



	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	<p>24x24 Yard grid - Divided in to four small 12x12 squares. Players are divided in to two teams and matched-up then assigned to a square (so each square has a 1v1, 2v2 or 3v3 inside). Players start with the ball in their hands and must connect to their teammates in another square. Player with the ball cannot move when in possession - defending team cannot take the ball, they can only block or intercept. Teams score a point by connecting with all four squares without interruption</p> <p>Make it easier - increase the size of the area Make it harder - instruct that the ball must be bounced to a teammate</p>	<p>FIRST COACHING POINT - MOVEMENT</p> <ul style="list-style-type: none"> The player holding the ball will need their teammates to move laterally to create a lane to receive the ball. <p>SECOND COACHING POINT - COMMUNICATION</p> <ul style="list-style-type: none"> The supporting players should inform the player with the ball of their movements and availability with hand signals and shouts like: <ul style="list-style-type: none"> "To your right/left" "Behind you" "On the run" 	
TECHNICAL	<p>24x24 yard grid - with two small goals at each end. 2v2. One team starts with the ball and serve it to the opposite team before defending them.</p> <p>Make it easier - Make grids bigger Make it harder - Add a third defender</p>	<p>FIRST COACHING POINT - READING THE CUES</p> <ul style="list-style-type: none"> First attacking player should take a positive first touch to either direction - the second attacker reads the touch and reacts. If A1 brings the ball towards A2 this tells them that they want A2 to do an overlapping run. If A1 takes a touch to the outside they are reeling A2 that they want them to make a backside run towards space. Encourage players to be creative and use some dummy runs or check-in then check-out to open up space. Try to help them realize that the defender will react to them but if you do something quickly it will be hard for the defender to keep up. 	
TACTICAL	<p>36x24 yard field with a small goal at each end - Divided in to three equal rectangles 12x24 (you may need to set this up twice if you have a lot of players. Divide your players in to two teams and assign them to a rectangle. The idea is that they will be playing 2v2 in that area and trying to connect with the next rectangle. The ball can only be advanced to the next rectangle with a dribble - players will have to outfox their opposition in a 2v2 in order to advance.</p> <p>Make it easier - allow players to pass to the next rectangle Make it harder - allow players a maximum of three touches</p>	<p>FIRST COACHING POINT - SPACIAL AWARENESS</p> <ul style="list-style-type: none"> Try to help players understand that they need to maximize their space by being stood away from their teammate. They should try to find an area where they can receive a pass but also move up the field if the ball should come. <p>SECOND COACHING POINT - PREPARATION</p> <ul style="list-style-type: none"> Waiting players should remain active by taking small steps and being on the balls of their feet ready for a quick movement. We should also show the waiting receiver how to stand when waiting to receive. They should have their hips open to the ball and to their potential target (if possible). 	
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"> 1) Assign positions 2) Set a formation 3) 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"> 1) An attacker chooses to dribble and loses the ball rather than passing to an open teammate 2) A supporting attacking player runs towards the ball rather than to space 	