

David Baird



Carl Wild



Practice by Numbers

Overview

5
Players

Description

- Area size appropriate for the players. With a small central area inside the main area. Server stays in the small central area with a number of balls.
- Server plays a pass into the attacking players who must look to exit the side of the area they have their back to and stop the ball. On doing so they win a point and re-enter the area anywhere they want to and receive another ball off the server. Two attackers play against each other to see who wins the most points.
- If the defender wins the ball they exit the area anywhere to win a point.
- Rotate roles regularly.

Focus

- Protect the ball from the defender.
- Manipulate the ball to be able to drive over the line.

Possible Progressions

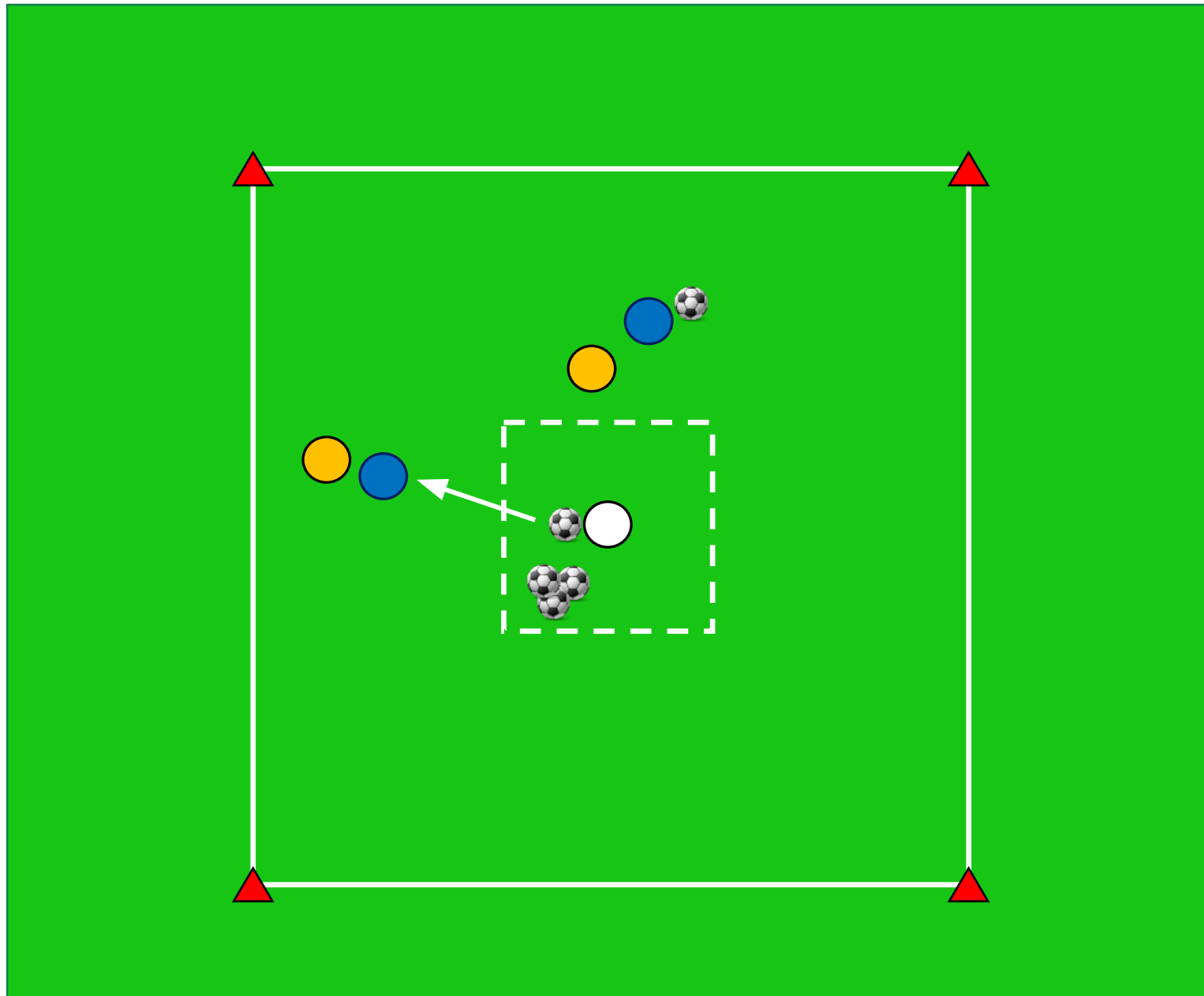
- Adjust the area size to make it more challenging,
- Add goals or targets on outside to pass into.

Change of Focus

- Dribbling: Defenders start in the middle area but must exit as soon as attacker receives the ball. Attackers have to dribble through central area before driving out of the main area. Defenders then return to central area and the practice continues.

One Player Less or Extra

- Four Players: Coach becomes the server.
- Six Players: Coach becomes the server and have three pairs in the area instead of two.



Description

- Area size appropriate for the players, with three servers on the outside and two players on the inside of the area.
- Server with the ball plays to the attacking players inside the area who then looks to pass to one of the other two servers. Servers can move from their side of the area to whichever side is free.
- If the defender wins the ball they become the attacker.
- Rotate roles regularly.

Focus

- Protect the ball from the defender.
- Manipulate the ball to be able to turn and play the pass.

Possible Progressions

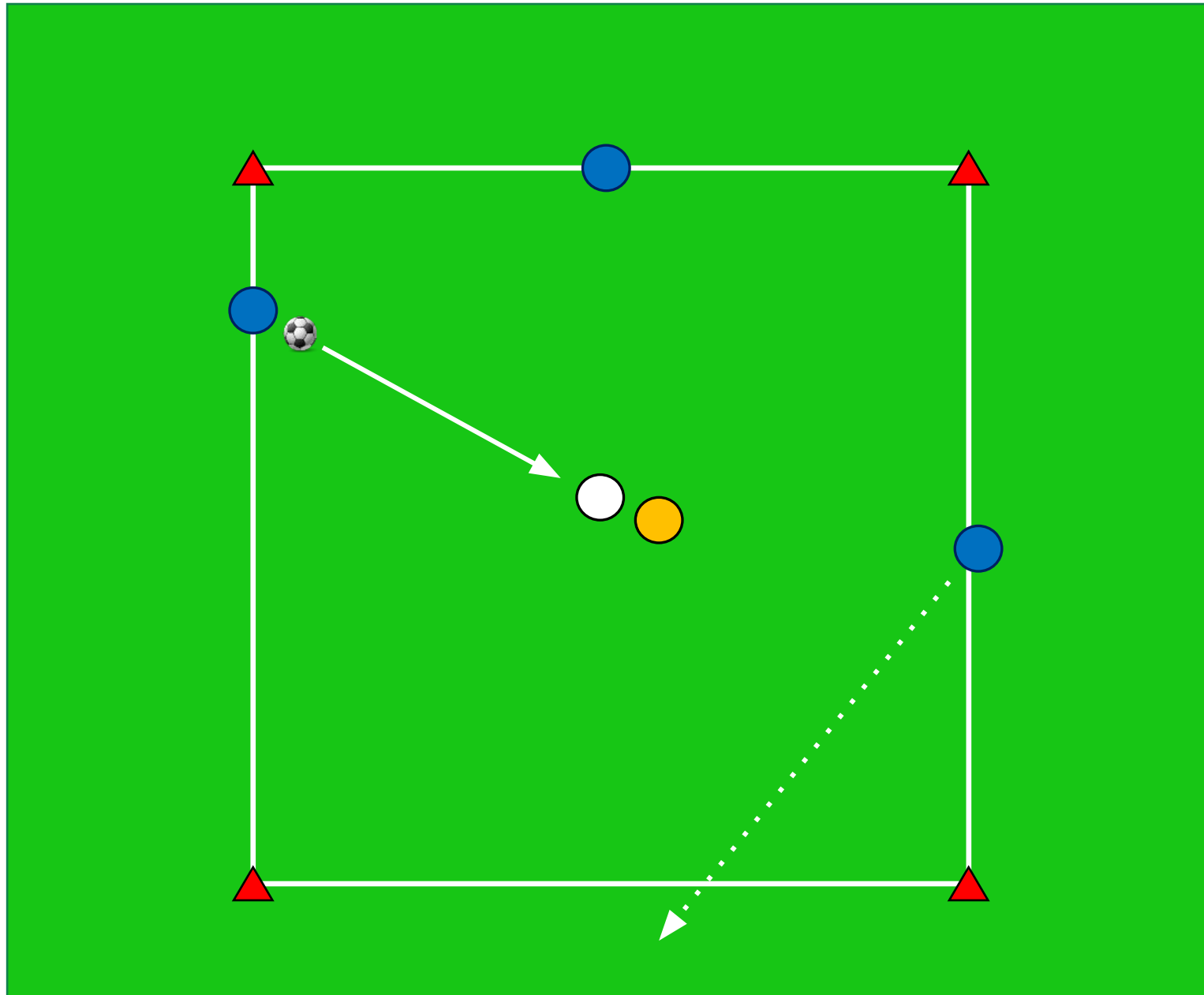
- Adjust the areas size to make it more challenging.
- Attacking player must have a minimum amount of touches.

