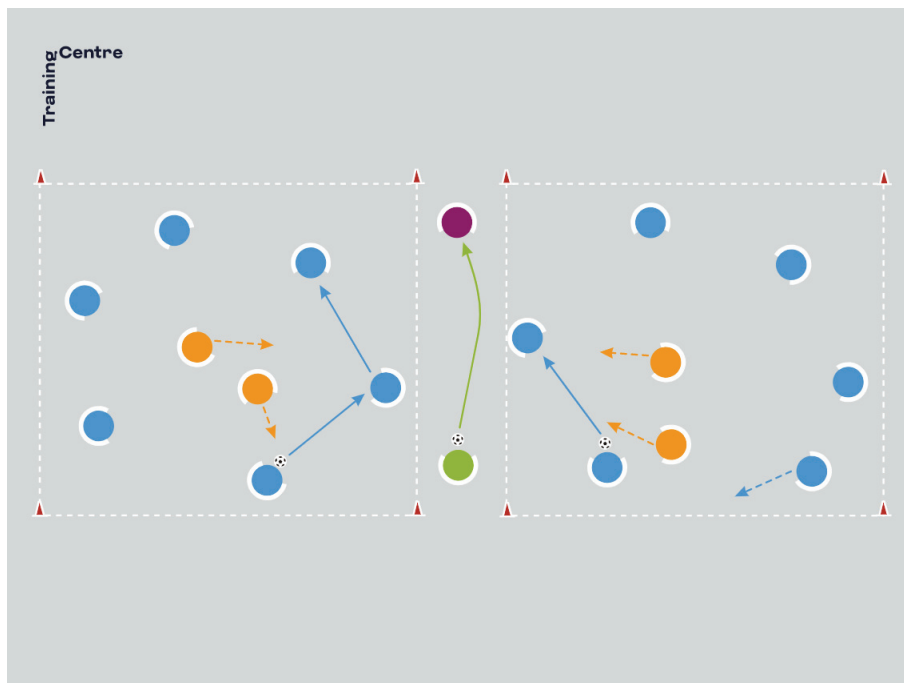


## Space and transitioning — *in possession games*

### WARM-UP: 6V2 POSSESSION GAME



#### Organisation

- Divide the players into three groups: two groups play 6v2 possession games, while the goalkeepers work together, throwing and catching the ball and practising technique.

#### Ways to make the exercise easier

- Allow the players in the possession game to throw and catch the ball to begin with, and start with only one defender in the middle.

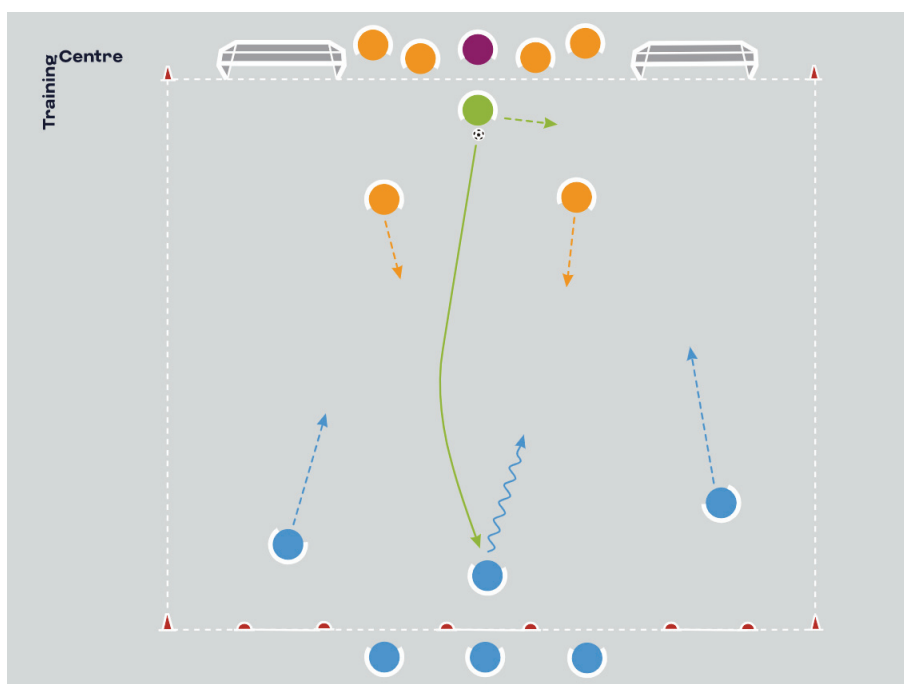
#### Ways to make the exercise harder

- Require two-touch and then one-touch passing.
- Increase the number of players in the middle to three.

