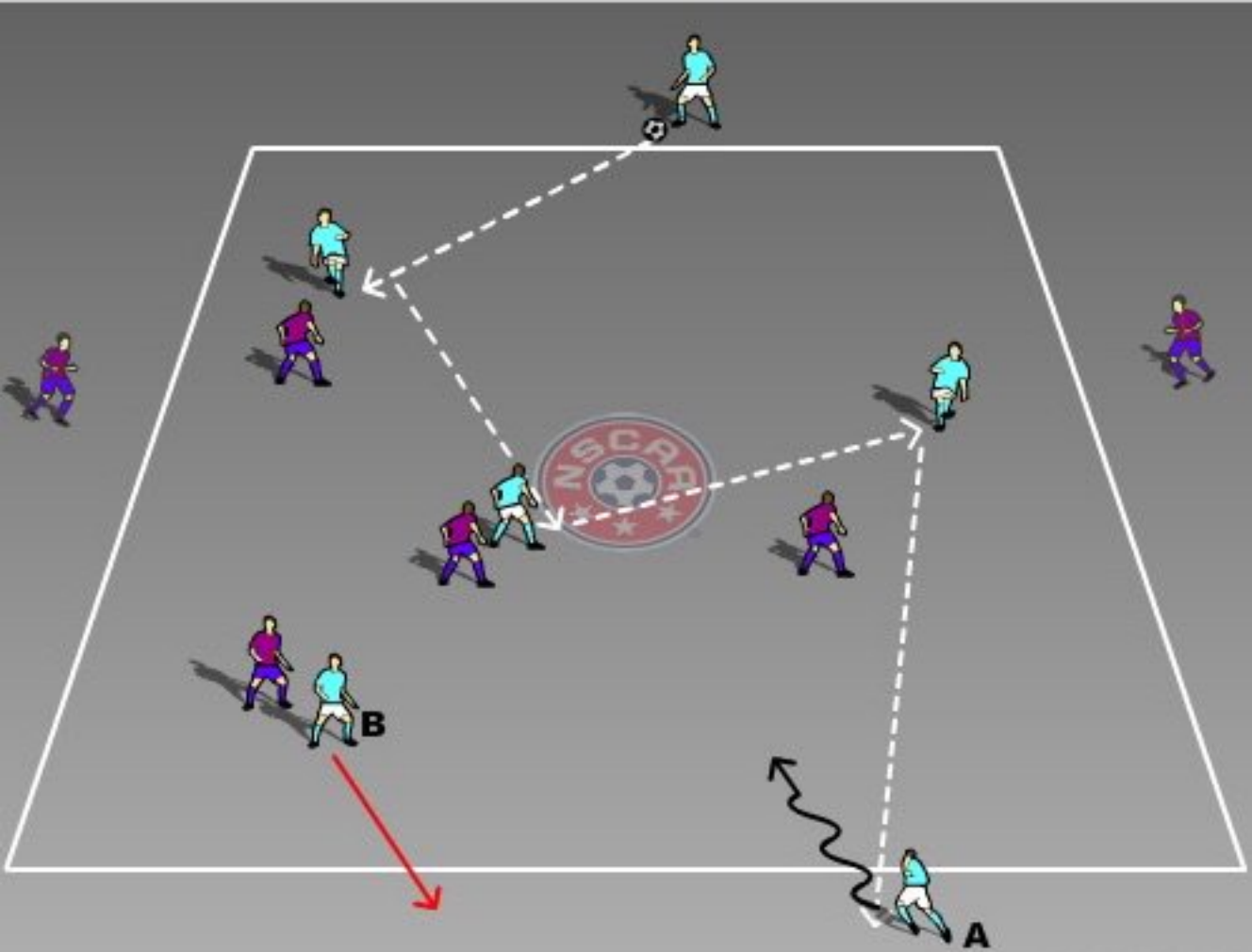
© Copyright NSCAA 2016

5v3 possession with 4 counter goals

5 retain possession, 2/3 seek to win ball and find a counter goal

If ball is turned over 5 must transition to defend and stay in the circle

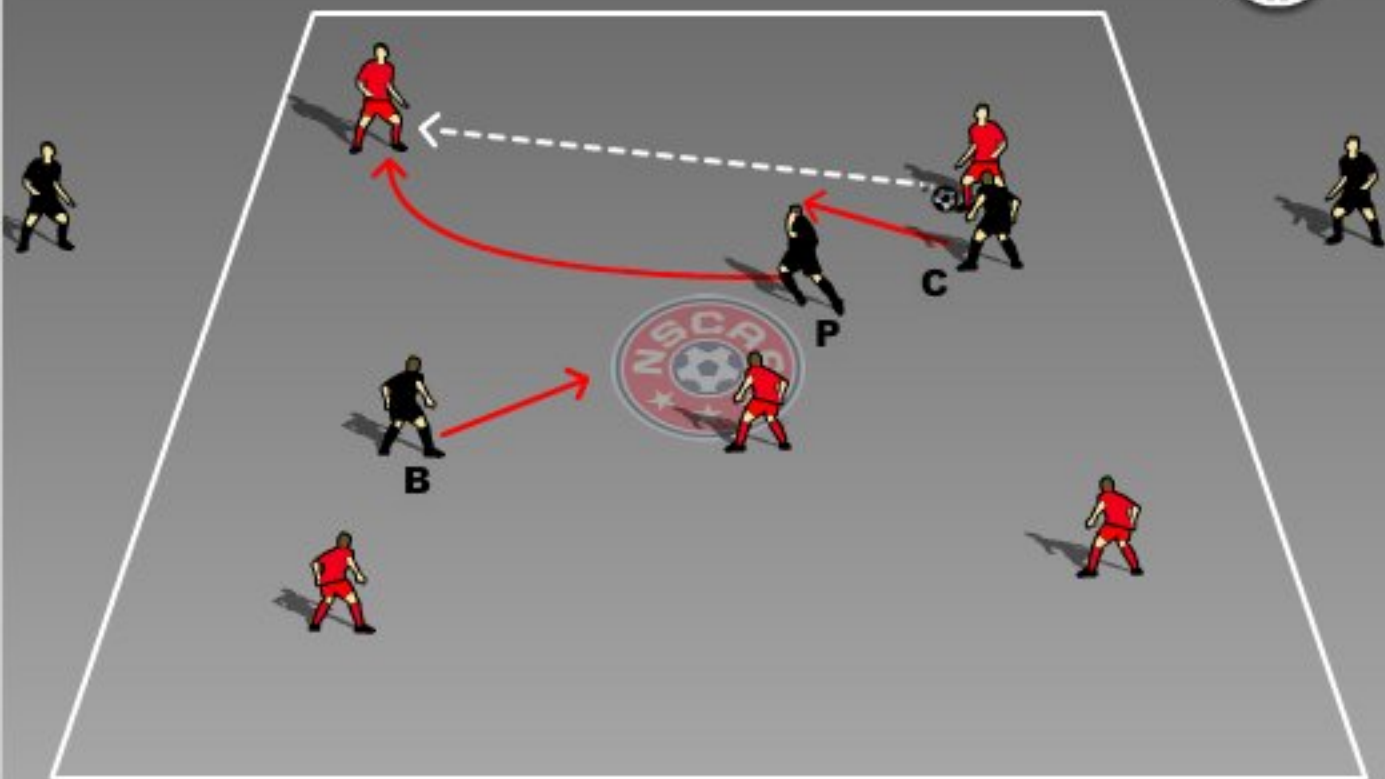
Teams switch on a goal for the 2/3



© Copyright NSCAA 2000

North, East, South, West possession game. 6 vs. 4 when in possession. Objective is to play back and forth across the grid. If disposed defend opponents going the other way. Score and target comes in, teammate drops out where target A receives and dribbles in, player B moves to the out side.

18x20



© Copyright NSCAA 2014

5 vs. (3 + 2) Keepaway for defending. 2 minutes continuous play.
If the 3 win the ball they score by making a pass to their 2 team mates.
Objective is to win the ball by applying PRESSURE=P, supplying COVER=C
and maintaining BALANCE=B. Key is to defend as a unit.