Change of Focus

- Dribbling: Player in the middle dribbles to the side of the area that is free and then passes to another server who enters the pitch. Players on outside must move to create a new free side for the player to dribble to, practice continues in this way.

One Player Less or Extra

- Four Players: Have one less player on the outside, servers can now move to either of the two free sides.
- Six Players: Have one extra player on the outside, servers can now switch with each other.



Description

- Area size appropriate for the players. Two servers, one at each end of the area, two defenders who are locked in their areas and one attacker.
- Attacker receives off a server and looks to dribble into the middle area which is a 'safe zone'. Attacker then enters final area and looks to pass to the other server and win a point. On doing-so they look to receive the ball back and travel back the opposite way
- If a defender wins the ball they look to pass to their team-mate who then passes to the server nearest to them.
- Rotate roles regularly.

Focus

- Protect the ball from the defender.
- Manipulate the ball to be able to turn and drive forward or play the pass.

Possible Progressions

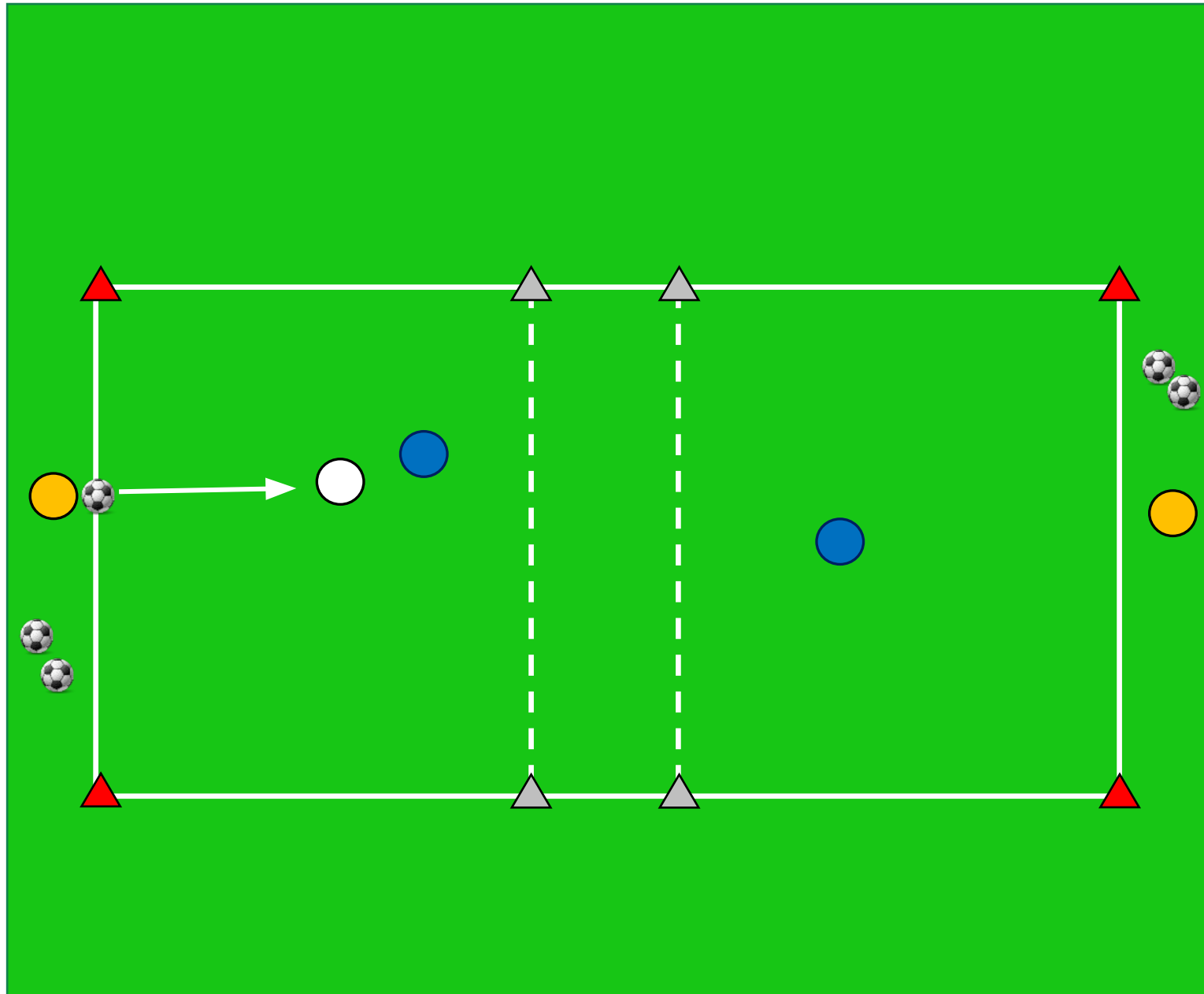
- First defender can follow the attacker into the safe zone.
- First defender can follow the attacker into the second area.

Change of Focus

- Dribbling: First defender starts in middle area and then enters first area once attacker has received the ball

One Player Less or Extra

- Four Players: Just have one defender and they are unlocked as well.
- Six Players: Add an extra attacker in the second area. The first defender now looks to pass to this player instead of dribbling into the area (They can do this from the safe zone).



Description

- Pitch size appropriate for the players, with one player from each team locked into each half of the pitch, plus a floater.
- Floater can only support the player in possession of the ball if they are in their 'defending' half. The ball can only be transferred into the attacking half through a pass.
- If the ball goes out of play, the game always starts by the floater playing a pass in from the goal-line.
- Rotate roles regularly.

Focus

- Protect the ball from the defender.
- Manipulate the ball to be able to turn and play the pass / shoot.

