



Catch the Tail (10 mins)

Set Up:

- Five or Six players circle a ball on a cone and hold hands
- One of the players has a bib tucked in their shorts like a tail
- An extra player out side of the ring of players

How to Play:

- The six players in the ring must keep holding hands
- The outside player aim is to get the bib out off of the ring player
- The ring players need to use communication to all go around the ball to stop the outside player getting the ring
- The ring players must not knock the ball off of the cone
- Once the outside player gets the bib he joins the ring
- Another player takes the bib and tucks it in like a tail



3v4 rondo (10 mins)

I like rondos that are Dynamic for both inside and out so there should be less passer the side to your shape
This one loser and 2 either side go in when bad pass, bad touch or inside win the ball.



Play the way you are facing (30 mins)

Setup

- Area: Half pitch (from halfway line to goal).
- Goals:
 - 1 main goal.
 - 2 mini goals positioned wide left and right at the top of the penalty area.
- Equipment:
 - 2 mannequins positioned centrally just inside the attacking half.
 - 2 x 4 agility poles from halfway 2m apart
- Players x teams (left and right channels):
 - 1 starting player at halfway with the ball facing the row of agility poles.
 - 1 forward receiving player positioned just in front of the mannequin (acting as a forward waiting for a pass).
 - 1 central player (left and right channels).
- Balls with the starting player.



Instructions

- **Build Up Through the Pivot**
 - The starting player dribbles forward through the agility poles.
 - They pass to the forward receiving player positioned in front of the mannequin.
 - The mannequin represents a defender screening the pass lane — the receiver must check off, create an angle and receive on the half-turn.
- **Playing back**
 - The pivot player plays out to the central player
 - As the ball travels centre:
 - the forward peels off the mannequin and runs forward
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- **Forward pass**
 - The central player passes the ball ahead of the forward
 - The forward receives the ball on the run and shoots
- **Rotation**
 - After each repetition:
 - Dribbler becomes pivot.
 - Pivot rotates to the forward

Coaching Progression

???? Progression 1 – Scanning & Body Shape

- Pivot must check shoulder before receiving.
- Receive on back foot and play forward in two touches.

???? Progression 2 – Pressure on Pivot

- Replace the mannequin with a passive defender.
- Forces realistic receiving angles and quicker decisions.

???? Progression 3 – One-Touch Release

- Pivot limited to one touch when possible.
- Focus on tempo and speed of ball circulation.

???? Progression 4 –

- Shoot at big goals with keeper

Key Coaching Points

- Timing of check movement off the mannequin.
- Receive side-on to play forward.
- Quality and weight of pass into wide areas.
- Timing of runs into the box.
- Quick decision in final third.
- End product must be decisive.

Compressed Game (30 mins)

Set Up:

- Use an area approximately 25*15 with 3/4 goals on each end line.
- Compression pitch setup
- 5v5 or 6v6 odd number play with a wild card

Coaching Points:

- **How do you want to receive the ball?** Across your body so your first touch can go forward to attack the defender
- **Do you want to dribble at the defender fast or slow?** Fast but under control, then do a move to either beat the defender or create enough space to get a shot away
- **Do you have to get all the way past the defender before you can shoot?** No just create enough space that the defender is unable to block your shot when you shoot
- **What is the most effective way to beat a defender?** Run at them at pace with the ball and try a move to get them off balance
- **How do you want to strike the ball when shooting?** With laces, ankle locked and getting my head and chest over the ball
- **How do you generate power when shooting?** Locked ankle and following through after my foot makes contact with the ball

