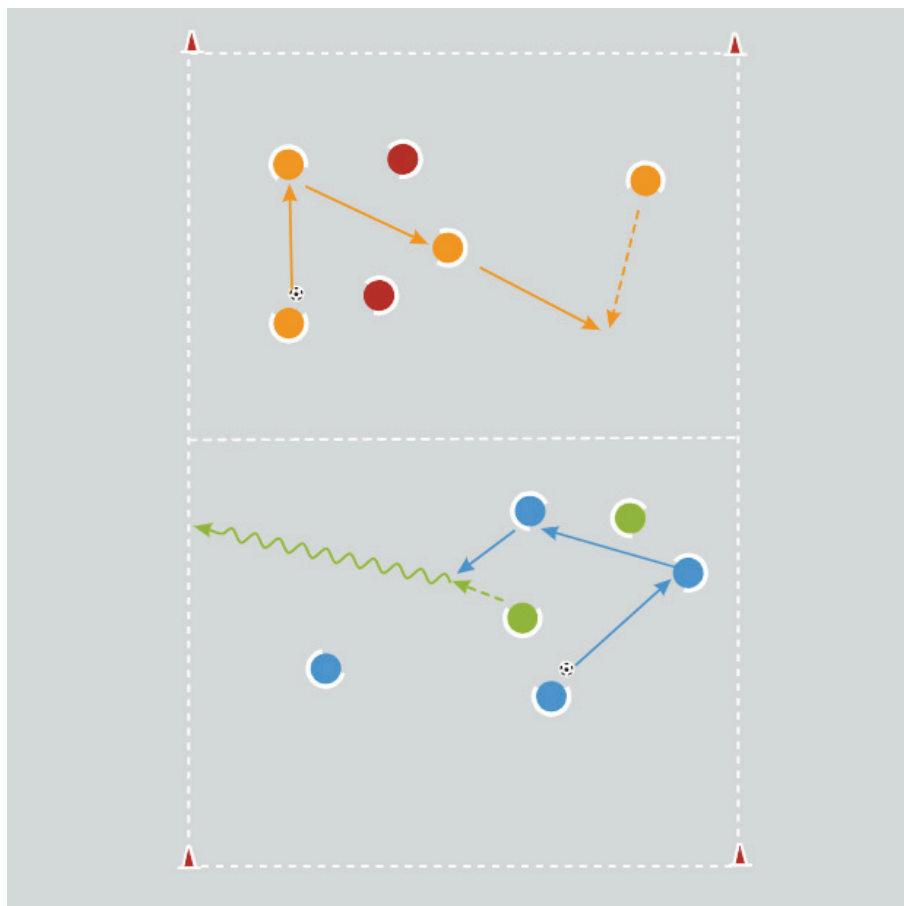


Using the *numerical advantage*

WARM-UP: 4V2, NO GOALS, POSSESSION PRACTICE AND "LINE FOOTBALL"



Organisation

- Create pitches to play 4v2
- The four attackers try to retain possession of the ball and complete a certain number of passes to score a point
- If the defenders win the ball, then they try to accelerate away to score by stopping it on any touchline
- Rotate the players, so they can experience both challenges

Ways to make the exercise easier

- Start with 4v1 to ensure the attackers succeed and build up their confidence

Ways to make the exercise harder

- Increase the number of passes needed for the attackers to score a point
- Make the passes one- or two-touch only