Possible Progressions

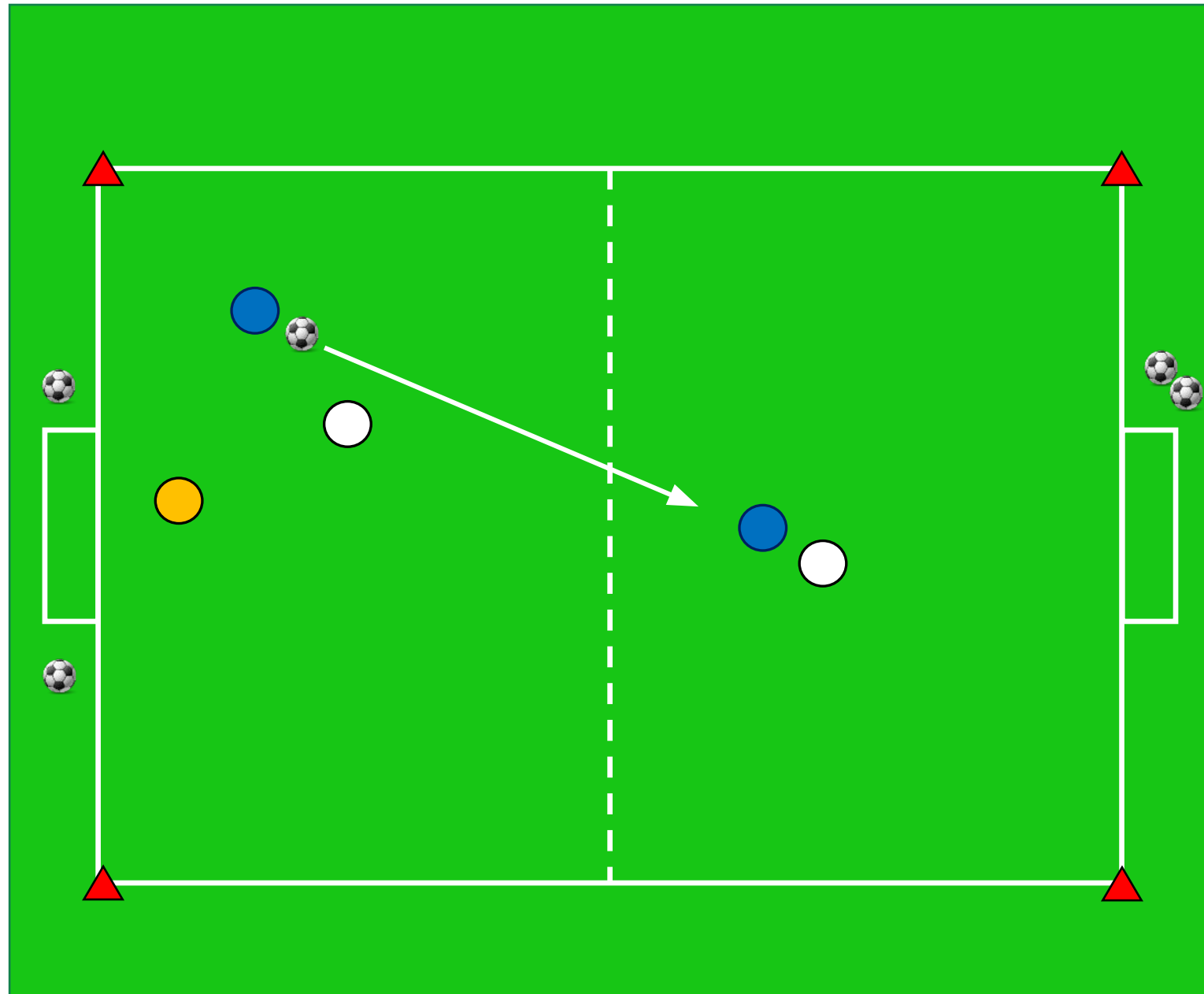
- When the ball is passed into the attacking half the player whose team is out of possession can track back to make a one versus two.
- Move into free play.

Change of Focus

- Dribbling: Floater supports first area. Ball can only be transferred to the second area by dribbling over the line. In each area teams are limited to one pass.

One Player Less or Extra

- Four Players: Remove the floater. Restarts still from the goal-line but player dribbles onto the pitch.
- Six Players: Three versus three. Players are still locked in their halves of the pitch but one player from each team are free to go into whichever half the ball is located.



Overview

6
Players

Description

- The player starting with the ball will play a bounce pass before passing it to the player on their right.
- That player will pass to the starting player on the other side and the sequence will continue.
- The 5th time the ball is due to be passed back to the starting player, don't pass but dribble to become the starting player and all players move up 1 place.

Focus

- Weight of pass, speed of switch.
- High tempo and moving to be ready for the next ball.

Possible Progressions

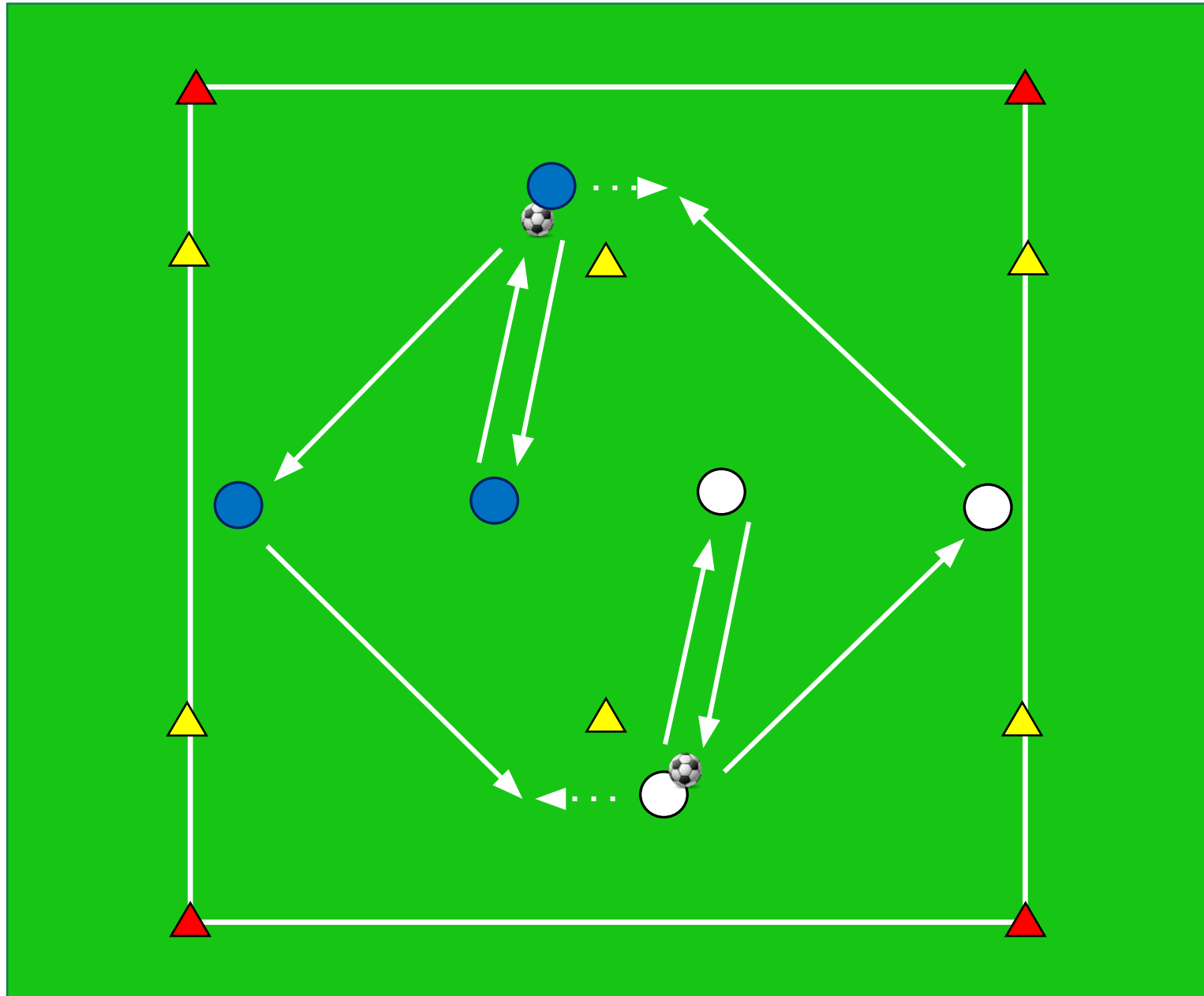
- Change the direction that the ball travels around the area.
- Change the routine.

