

Christchurch United FC

— Scan to play forward

PART 1: ACTIVATION AND JUGGLING GAME

Organisation

- Mark out 9 cones, 5m apart along the length of the pitch.
- Position a player 5m either side of each cone (18 players in total).
- Each pair of players has a ball.

Explanation

Activation exercise: Before each exercise, the players must make movements in front of the ball.

- These movements include short sprints, side shuffles, mimicking a pass and mimicking controlling the ball in the air.

Cooperative juggling: Each pair of players must keep the ball up between them.

- They must try to keep it up for as long as possible and can use multiple touches to do so.
- The players must count the number of passes made in the keep-ups.

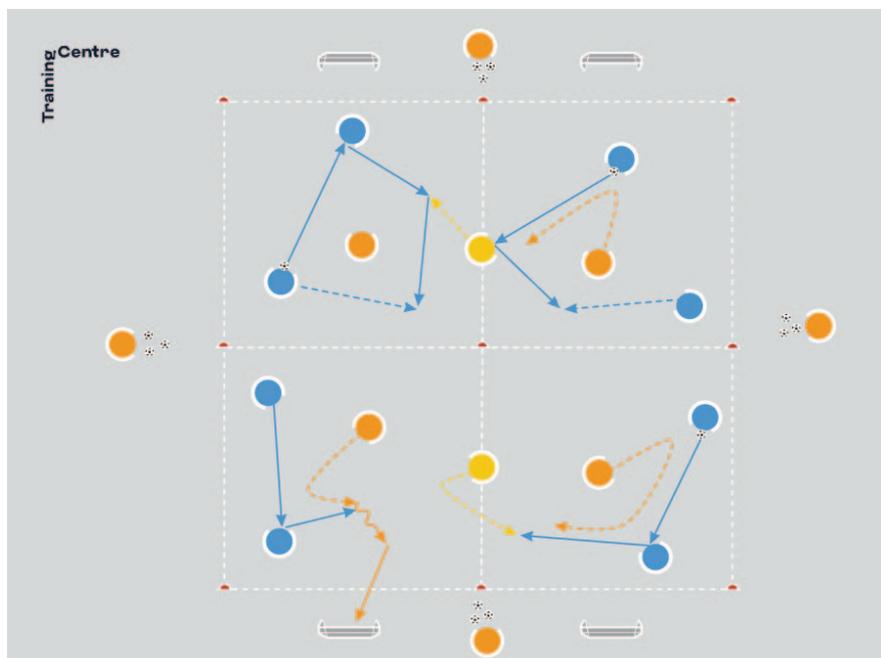
Juggling 1, 2, 3: One player starts by bouncing the ball into the air toward their team-mate.

- The receiving player must keep the ball in the air with two touches and return the ball to their team-mate.
- As they make the last touch, they must call out “1”, “2” or “3”.
- Their team-mate must juggle the ball the communicated number of times and return it on the touch that matches the number called.
- Each time the ball is returned, the player must call out “1”, “2” or “3”.
- No headers are allowed.
- The exercise runs for 90 seconds.
- When complete, the player with the least amount of mistakes moves up to the next station, and the player who made the most mistakes moves down to the next station.

Coaching points

- Coordinate the body around the ball efficiently and be prepared for balls that can go over the head.
- Be on the toes to anticipate the required sharp movements so that the ball can be controlled in the air effectively.
- Indicate the number clearly, as this reinforces strong communication and direction on the pitch.

PART 2: FOUR-QUADRANT RONDO



Organisation

- Mark out a 20×20 m area.
- Split the area into four 10×10 m areas.
- On two sides of the 20×20 m area, position two mini-goals so that each quadrant has one.
- Split the players into eight blue players, eight orange players and two jokers.
- Inside each quadrant, position two blue players and one orange player.
- The remaining orange players wait on the outside of the area and serve balls into play.
- Position the two jokers close to the centre of the 20×20 m area.