50x60



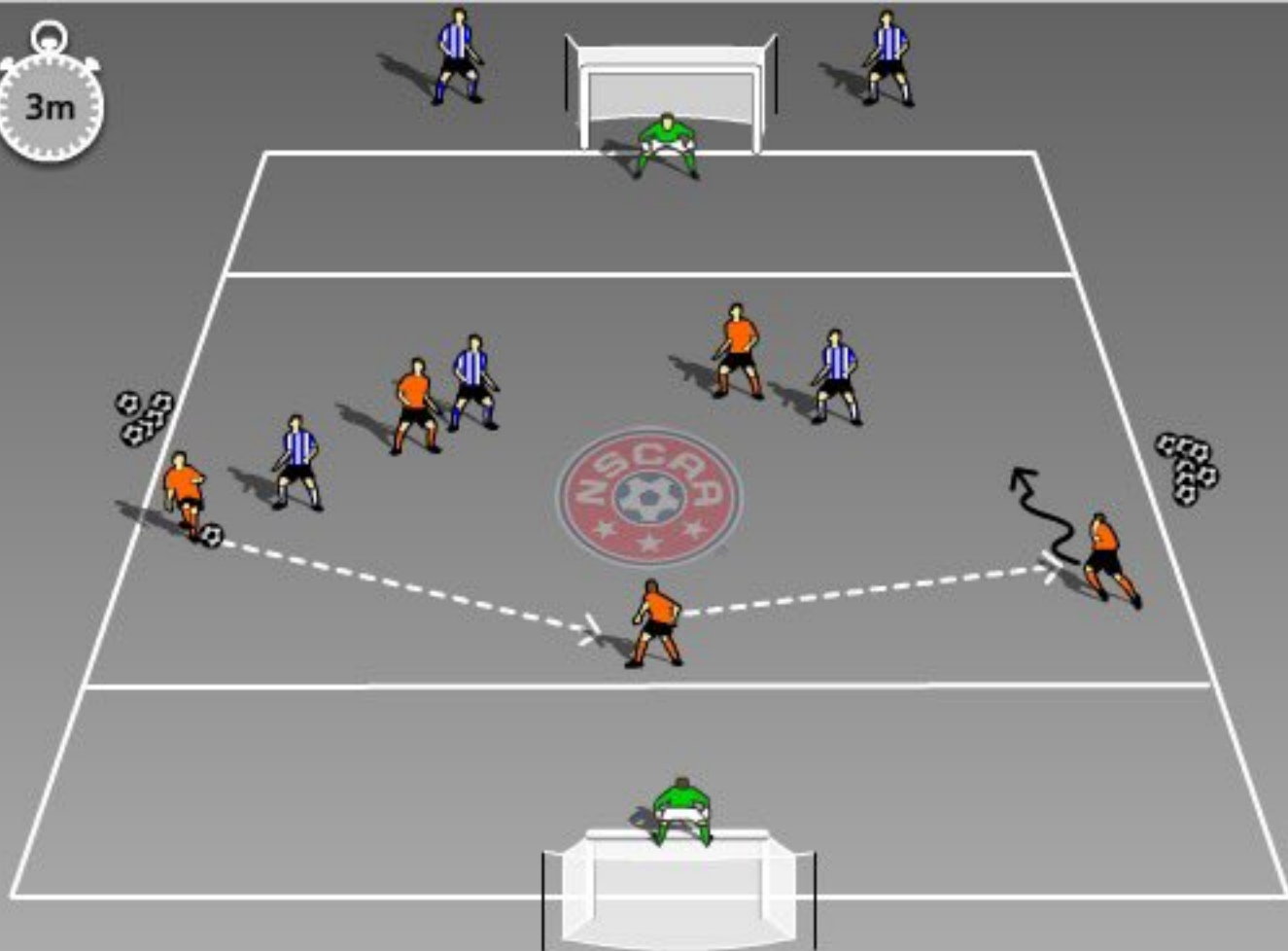
© Copyright NSCAA 2014

6 vs. 6 to 6 goals (early option make it 4 vs. 2 in each half and then lift condition). If the front two players cannot press the ball to win it they should shape to make play predictable. As the ball is traveling the players move together to remain compact around the ball. Shift is sideways and long ways.