Change of Focus

- Shooting. Add a goal behind each starting player on the white line. The final pass is a wall pass for the wide player to now shoot. Follow the shot in, grab the ball and take it to the start of the exercise to go again.

One Player Less or Extra

- Five Players: One ball with just 1 player working in the middle who can be swapped frequently.
- Seven Players: One ball and the extra player lines up behind where the ball starts. Same routine but pass and follow.



Description

- 4v2 Rondo with the aim of trying to move into the other rondo box as a team.
- Must play a minimum of 3 passes before taking a touch across or playing a pass to a player moving into the other side of the area.
- Defenders swap on winning the ball.

Focus

- Scanning, passing, decision making when to progress the ball to the other side.

Possible Progressions

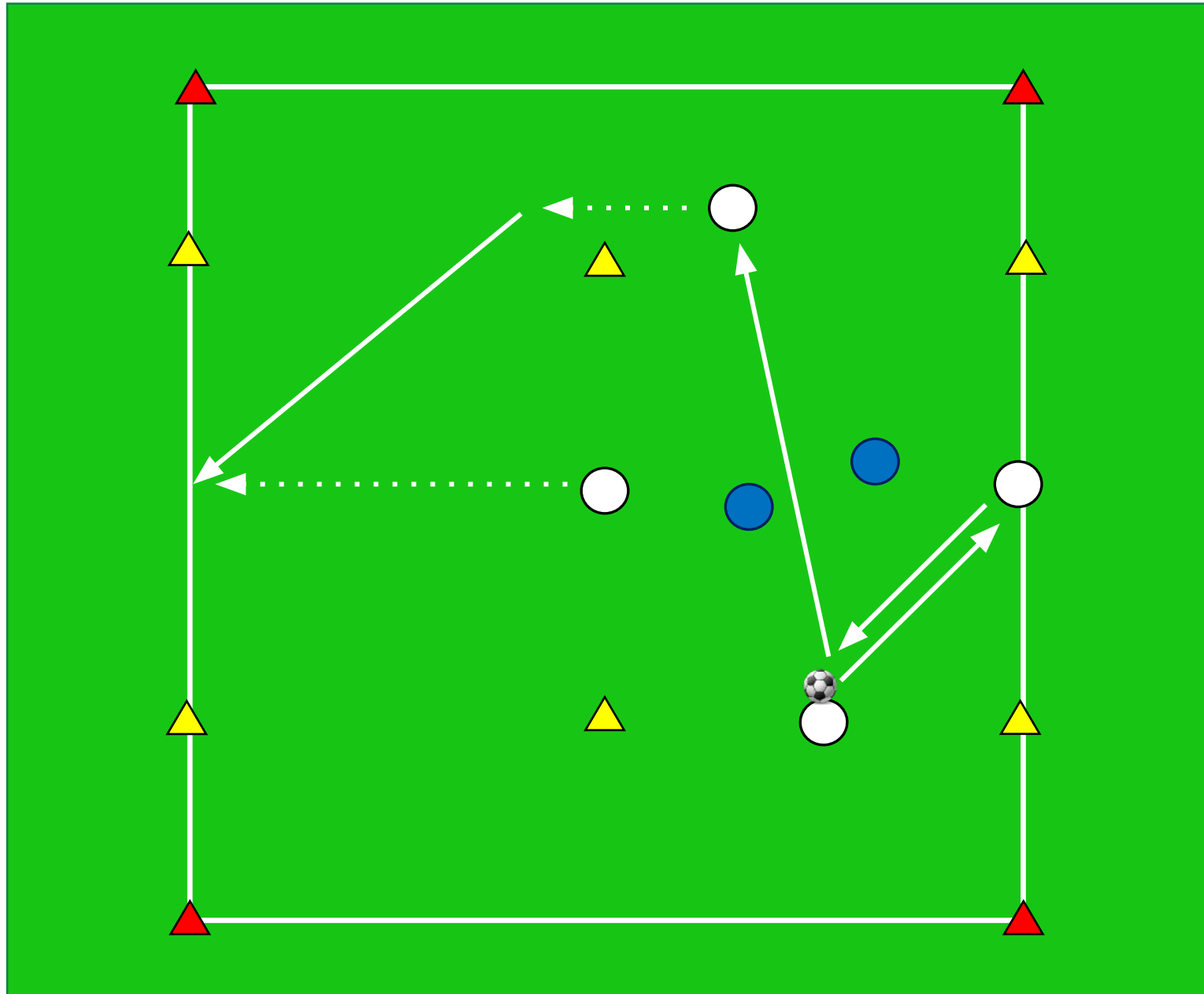
- Must be a pass across to next area, so player has to move first and look for a longer pass when on.
- Bib all players, 3 teams of 2 to aid rotation for the 2 central players. If your teammates loses the ball you are both in.

Change of Focus

- One touch passing: Transition pass must be made with 1 touch which will bring wall passes and give and go's to the surface.

One Player Less or Extra

- Five Players: One defender, maybe play one touch.
- Seven Players: 5v2 with a transition player already on the other side of the area to pass to, on transition one players need to stay so the group can look to transition back.



Description

- 3v3 Game but when your team doesn't have the ball a player must quickly drop back to play as the goalkeeper.

Focus

- Possession, passing, communication, decision making on when to take advantage of the overload.
- Defending outnumbered, trying not to be split and defend in a manner to show the opposition away from the goal and implement a press that may win the ball. On securing possession, a pass to the goalkeeper who is progressing into the play may release pressure and allow your team to build – similar pass to the one played in previous components.

Possible Progressions

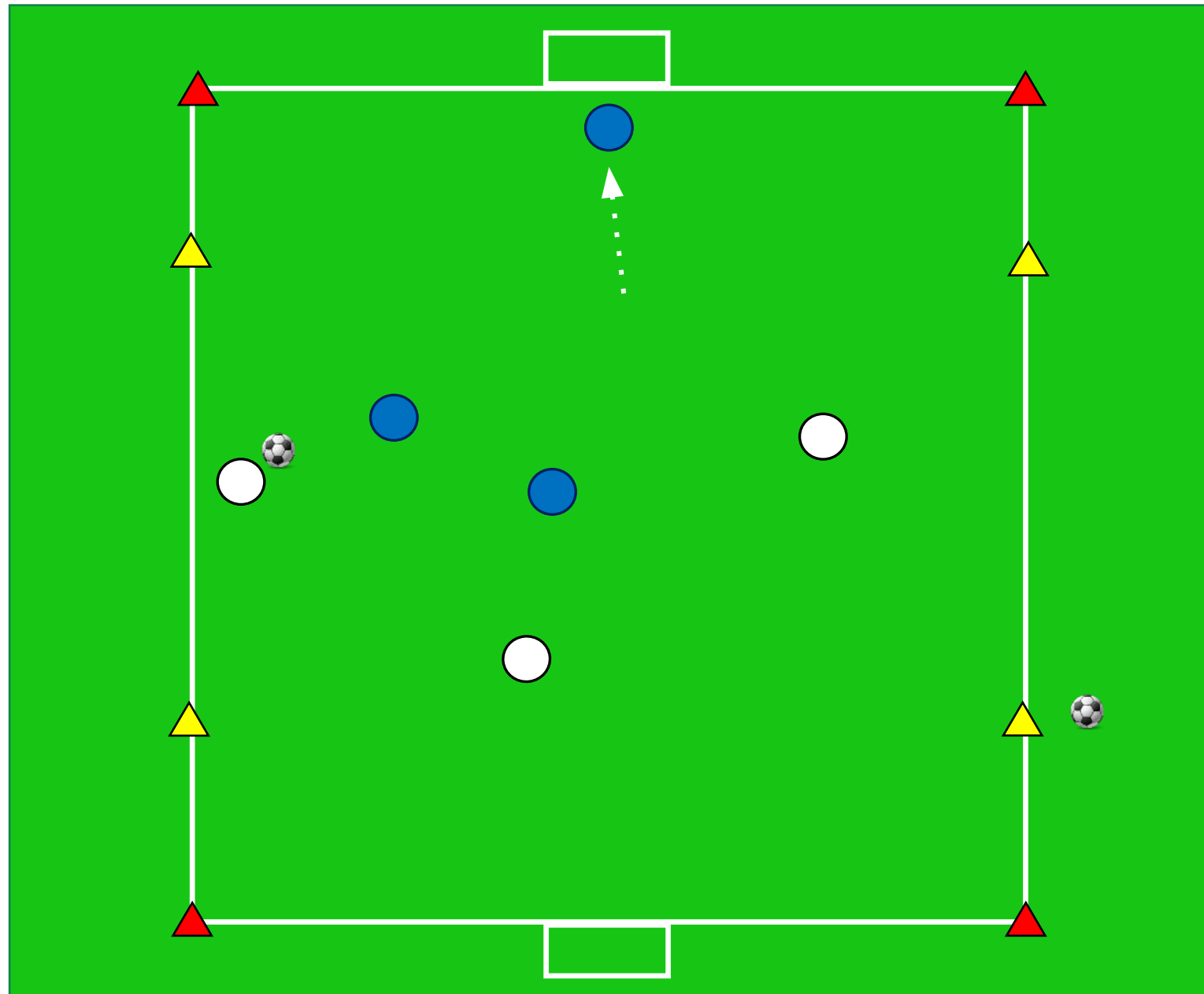
- Just lay 3v3 with mini goals, no conditions or restrictions.
- Play 3v3 with a target to hit, maybe a line of footballs on top of cones at each end, this killer pass will relate to what has been worked on up to this point.

