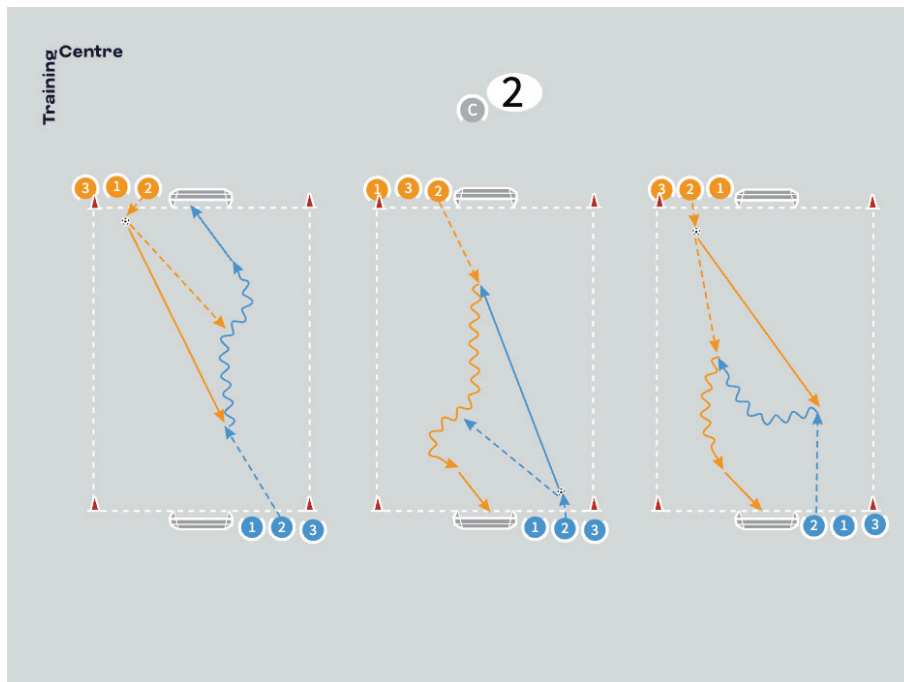


Towards goal: —●— *As a team and alone*

WARM-UP: 1V1, 2 GOALS, NO GOALKEEPERS



Organisation

- Organise mini-pitches, with two teams of three players per pitch
- The players in each team should number themselves 1-3
- When the coach calls a number, the relevant players from each team play against each other
- Call different numbers in random order and then increase to two numbers at a time
- Rotate the teams between pitches after a few minutes so they get to play against different players

Ways to make the exercise easier

- Defenders can only delay opponents, not tackle

Ways to make the exercise harder

- The players have to dribble past their opponent before they can score

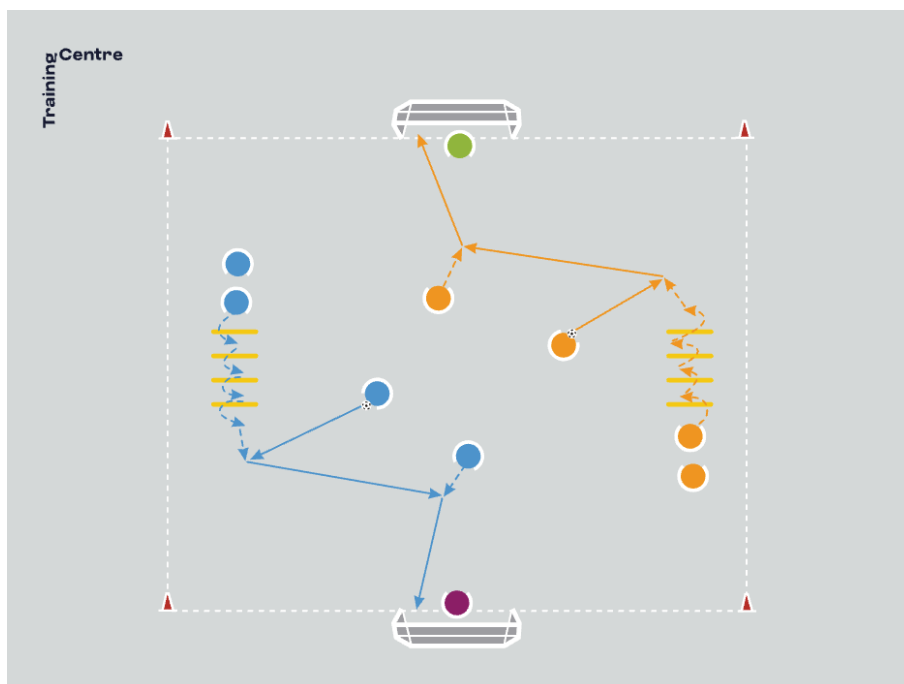
Great questions to ask the players

- How can you be positive when you're attacking against your opponent?
- What strategies can you use to attack?
- How can defenders choose the right time to make a tackle or try to win the ball?

