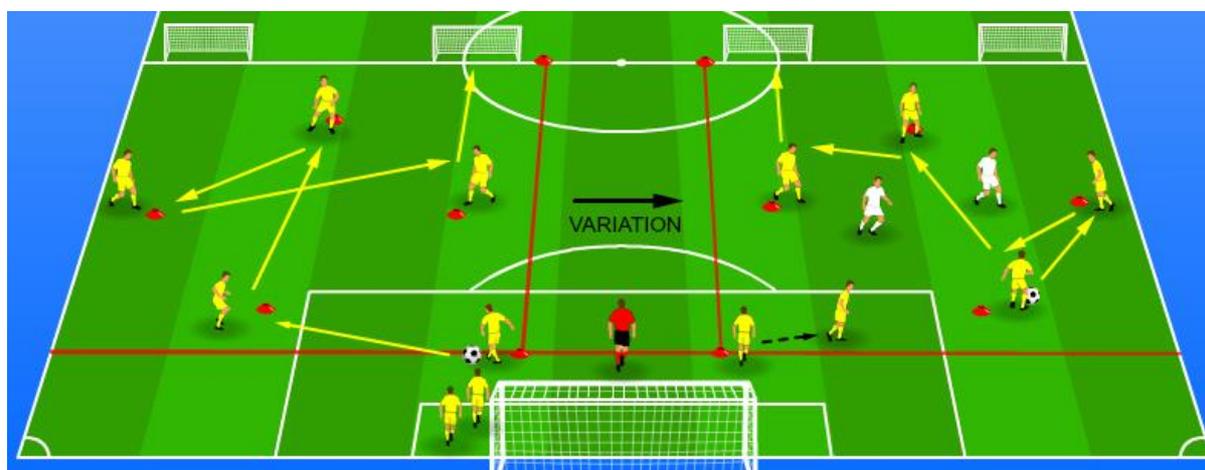


GAME TRAINING PHASE: STRUCTURED BUILD-UP

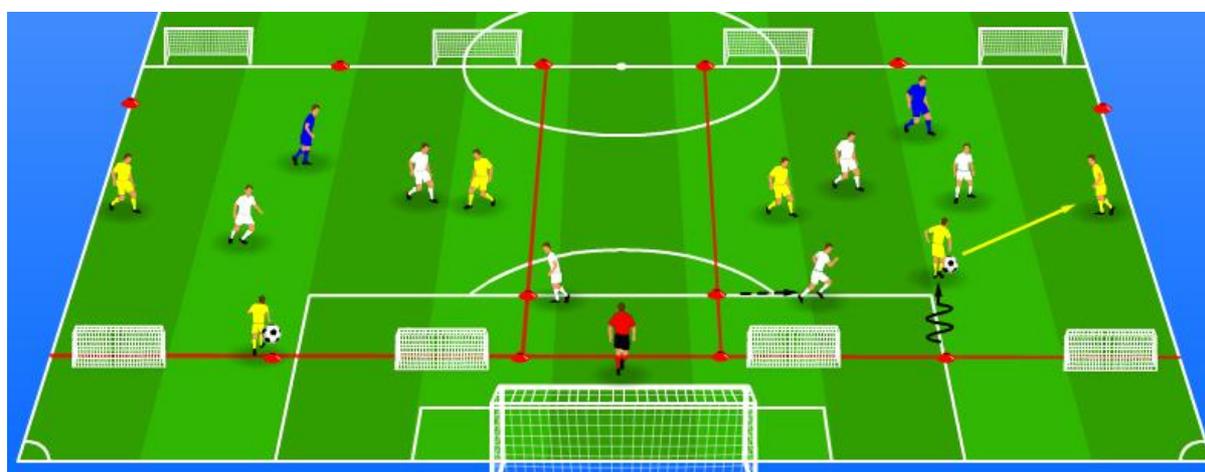
Suggested equipment list:

16 cones, 8 balls, 8 mini goals (can be replaced by cones), 2 portable goals (age-specific) and 2 sets of bibs



Passing Practice

- ⚽ Ball starts with attacker on the back-side cone who plays the ball into closest attacker who takes the ball into area
- ⚽ Once ball is in area, set a passing combination (examples shown above) where each player must touch the ball before a goal is scored in one of two goals at the opposite end. Ensure different passing combinations are practiced
- ⚽ Once a pass is played, players follow their pass to the next cone. The player who scores a goal runs with the ball back and to the opposite area whilst completing a dynamic warm-up. Ensure FLOW of session is maintained
- ⚽ VARIATION - Once several different passing combinations have been successfully established, introduce defenders and remove the "each player must touch the ball" rule to encourage greater decision-making
- ⚽ If defenders win the ball, they must dribble over the front or side red line to switch roles with attacker
- ⚽ Rotate defenders frequently



Positioning Game

- ⚽ Ball starts with player on back cone who can dribble the ball into the area in a 4v3
- ⚽ The attacking team must attempt to play the ball out from the back and beat defenders to score in one of two mini goals at the opposite end to receive 1 point. A 'joker' will play on the attacking team only
- ⚽ Defenders will attempt to win the ball and score in one of two mini goals at the opposite end to receive 1 point
- ⚽ The third defender will start on side cone and will enter into area when player dribbles in. The attacking team are therefore encouraged to move the ball forward before the third defender comes into the play
- ⚽ The team that scores will retain the ball and restart with the ball back at their end.
- ⚽ Ensure the role of the players, and the 'joker' player are being rotated frequently

GAME TRAINING PHASE: STRUCTURED BUILD-UP



Game Training

- Split players into two teams to resemble the shape/structure of teams in the back/defensive areas
- Both teams shape in or out of possession will need to be managed to ensure there is a good level of resistance ensuring better learning outcomes
- The ball will start from the goalkeeper and will pass the ball to the yellow attacking team who will attempt to play the ball out from the back and score in one of three mini goals at halfway to receive 1 point
- If the white defensive team wins the ball, they can score in goal past the goalkeeper to receive 1 point
- Continue to add to the coaching points or principles you have established in the first 2 components of the session to continue the chain of learning



Training Game

- Split players into two teams to create a 7v7 (including goalkeepers)
- Normal game, 1 point for a goal.
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game
- VARIATION – Keep the same setup as Game Training component and manipulate shape of team to have the potential for actions of the desired session outcome to be achieved