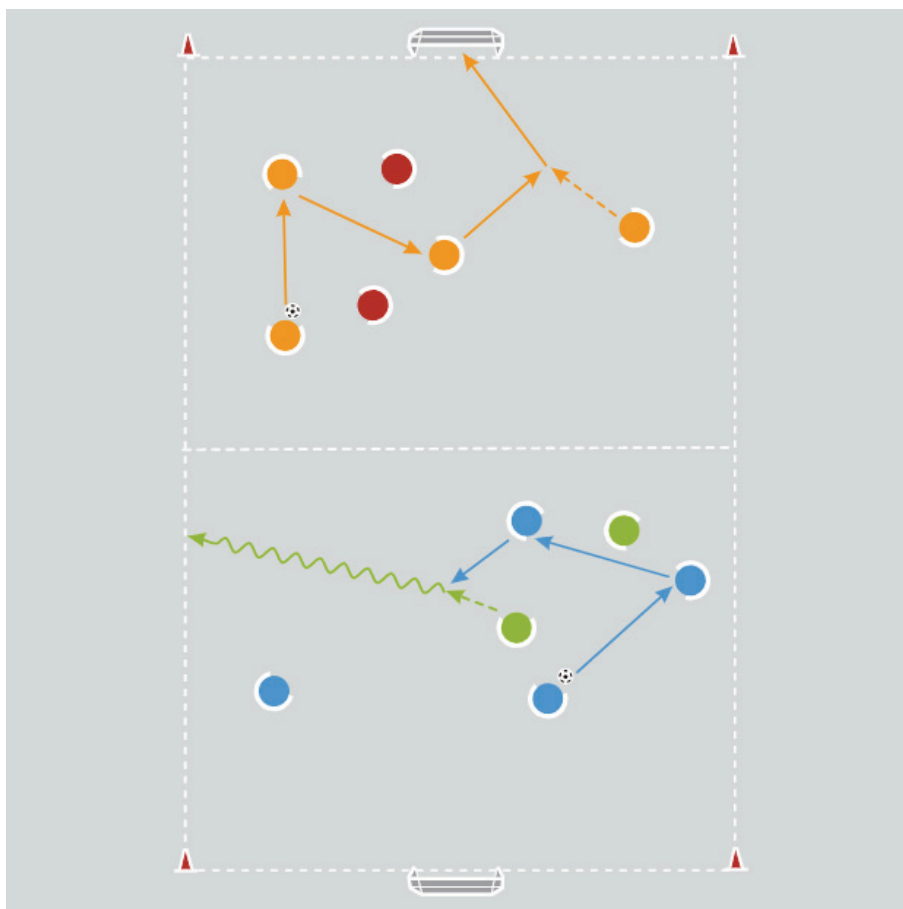
Great questions to ask the players

- When your team has the ball, what can you do to help your team-mate(s)?
- What is the advantage of one-touch passing?
- If a defender wins the ball, can you stop him/her from reaching the line with it?

Safety tips

- Create a safe zone between pitches

SKILL DEVELOPMENT: 4V2, ONE GOAL AND "LINE FOOTBALL"



Organisation

- Now play 4v2 in a directional activity towards 1 goal
- The four attackers try to retain possession and score a goal
- If the defenders win the ball, then they try to accelerate away to score by stopping it on any touchline
- Make sure that the attackers realise that they must defend if they lose the ball
- Rotate the players, so they can experience both challenges

Ways to make the exercise easier

- Start with 4v1 to ensure the attackers succeed and build up their confidence

Ways to make the exercise harder

- The attackers have to complete a certain number of passes before they can score
- Add a fixed goalkeeper or allow the defenders to make saves using their hands

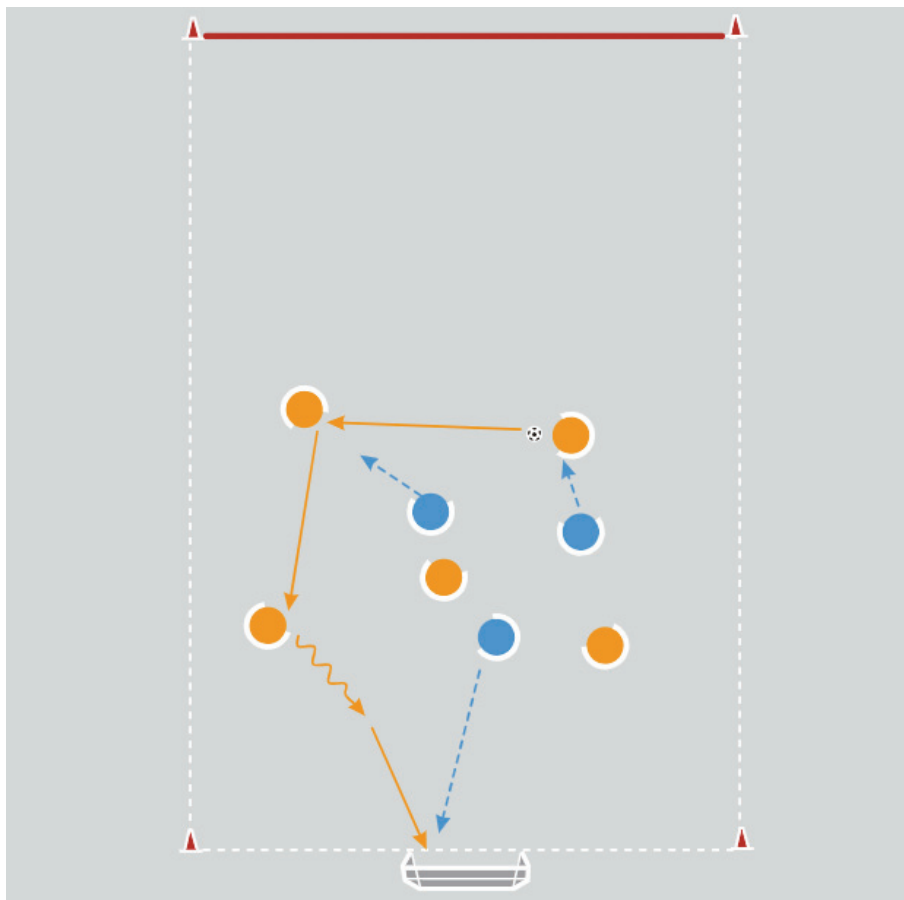
Great questions to ask the players

- How can you make it difficult for the defending team?
- Can you show me how you create space for yourself to receive a pass?
- When you win the ball as defenders, can you quickly break to the line?

Safety tips

- Make sure you rotate the defenders regularly

GAME APPLICATION: 5V3, ONE GOAL WITH A GOALKEEPER AND "LINE FOOTBALL"



Organisation

- Now play 5v3 in a directional activity towards 1 goal
- The five attackers try to retain possession and score a goal; the last defender can play as a goalkeeper
- If the defenders win the ball, then they try to accelerate away to score by stopping it on any touchline
- Make sure that the attackers realise that they must defend if they lose the ball
- Rotate the players, so they can experience both challenges

Ways to make the exercise easier

- Start with 5v2 to ensure the attackers succeed and build up their confidence

Ways to make the exercise harder

- The attackers have to complete a certain number of passes before they can score

Great questions to ask the players

- How can you make it difficult for the defending team?
- Can you show me how you create space for yourself to receive a pass?
- When you win the ball as defenders, can you quickly break to the line?

Safety tips

- Make sure you rotate the defenders regularly