#### Great questions to ask the players

- Why do we warm up?
- How can we use warm-ups to increase our concentration and focus?
- Which muscles do you need to stretch before playing?
- What kinds of pressures do different players in the game experience?
- What are some strategies they can use to manage that pressure?

## SKILL DEVELOPMENT: 3V3 WITH 5 GOALS, 1 GOALKEEPER



### Organisation

- 3v3 practice – starts with the goalkeeper throwing the ball out to the attacking three.
- The attackers try to score into either of two goals, past two defenders and a goalkeeper. When they win the ball, the defenders break and try to score into one of three smaller goals.
- Rotate the players regularly and swap roles, so everyone plays as an attacker and a defender.

### Ways to make the exercise easier

- Start with only one defender.

### Ways to make the exercise harder

- Add a defender, so it becomes 3v4.

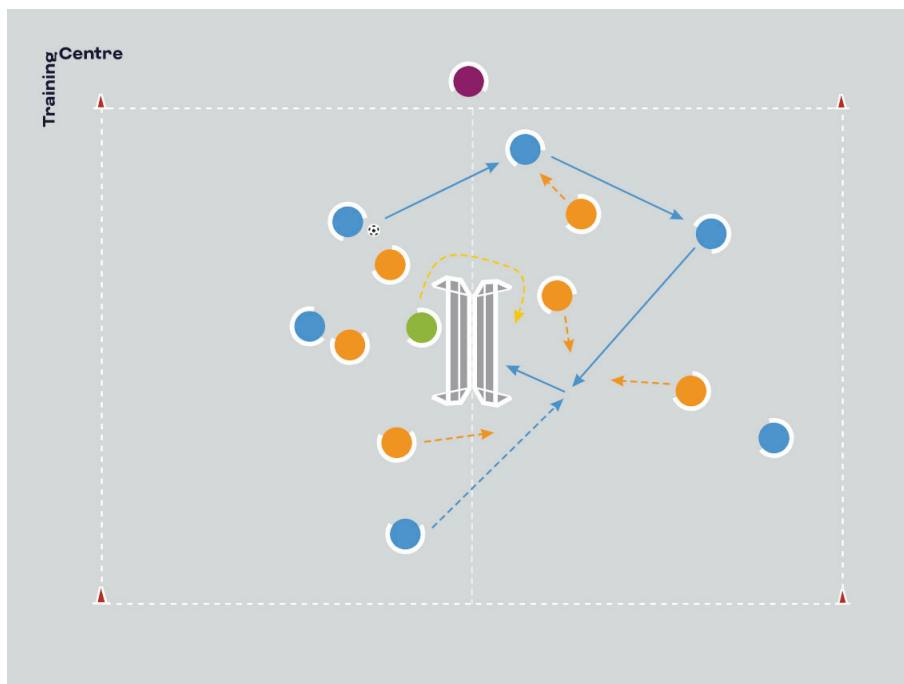
### Great questions to ask the players

- Can the attackers switch play to create an opportunity to shoot into an open goal?
- Can the goalkeeper try to predict play and which goal the attackers are aiming for?
- Can the defenders try to make play predictable and force the attackers down one side?

### Safety tips

- The goalkeeper should only throw the ball out when all the players are ready.

## GAME APPLICATION: 6V6 + 1 GOALKEEPER, 2 BACK-TO-BACK GOALS IN THE MIDDLE



### Organisation

- Create a pitch for 6v6 with two goals back-to-back in the middle and one goalkeeper, who has to try to guard both goals.
- Both teams play on the whole pitch and can distribute the ball to either side to try to score.
- Teams can have uneven sides if you have an odd number of players.
- Make the centre circle (or equivalent area) a goalkeeper-only zone, to encourage shots from greater distance.

### Ways to make the exercise easier

- Don't have a goalkeeper-only area, so players can shoot from any range.

### Ways to make the exercise harder

- Add conditions for how goals have to be scored, e.g. volleys or first-time finishes only.

### Great questions to ask the players

- Can you use the whole pitch to create space and opportunities to shoot?
- Can you play clever passes around or over the goals to players in the other half, so they can score into an open goal?
- If your team is not in possession of the ball, can you get in line with potential shots to block them?

### Safety tips

- Rotate the goalkeeper every few minutes.