

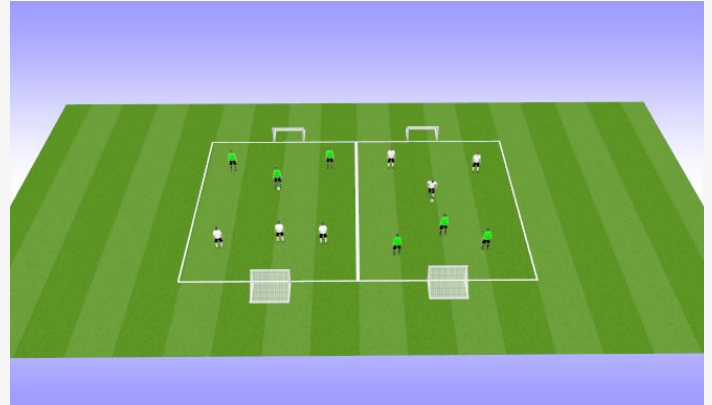
## Arrival Games (10 mins)

**Set Up:**

Small sided games 3v3, 4v4

**Aim:**

To get the players playing as soon as they arrive.



## Transition Rondo (20 mins)

**Set Up:**

In a good sized playing area depending on how many players you have - Players are divided into two even teams.

Team in possession have all players inside the box. Team without the ball will have 2 players on outside of box, and the remainder of players defending inside box. The attacking team maintains possession and gains a point for every 6 consecutive passes.

If the defending team wins the ball (as shown in diagram), they look to play out to one of the players on outside, and that signals full change of possession, and those players come into the box, and 2 players from team who lost ball exit the box and get ready to be the target players for their team when they win the ball back..

**Progressions / variations -**

- If a team is dominating - when they lose the ball and need players on the outside - put more than 2 out, giving the team that is losing a bigger overload in the middle

- Touch limit - speed of play - can they move the ball with limited touches 1 or 2 touch

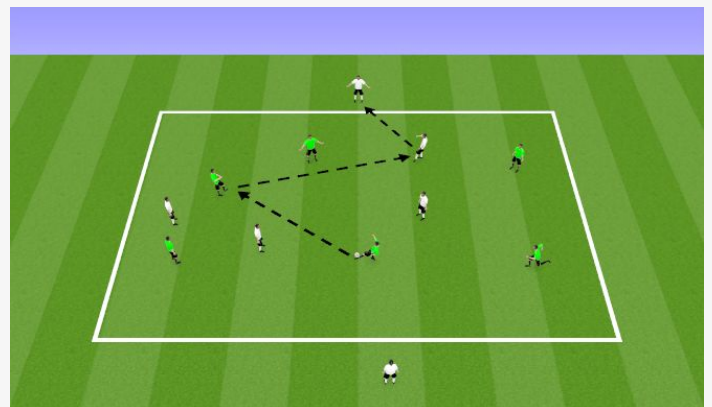
**Coaching Points:**

Defensive pressure - close the ball as a team - cut off the passers options

Decision making - do not force passes - can you find the open player

Accuracy of passes - make sure passes are strong and get to target - do not make them easy to intercept

Quick transition - speed of play - like a counter attack / breakaway - transition with speed to get passes / points quickly



## Possession Game (20 mins)

Two teams of 6 play in each half. 1 ball between the 2 teams.

Team in possession (6 players), try to make a certain amount of passes to score a goal. While trying to make the passes, 2 players from the opposing half/team can come into try and win the ball. If successful in winning the ball they have to transfer it into their half of the pitch and go and support. This means 2 players who were just in possession, now need to go to the other half and try to defend and win the ball back.

**Progressions -**

If too easy - increase the amount of passes they need to get to score a point - if too hard, reduce the total

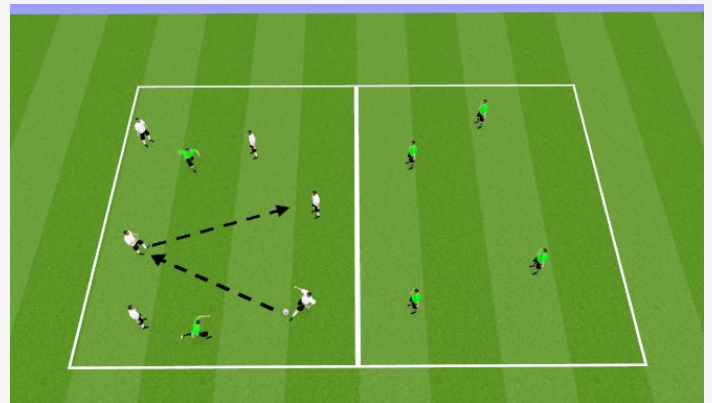
Number of defenders - having more defenders to play against starts to limit passing options

**Coaching Points:**

Passing and receiving - Small space so first touch needs to be good, passes need to be accurate

Transition - roles change often from defense to attack - adapt quickly

Movement off ball - do not stand still when in possession, always moving to help team mates keep the ball and keep defenders



guessing

Completing first pass after winning ball - do not panic and just kick it, look for team mate

Defensive shape - work together as a pair

## Flying changes overloaded (20 mins)

### Set Up:

Split the group into two teams. 3 goals at either end with cones. Have 3 player from each team stand in a goal one goal each. Have 1 player from each team start on the outside and have the remaining players play inside the area.

When a team has possession - their team mate from the sideline can join in to create an extra player advantage (overload).

If you have odd numbers do not have anyone stand on the outside but had the extra player be neutral (always playing for the team with possession).

The team in possession attacks the oppositions three goals and tries to score by passing the ball to the feet of the opposition player standing in the goal.

As soon as the player standing in the goal receives the ball, they enter the field of play along with the other 2 players standing in the goal. These 3 new players quickly try to attack the opposing players to try and score.

The 3 players who were just defending swap with the 3 who just came on and take their places in between the coned goals.

The 3 players who just scored by attacking the opposition goal now transition and become defenders.

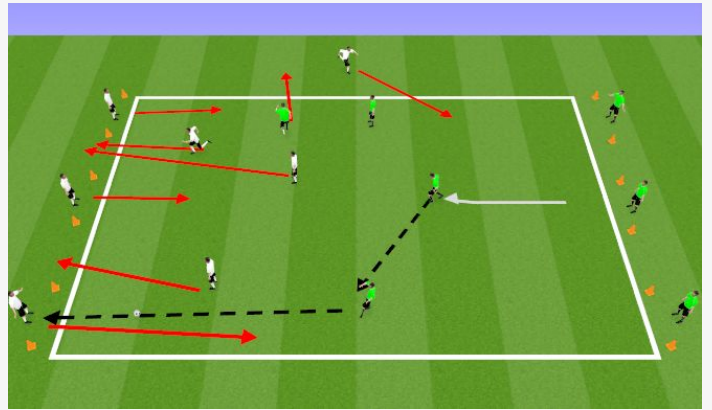
The extra player on the sideline swaps out for the extra players whose team just scored (extra player is always for the team in possession)

### Coaching Points:

Quick transition from offense to defense

Be Alert and concentrating - fast paced game and roles constantly change - got to react quickly Movement off ball - Help team mates, do not just run in straight lines

Neutral player entering the field - enter high up the field to make it big and be a passing options higher up the field



## Scrimmage

**Scrimmage - let them play - incorporate coaching points from throughout the session. Encourage quick breakaways to create overloads.**