Safety tips

- Create safe zones between each mini-pitch

SKILL DEVELOPMENT: 1V1, COORDINATION AND SHOOTING



Organisation

- Organise some obstacles (e.g. hurdles/cones) on one side of the pitch
- Keep groups to a maximum of six and make multiple pitches
- The players take turns to complete the physical challenge and then receive a pass
- They cross for a striker to then shoot at goal
- The wide player should follow up a shot in case of rebounds

Ways to make the exercise easier

- Make the agility run simpler
- Allow the striker to control the ball before shooting

Ways to make the exercise harder

- Make the agility run more difficult/complex
- The striker has to shoot first-time
- The passer (the player who started with the ball) can defend the cross

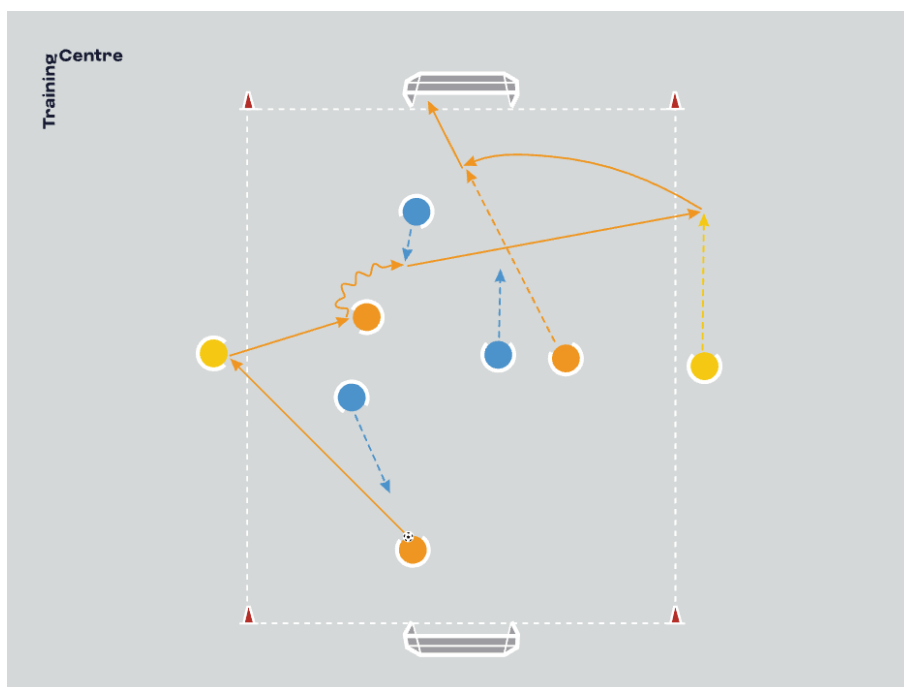
Great questions to ask the players

- Can you show me different ways to jump?
- How can you tell the passer that you are ready to receive the ball?
- Can you try to cross so that the ball is in front of the attacker?

Safety tips

- Create safe zones between each pitch

GAME APPLICATION: SMALL-SIDED GAME WITH 3V3 + 2 NEUTRAL PLAYERS, 2 GOALS, NO GOALKEEPERS



Organisation

- Make pitches for 3v3, with two extra players (floaters) on the touchlines
- The team in possession can also pass to the floaters, making it a 5v3
- Encourage the players to use the floaters and to find positions to receive the ball from them
- The floaters cannot be tackled
- Remember to rotate the players, so they all get to play as floaters

Ways to make the exercise easier

- Passes from the floaters cannot be intercepted, so defenders can only win the ball while in the central area

Ways to make the exercise harder

- The teams have to use a floater, or both floaters, before they can score

Great questions to ask the players

- Can you get your head up while on the ball and recognise the opportunities to use the floaters?
- Can you try to find great positions on the pitch to receive the ball back from the floaters?
- Whom do you need to concentrate on when defending?

Safety tips

- Create safe zones between each pitch