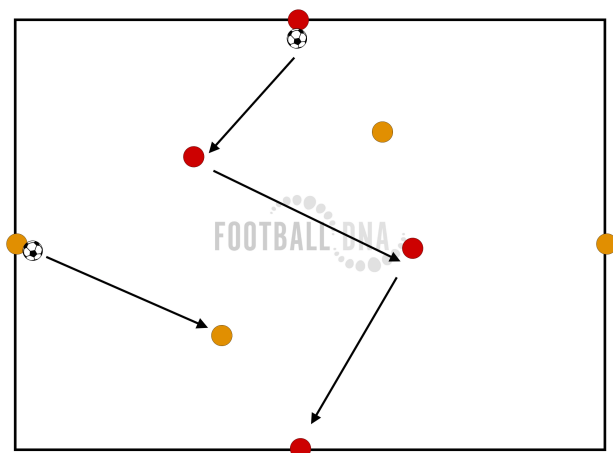


2 V 2 Possession With Target Players



Equipment : Footballs, Bibs, Cones, 8 Players

Overview:

Within 20 x 20 grid area with one team working horizontally and the other team going vertically. Working in groups of 4, 2 players start in the middle and two on either side. Both teams must transfer the ball from one side of the area to the other, both teams are to have a ball each. These players on the outside of the square act as target players and must try and receive passes from the players in the middle of the square. To progress we go into an opposed practice with one ball and two teams playing against each other. If a team can transfer the ball from one target player into the other they will get one point. The defending team must try and win the ball back and then play between their target players. Target players on the outside are also not able to be tackled.

Coaching Points:

Team Spacing: The players in the middle must look to disperse once the ball is played on the outside to either target players, this will help to create space through the middle for the team in possession to try and exploit. In addition the players in the middle can create space by receiving at different angles to one another, therefore helping them to be able to play between them. Outside players should look to create angles by moving to try and receive between players, as well as offering support behind the ball as well.

Body Shape: Players to try and receive with an open body shape to enable them to be able to play both forwards and backwards as well as see the whole area. To support this encourage players to receive with their shoulders facing the direction they wish to go enabling them to be able to play quickly into their team mates throughout the game.

Scanning: Players should look to scan continually throughout this practice to help them identify where the ball is as well as where the space is too. To support players with scanning encourage them to try and scan as they receive the ball (as it's travelling). Players should adjust their body shape from their scanning and select appropriate receiving & passing based of what they see.

Receiving & Passing Technique: When receiving players should look to use their first touch to move into space or move away from pressure. In addition first time passes may be used to change the point of attack quickly, combine with team mates or play between opponents.

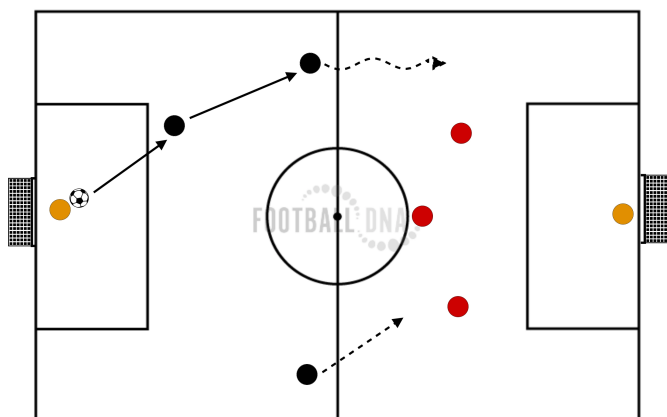
Progressions:

- If a pass is played into a target player, they can now choose to either pass in or dribble in. If they choose to dribble in, another player from their team must look to take their place. Target players can now also be tackled too.

Regression:

- Both teams transfer the ball in the same direction so there is less traffic and decision making becomes easier.

Retreat Or Press Small Sided Game



Equipment : Footballs, Bibs, Cones, Goals, 8 Players

Overview:

Setup a 40 x 20 area with two goals on the pitch and organise a 3 v 3 plus goalkeepers. Each time the team in possession has a goal kick in their half, the opposition must retreat into their own half. Failure to do so, will result in a free kick to the team in possession of the ball. Once the team in possession of the ball has played their first pass, the defending team can decide whether they wish to stay in their half or go and press and win the ball back. This rule will enable the team in possession to be able to build from the back and progress into the opposition's half.

Coaching Points:

Team Spacing: The team in possession from goal kicks, are encouraged to create width and depth across the pitch. To support this try and create a diamond as big as possible (including goalkeeper) this will provide you with a point at the top of the diamond as well as a supporting player at the base of the diamond as well. The width created by the players on either side will help to create space, as well as give you options to switch play if the team is unable to play forwards.

Body Shape: An open body shape will help players to be able to see the whole pitch to identify where their team mates are but also where the best space is. Encourage players to receive with an open body shape with their shoulders facing the way they wish to go.

Scanning: Players should look to scan throughout the game to help them to see where their team-mates are but also see the opposition as well as the best space. Scanning will also help players to adjust their body shape based on what they see which will let them to be able to make the right decision when in possession of the ball.

Passing Order: (Breaking Lines, recognise when and where to play forward) – encourage players to select the appropriate passing order throughout the game especially from goal kicks. This may be depending on your preference, playing the furthest forward pass possible.

Progressions:

- Instead of a retreat line the defending team can move wherever they wish from goal kicks throughout the game. You may also wish to progress this further by stating the attacking team must make a certain number of passes in their half before they can progress into the attacking half.

Regression:

- The defending team must stay in their half and cannot tackle until attackers get into their half. This will be in place whenever the attacking team has the ball in their half, enabling them to be patient in their build up play.