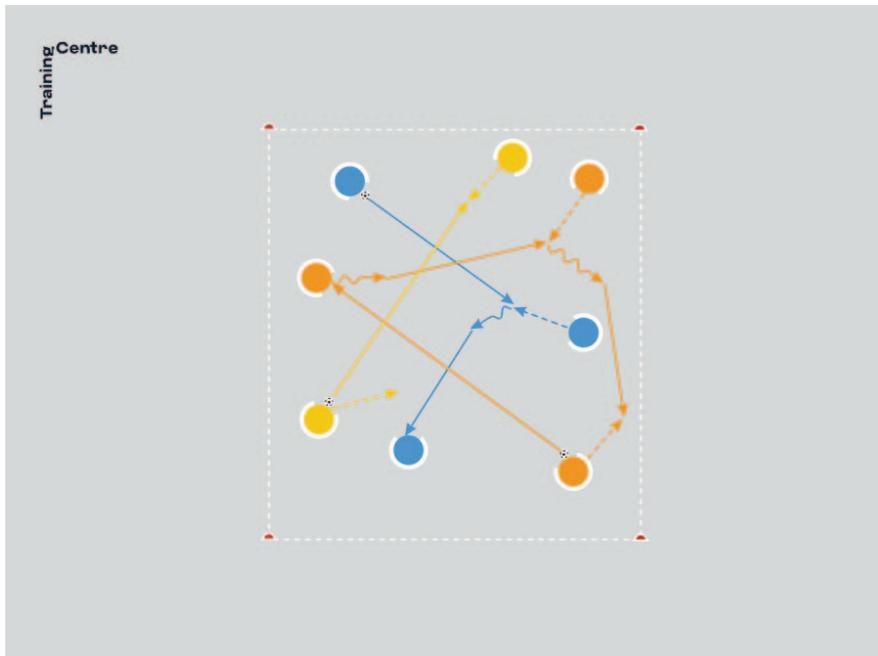
Explanation

- In each quadrant, the two blue players must keep the ball.
- If they can make eight consecutive passes, they win one point.
- They can use one of the two jokers in the centre of the area.
- The orange player must try to win the ball.
- If the orange player wins the ball and scores in the mini-goal, they win five points.
- Rotate defenders with the orange players waiting on the edge of the area.
- Play 90-second rounds to encourage high intensity.
- Rotate players so they play all roles.

Coaching points

- Scan frequently to notice potential space and passing routes to move the ball into before receiving.
- Recognise when team-mates are in a position to receive. If jokers are combining in another quadrant, decide whether to delay or reject the pass.
- Constantly adjust position and body orientation to support the team-mate and show where the pass can be played.
- Firm and accurate passes will help eliminate the defender.

PART 3: TECHNICAL ACTIVATION



Organisation

- Mark out a 30×25 m area.
- Split the players into groups of three and two.
- Each group has a ball.

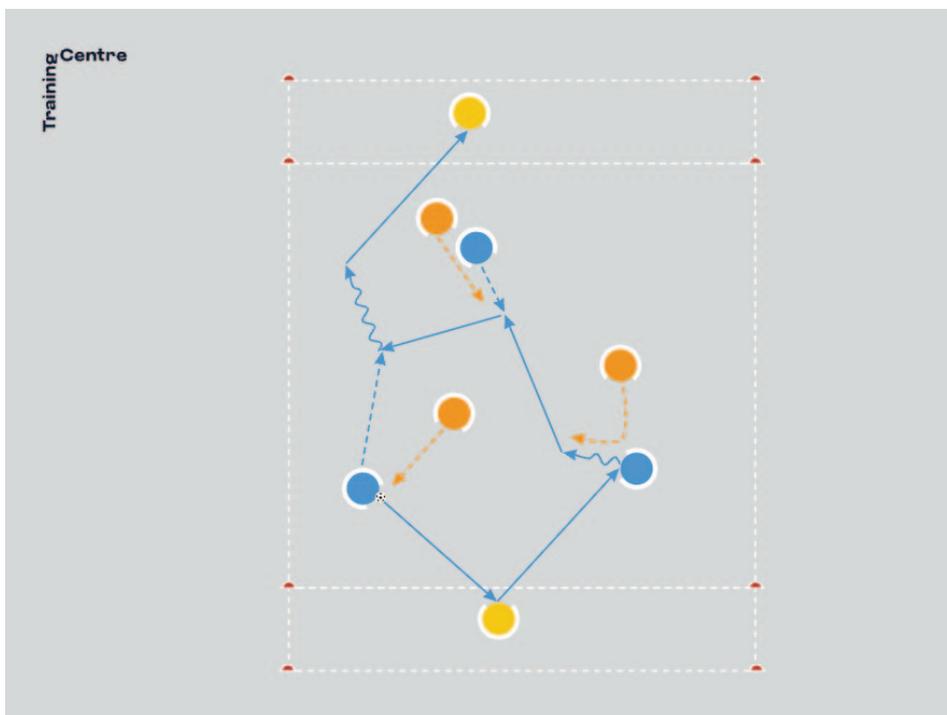
Explanation

- Between each group, the players must pass to one another.
- Players must move around the area and practise technical elements such as turning on the ball and first-time return passes.
- Players must vary their play and avoid other balls and players when passing or moving.