Change of Focus

- Dribbling: Play 3v3 with all players in the area of the yellow cones, dribbling past them in control of the ball is a goal.

One Player Less or Extra

- Five Players: Play to one goal with a player taking their turn in goal, 2v2 on the pitch.
- Seven Players: Each team with a GK, 2v2+1 on the pitch



Description

- Pass, shoot, become the GK, then join your line. Blue team shoot then white team shoot and so on.
- Competition between each team, the next team can start when the previous takes their shot.

Focus

- Positive first touch and strike the ball cleanly.
- Hit the target, have fun.

Possible Progressions

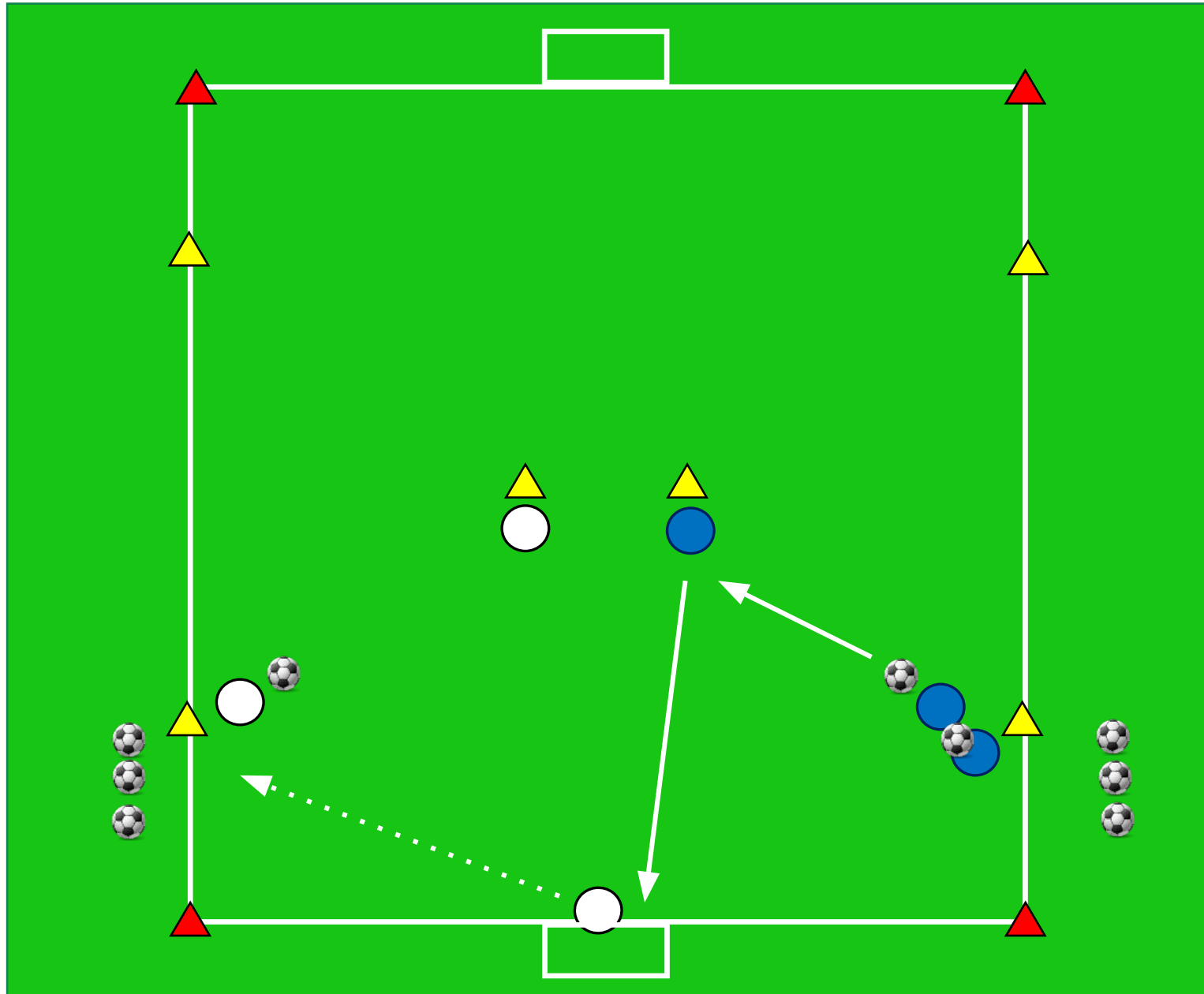
- 2 points for a 1 touch finish, 1 point for a 2 touch finish.

Change of Focus

- Control or volley: Teammate feed the ball in the air for the strike or control and strike.

One Player Less or Extra

- Five Players: No goalkeeper but a target in the corner of the goals to try and hit, or crossbar challenge.
- Seven Players: Permanent goalkeeper for each round, swap frequently.



Overview

7
Players

Description

- Area size appropriate for the players. With at least 4 gates situated around the area.
- Defenders are locked into the area.
- Attackers enter the area through a gate and attempt to exit through a different gate without being tagged by a defender.
- Attackers win 2 points every time they successfully run through the area without being tagged. Defenders win 1 point for every player they tag.

Focus

- Identify a pathway between two gates.
- Try to stay on the identified pathway whilst running at speed.

