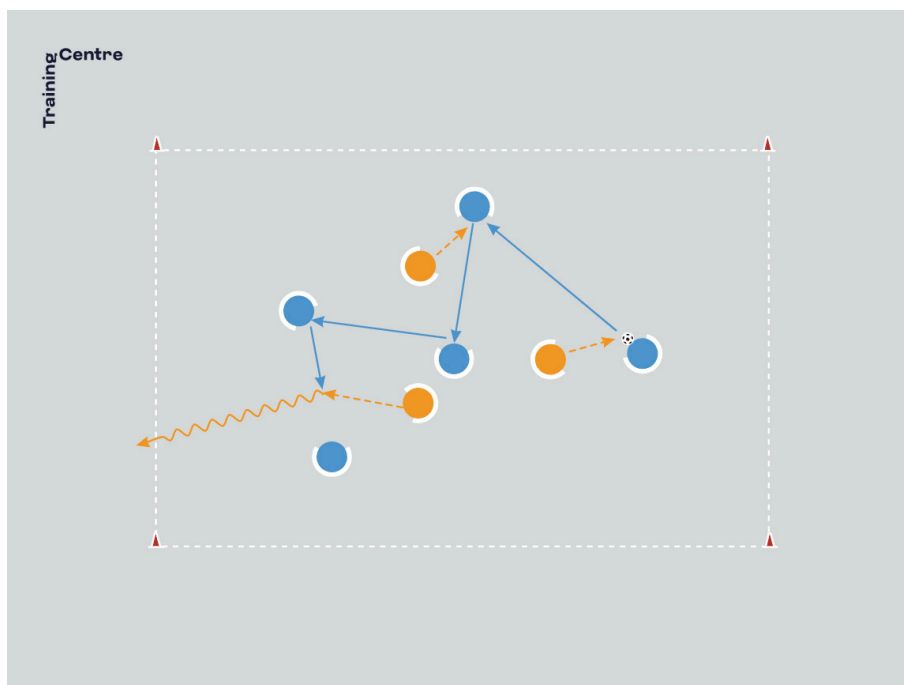


## Recognise and make *use of the advantage*

**WARM-UP: 5V3, NO GOALS, POSSESSION PRACTICE AND "LINE FOOTBALL"**



### Organisation

- 5v3 in a rectangular area – make sure it's a big area if possible
- The five attackers try to retain possession and complete ten 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
- 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

- Allow the players to start by throwing and catching the ball
- If the defenders win the ball, they can pick it up and run to the touchline unchallenged
- Start with 5v2 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
- Limit the number of touches per player
- Ask the players to keep the ball for at least three seconds before they can pass it