Coaching points

- Frequently scan before and after each pass to recognise the best space to receive the ball in.
- Make clear verbal and non-verbal communication to show team-mates where they can play into.
- Adapt positioning and body posture to support the ball carrier.
- Firm passes that are under control will allow for smoother combinations and technical actions.

PART 4: 3V3 PLUS 2 POSITIONAL GAME



Organisation

- Mark out a 30 × 15 m area, with 5 m end zones at each end of the field.
- Split the players into two teams of three and two neutral players.
- The two teams start on the field, while the two neutral players are positioned on each side of the playing area.

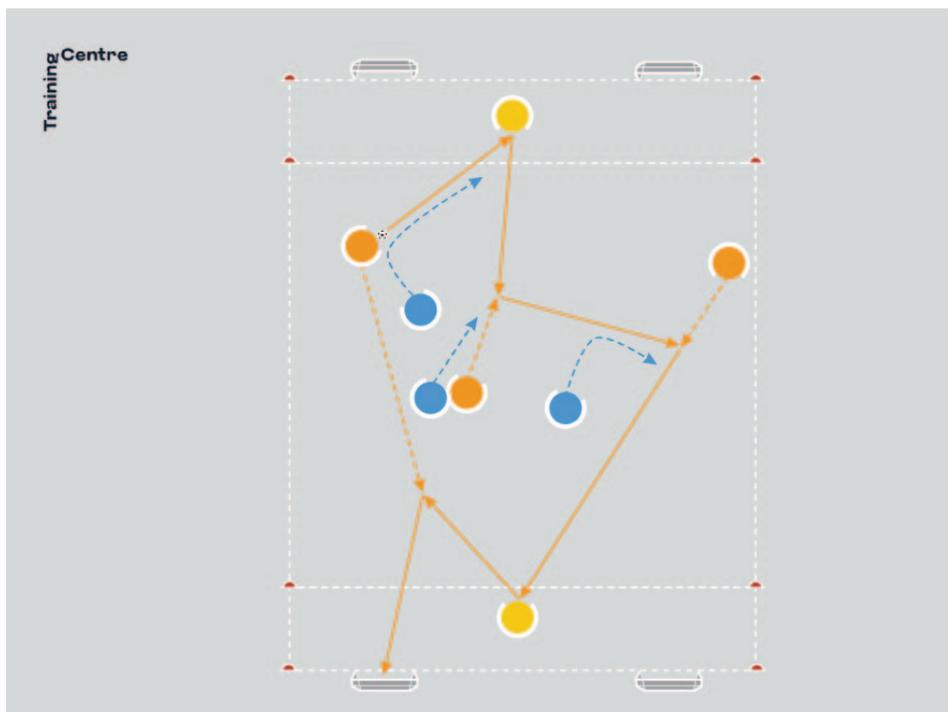
Explanation

- The team in possession must circulate the ball inside the central zone.
- The objective for the team in possession is to move the ball from one neutral player to the other.
- The team out of possession must try to win the ball.
- If they win the ball, they must circulate it in the same manner.

Coaching points

- Establish a strong positional structure using quick actions, such as the back-pedal, to optimise space and passing angles.
- By optimising depth and width, the ball can be advanced more effectively.
- Constantly repositioning underneath the ball or between the lines and using different vertical channels helps create multiple options for the ball carrier.
- Scanning frequently and using effective body orientation and signals helps promote forward play with

PART 5: 3V3 PLUS 2 POSITIONAL GAME



Organisation

- Mark out a 30×25 m area.
- At each end of the area, position two mini-goals.
- Split the players into two teams of three and two neutral players.
- The two teams start on the field, while the two neutral players are positioned on each side of the playing area.

Explanation

- One team must score on one side of the area, and the other team on the opposite side.
- The team in possession uses the neutral players in order to score.
- The defending team must try to win the ball and secure it in the same manner.
- Limit the jokers to one or two touches.
- Jokers can play to one another, and the defending team can press them.

Coaching points

- Constant communication is crucial, and the two jokers must always provide an outlet for the team in possession.
- Maximise space by using the full depth and width of the pitch to create passing angles and routes to the opposite side.
- Constantly look to open passing lanes so ball carriers always have support.
- Use technical skills such as receiving on the turn and effective body orientation to eliminate opponents.
- Create density in front of the ball and compactness when defending to make it more challenging for the team in possession.