Possible Progressions

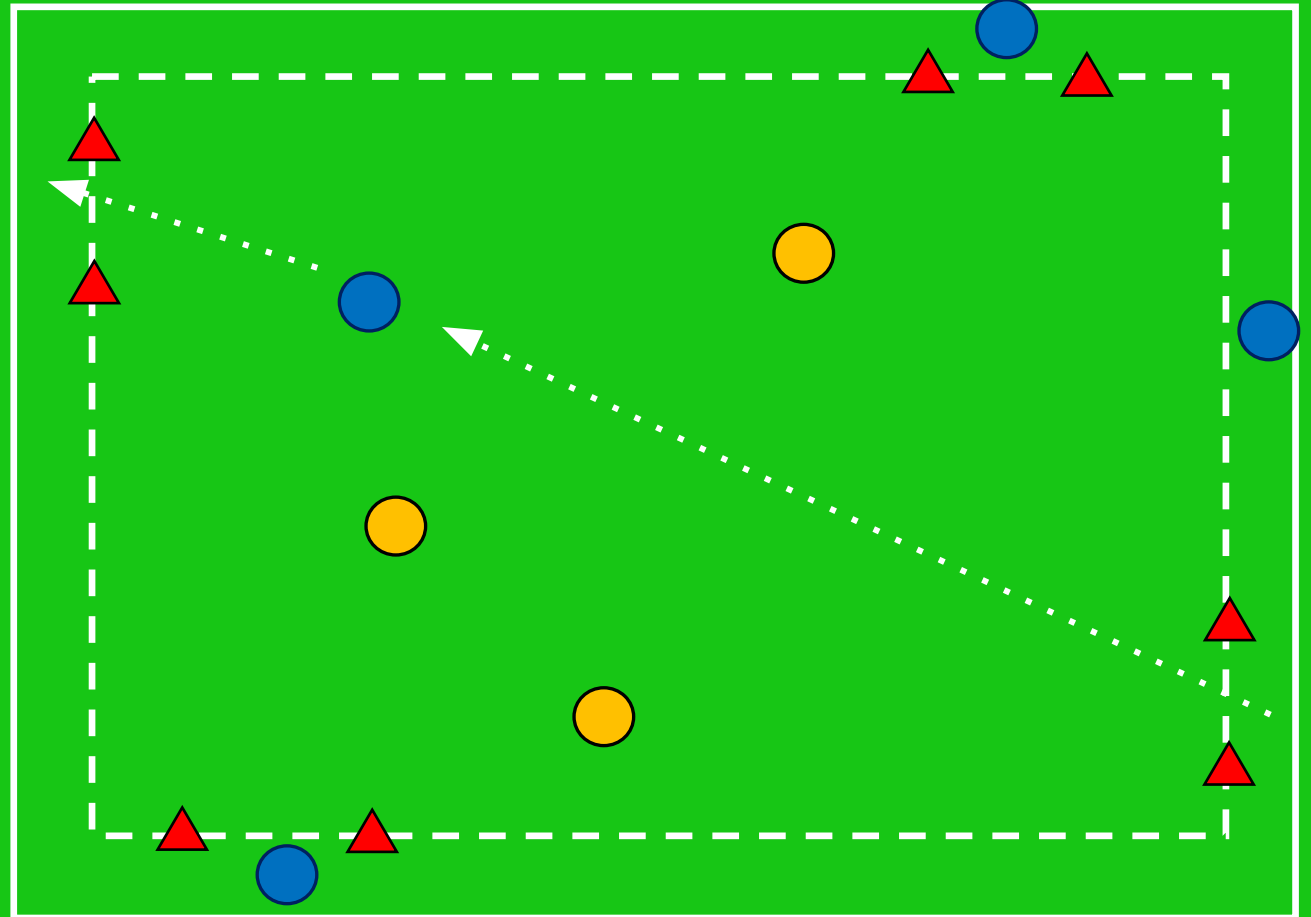
- Reduce the number of gates if you started with more than four.
- Introduce a ball for the attackers.

Change of Focus

- Dribbling: Add a small central square, where the attackers start. Attackers exit the small area and look to exit the large area through one of the gates. Whether they are successful or unsuccessful they return to the central area and try again.

One Player Less or Extra

- Six Players: Have one less defender.
- Eight Players: Have one extra defender or attacker.



Description

- Area size appropriate for the players. With a small end zone at each end.
- Players are split into two teams, one team of 4 and one team of 3. A player enters the pitch through the centre gate and then looks to pass through one of the two wide gates. They can only do this once they have entered the 'end zone'.
- As soon as the attacker attempts the pass through the gate, a player from the opposite team enters the pitch as an attacker. The player who just attempted to win the point becomes a defender.
- After defending the player exits the game and joins the queue for their team. The practice continues in this manner.

Focus

- Strong first touch into space.
- Drive with the ball.
- Take a pathway so that you can get your body between the ball and the defender.

Possible Progressions

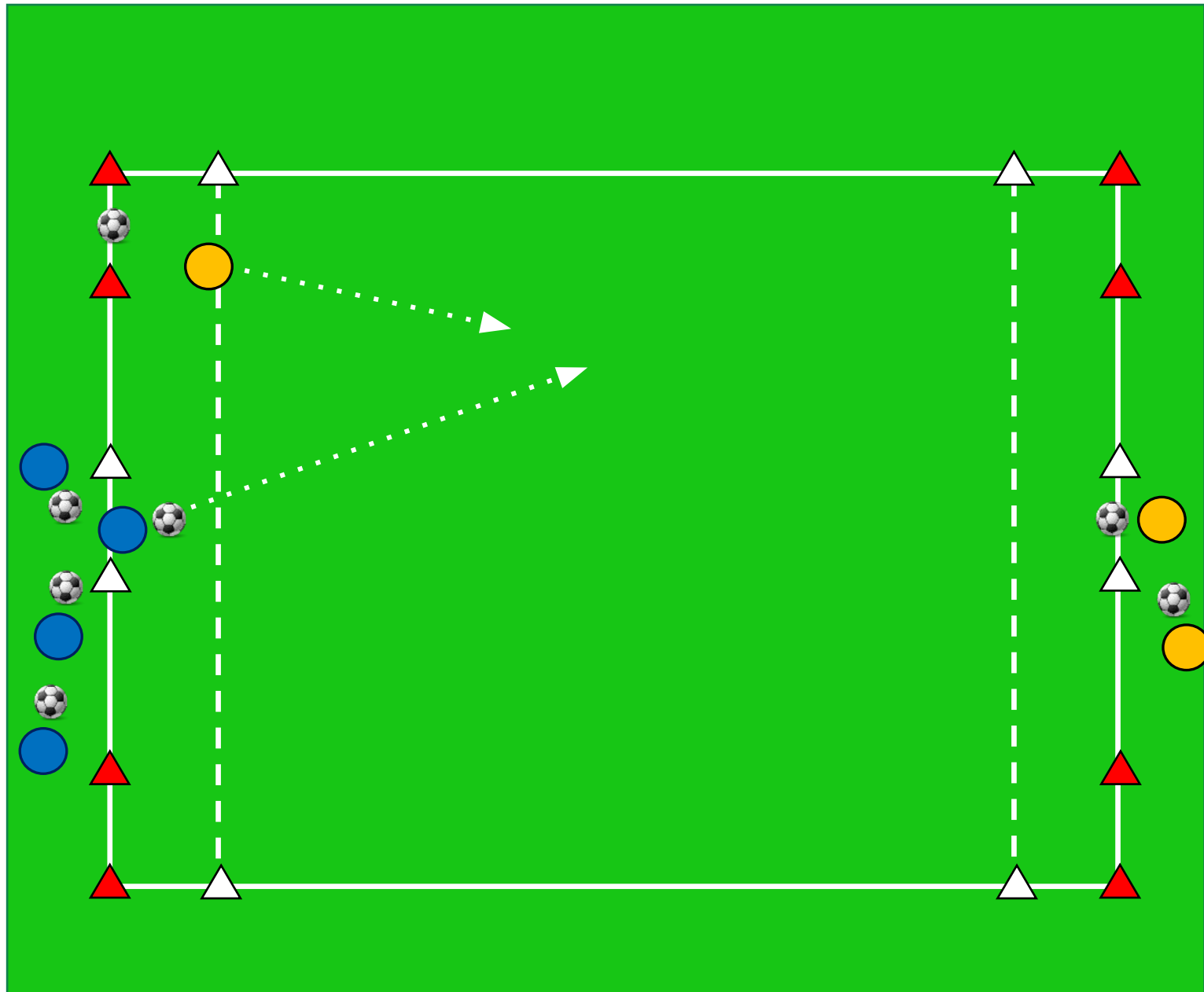
- Increase the length of the central area and / or the end zones.
- Move starting gate back from the area line.

