



LEVEL: Advanced
 TOPIC: Decision making - maintain possession or penetrate

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>Set-up several 10x10 yard squares - three players around the outside trying to connect passes with each other - one in the middle trying to intercept. To progress you can then bring all players inside the square for keep-away.</p> <p>Make it easier - give the defender a ball to slow them down Make it harder - add a second defender</p>	<p>FIRST COACHING POINT - RECEIVING</p> <ul style="list-style-type: none"> Lateral moves with hips to the ball should be encouraged - passing and receiving to the back foot <p>SECOND COACHING POINT - QUALITY OF PASS</p> <ul style="list-style-type: none"> A stationary player wants ball to feet, a moving player wants ball to space. 	
TECHNICAL	<p>Set up a diamond of four discs, about ten yards apart, with a small goal as shown in the diagram. You can set this up multiple times to accommodate all of your players. The idea is that the ball will be moved around within the diamond. Players can move between the discs, but we cannot have two players at the same disc at once. The objective: connect five passes then try to hit the goal - challenge them to do this with their first touch. The idea is that the diamond represents your team shape (likely defensive line) and the goal represents an aggressive forward pass. Progress to add a defender who must stay within the diamond - meaning players must seek to find angles to the goal - they will not be successful if they stand still.</p> <p>Make it easier - decrease the distance between cones Make it harder - add a second defender, ask for a minimum of 3/4/5 passes</p>	<p>FIRST COACHING POINT - MOVEMENT</p> <ul style="list-style-type: none"> Players should seek to move laterally while also maintaining distance from their teammates <p>SECOND COACHING POINT - QUALITY OF PASS</p> <ul style="list-style-type: none"> A good pass means the receiving player should be able to pass/shoot/dribble with their first touch without a controlling touch 	
TACTICAL	<p>36x24 Yard grid - two small goals in the middle with a 10x10 yard square around them. Place several small goals on the outside of the area. We will have a 6v2 situation - the two defenders must stay within the inner diamond - the 6 attackers must stay outside of the diamond. The objective for the attackers is to score in either of the central goals. The defenders must try to hit one of the small goals on the outside - you can replace the small goals with target players if you have extra players available. You can progress this by adding an extra attacking player within the inner square</p> <p>Make it easier - take away a defender, make area smaller, add an attacker to the inner square Make it harder - add a defender, ask players to score with their first touch</p> <p>Make sure to rotate players so they experience both sides of the ball - try to relate their positions to this game - the target players are your forwards, the team of six attackers is similar to your defensive line plus two midfielders</p>	<p>FIRST COACHING POINT - READING THE CUES</p> <ul style="list-style-type: none"> Does the position of the defenders allow us to go to goal? Teach players to analyze this based on the position of the defender but also the position of their teammates - can a teammate get to goal quickly, it should be a challenge with the goals being so close together <p>SECOND COACHING POINT - RECOGNITION</p> <ul style="list-style-type: none"> Can the attackers deliberately maintain possession in one area to draw out the defenders - once they see this can they quickly change the point of attack 	
GAME	<p>Small-sided game, we suggest 5v5 but try to keep all players engaged. We suggest no goalkeepers and the use of small goals to encourage accuracy. In order to create plenty of coaching moments we suggest setting your formations to have equal attackers and defenders on each team, for example: 2-1-2. We always advise that you should allow time for players to enjoy the scrimmage without any conditions.</p> <p>Make it real -</p> <ol style="list-style-type: none"> Assign positions Set a formation Help players understand their role 	<p>COACHING SUMMARY</p> <ul style="list-style-type: none"> Try to find instances in the game to freeze the play when your coaching points are relevant. Keep your freeze short and concise - try to find opportunities when a player fails to use a teammate when they are in a good position. Some examples: <ol style="list-style-type: none"> A player tries to go to goal when the defenders are well-positioned A midfield player dribbles in to trouble The attacking team has few forward options but they still try to go to goal and fail 	