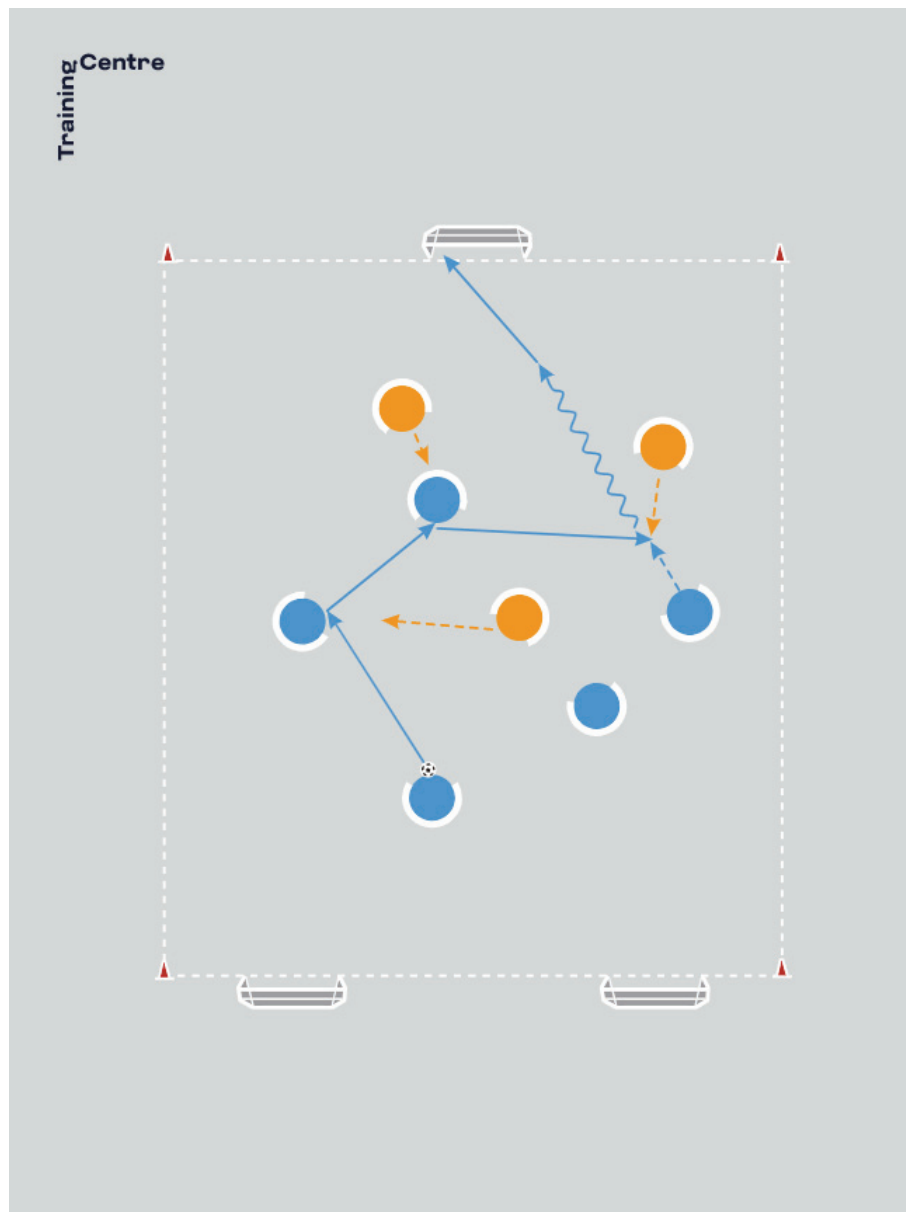
### Great questions to ask the players

- 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

## SKILL DEVELOPMENT: 5V3, 3 GOALS, NO GOALKEEPERS



## Organisation

- 5v3, with the five players attacking a single central goal
- The three defenders attack two small goals placed in wide positions at the other end of the pitch
- Normal rules, but no goalkeepers

### 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 nearest player to goal can play as a goalkeeper
- Give either team, or both teams, a time limit to score (e.g. five seconds after winning the ball); if they fail to do so, possession is given to the other team

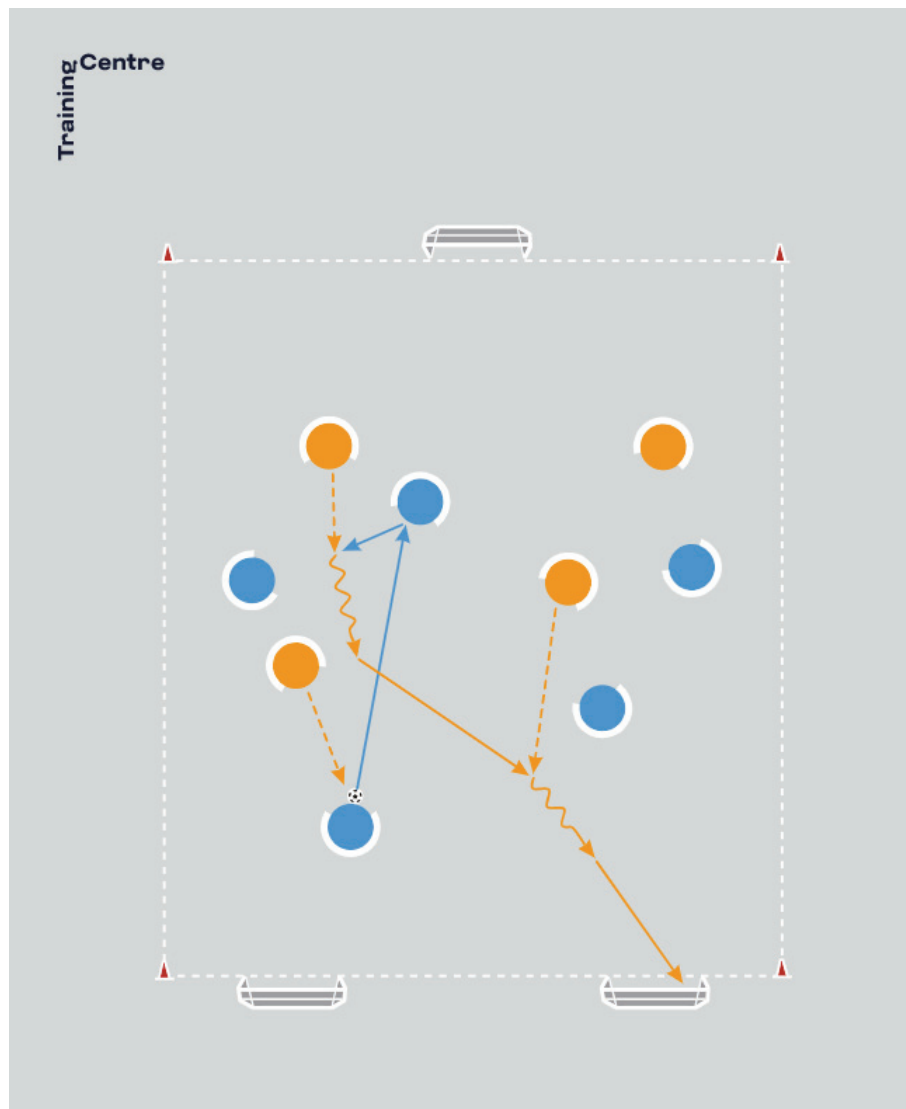
## Great questions to ask the players

- 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

- Create safe zones between pitches and provide drinks and rests if needed by players

## GAME APPLICATION: 5V4, 3 GOALS, NO GOALKEEPERS



### Organisation

- 5v4, with the five players attacking a single central goal
- The four defenders attack two small goals placed in wide positions at the other end of the pitch
- Normal rules, but no goalkeepers
- The ninth player later becomes a floater and always plays for the team in possession

### Ways to make the exercise easier

- Start with 5v3 to ensure the attackers succeed and build up their confidence

### Ways to make the exercise harder

- The nearest player to goal can play as a goalkeeper
- Give either team, or both teams, a time limit to score (e.g. five seconds after winning the ball); if they fail to do so, possession is given to the other team

### 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?
- Did you feel any pressure from the other team?
- What strategies do you use to manage pressure?

### Safety tips

- Create safe zones between pitches and provide drinks and rests if needed by players