© Copyright NSCAA 2014

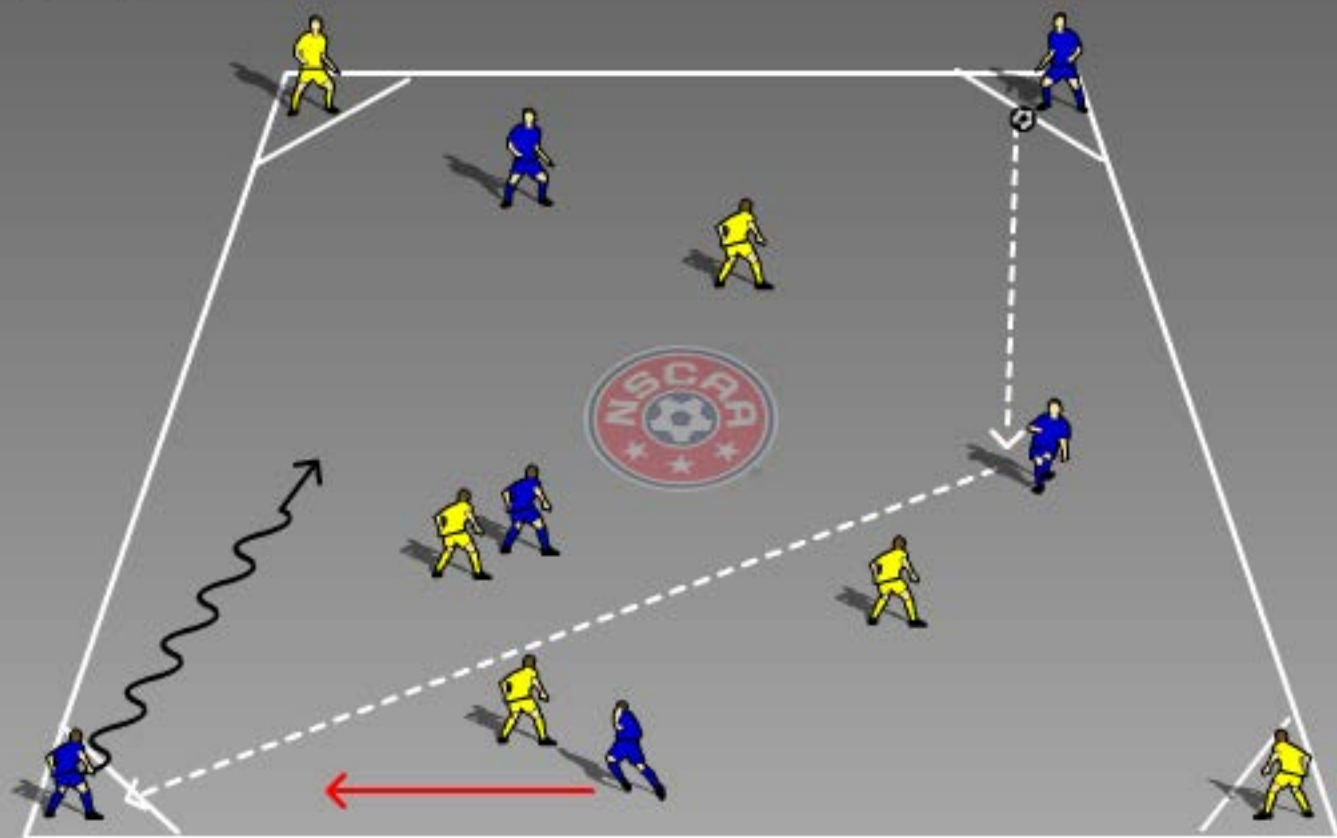
**7 vs. 7 to big goals. (option initially is to have each ball distributed by the GK)
If the forward players cannot press the ball they try to channel the ball. When
the team in possession penetrates (here on the dribble) they must be
confronted and the entire defensive team must shift to cover the "local" threat.**



© Copyright NSCAA 2014

A possession and counter attack activity.
Play is contained to the middle zone until the team of 5 complete 5 passes and then they go to goal. If the team of 3 wins it they can go directly to goal. Restarts begin with the 5 in the middle zone. Play 3 minutes and switch.

45 X 45



© Copyright NSCAA 2014

6 vs. 6 "corner" possession game. (6 vs. 4 when team has the ball)
Teams try to play corner to corner. If player in corner receives it he comes in and a team mate steps out. Use corners as targets and support options.