Change of Focus

- Dribbling: Increase the size of the gates and the size of the end zones. Attackers must now attempt the pass before they enter the end zone.

One Player Less or Extra

- Six Players: Both teams have 3 players.
- Eight Players: Both teams have 4 players.



Description

- Two separate pitches with area size appropriate for the players, the dimension of the two pitches do not need to be identical. Consider how you can differentiate to meet the needs of different players.
- Attacker receives the ball off a server and looks to drive into the second area. As soon as the pass is made the defender who is stood next to the server can make a recovery run and looks to win the ball.
- On one pitch the attacker looks to score past the goalkeeper once they are in the second area. On the other pitch they look to pass into the small goal.
- If the defender wins the ball, they look to either pass to the server or drive over the line where the server is standing.
- Rotate roles and pitches regularly.

Focus

- Strong first touch into space.
- Drive with the ball
- Take a pathway so that you can get your body between the ball and the defender.

Possible Progressions

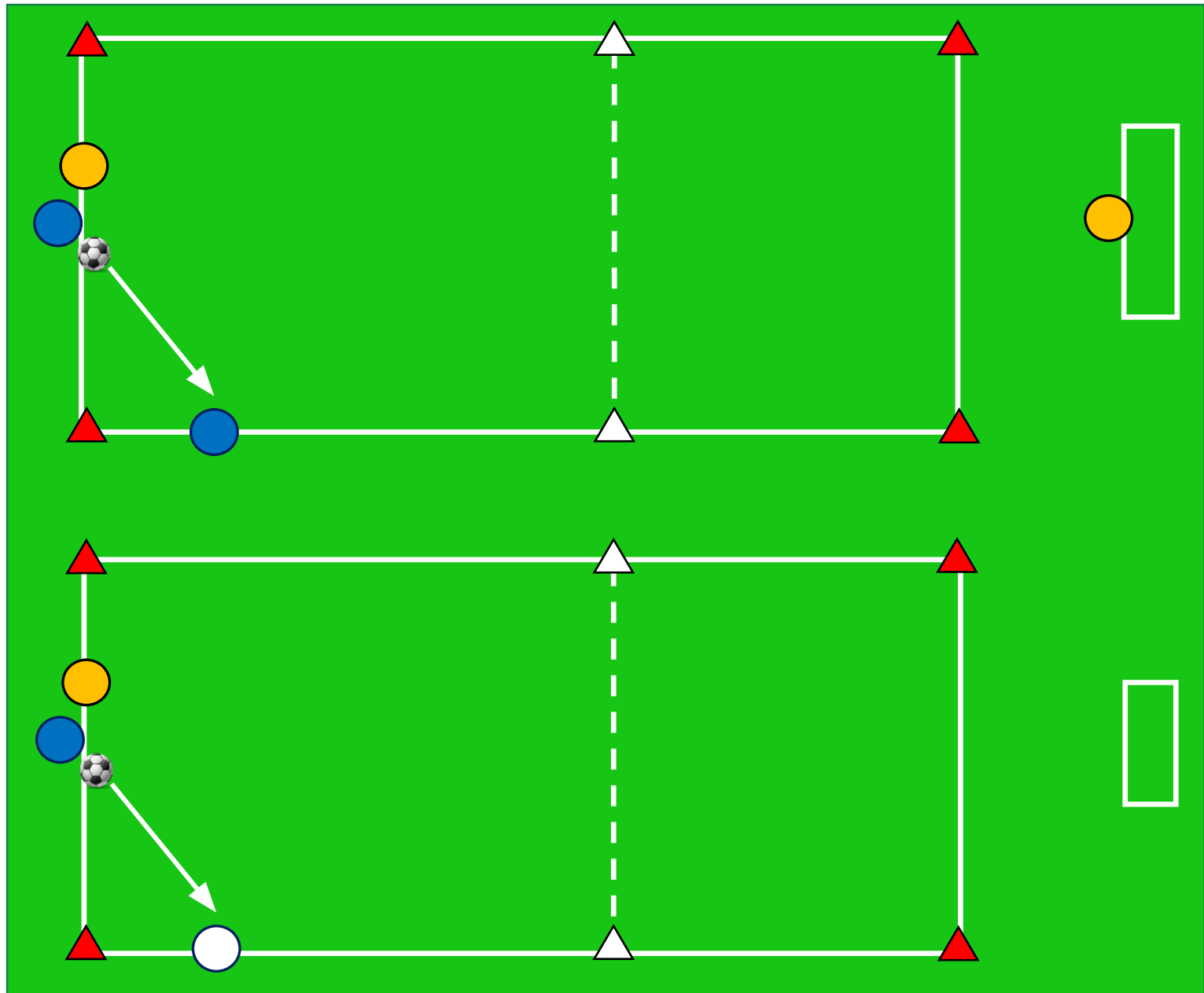
- Change the starting position of the defender or attacker.
- Increase the length of the first area.

Change of Focus

- Dribbling: The defender starts on the line separating the two areas.

One Player Less or Extra

- Six Players: Neither pitch has a goalkeeper.
- Eight Players: Both pitches have a goalkeeper.



Description

- Pitch size appropriate for the players and is split into two. Two teams of three plus one goalkeeper.
- One team is locked in the half protecting the goal. The other team collect a ball from the other end of the pitch and look to score in the main goal. For the goal to count all three players need to be in the attacking half.
- If the defending team win the ball, they attack the two gates. To get into the attacking half 1 player can travel with the ball over the half way line, once they do this they cannot pass the ball, the other team can recover and look to win the ball. Point is awarded if the attacker successfully drives through a gate.
- Each team have a set number of balls to attack the main goal and then the teams swap roles.

Focus

- Strong first touch into space.
- Drive with the ball
- Take a pathway so that you can get your body between the ball and the defender.

Possible Progressions

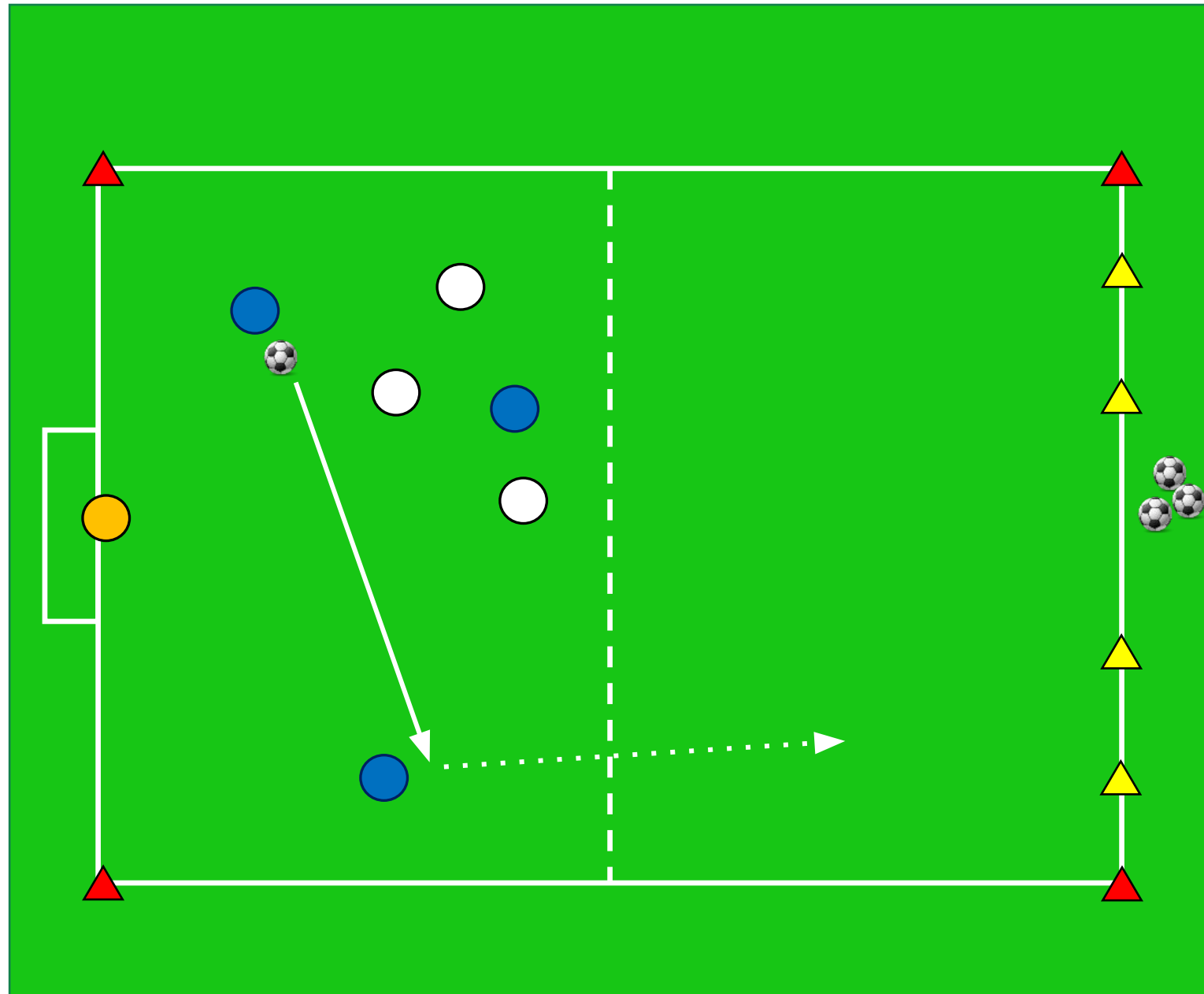
- Increase the length of the second half.
- Remove one of the gates
- Move into free play.

Change of Focus

- Dribbling: Floater supports first area. Ball can only be transferred to the second area by dribbling over the line. In each area teams are limited to one pass.

One Player Less or Extra

- Six Players: The defending team only has 2 players or remove the goalkeeper.
- Eight Players: The attacking team has 4 players.



Overview

8
Players

Description

- Square area, with a smaller square area in the centre. The size of the central area to be appropriate for the players.
- Players split into 2 groups. One group on the outside acting as servers with 1 server on each side of the square. The other group of players work in the central area.
- Players stand in a gate and receive a pass from a server. They turn into the area and then look for a different gate that is free. On finding one they play a pass to the server who returns it back to the player and the practice continues.
- Rotate the roles of the two group of players regularly.

Focus

- First touch: To control the ball.
- Change of direction: Sharp and minimal touches.
- Acceleration: Explode away from the gate and towards the next gate.

Possible Progressions

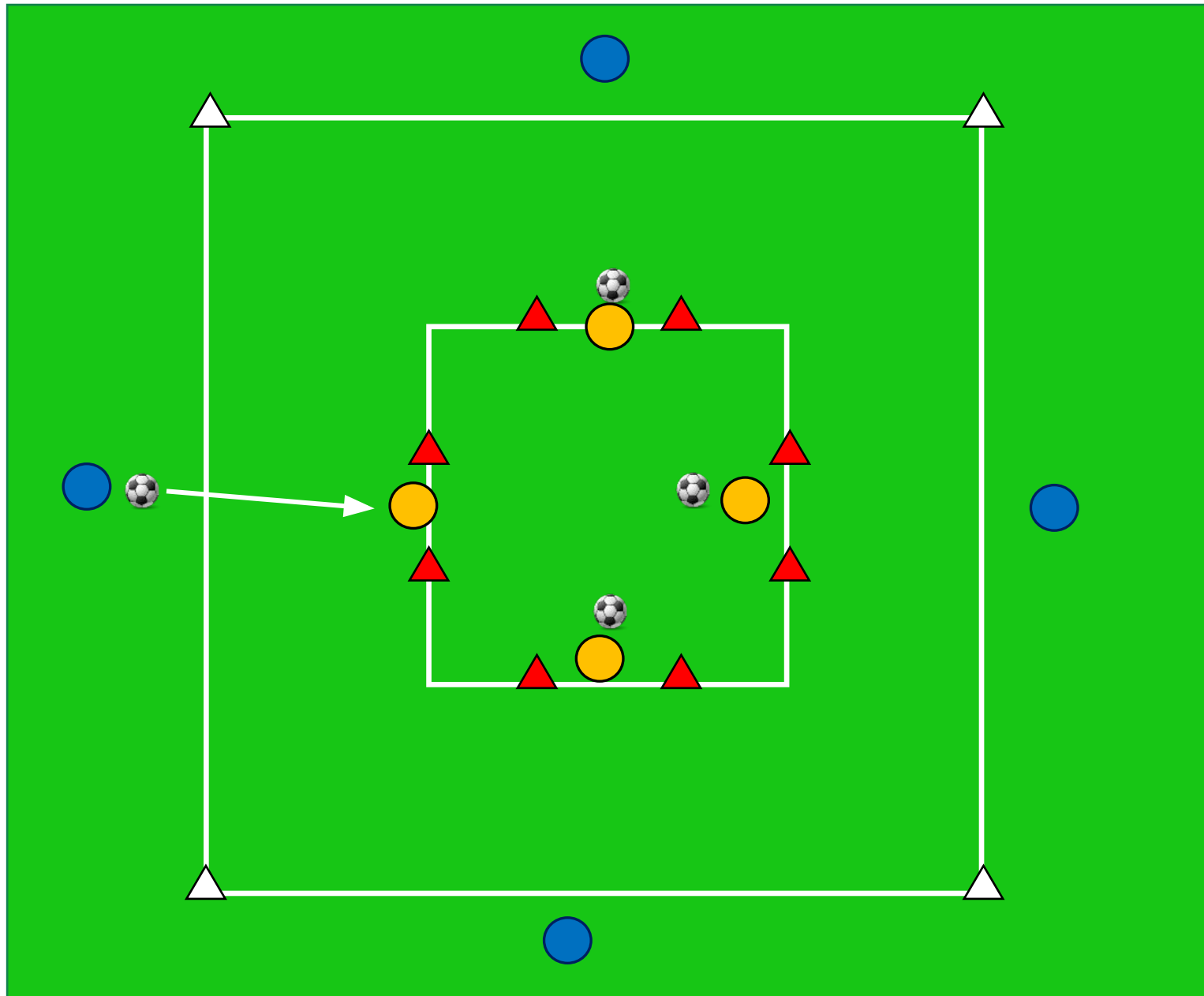
- Instead of turning through the gate the player has to turn and go round the outside of the gate.
- One of the players becomes a defender, if they win the ball, they retain it and the player losing the ball becomes the defender.

Change of Focus

- Dribbling: Players receive the ball in the larger area away from the gate and then complete a 'skill' as they dribble through the gate.

One Player Less or Extra

- Seven Players: One less player in the central area.
- Nine Players: Add an additional server and set of gates to one side of the area.



Description

- Two identical pitches with 4 players on each pitch. Area size to be appropriate for the players, it is possible here to have different dimensions to suit the needs of the different players on each pitch.
- Defender plays the ball into the attacker who attempts to dribble through one of the two gates. Once completed the next defender and attacker enter the pitch.
- If the defender wins the ball, they attempt to dribble through a gate.
- Rotate roles regularly, also rotate players between pitches.

Focus

- First touch: Towards a chosen gate.
- Change of direction if needed: Disguise, sharp, minimal touches.
- Acceleration: Explode away from the defender and towards the gate.

Possible Progressions

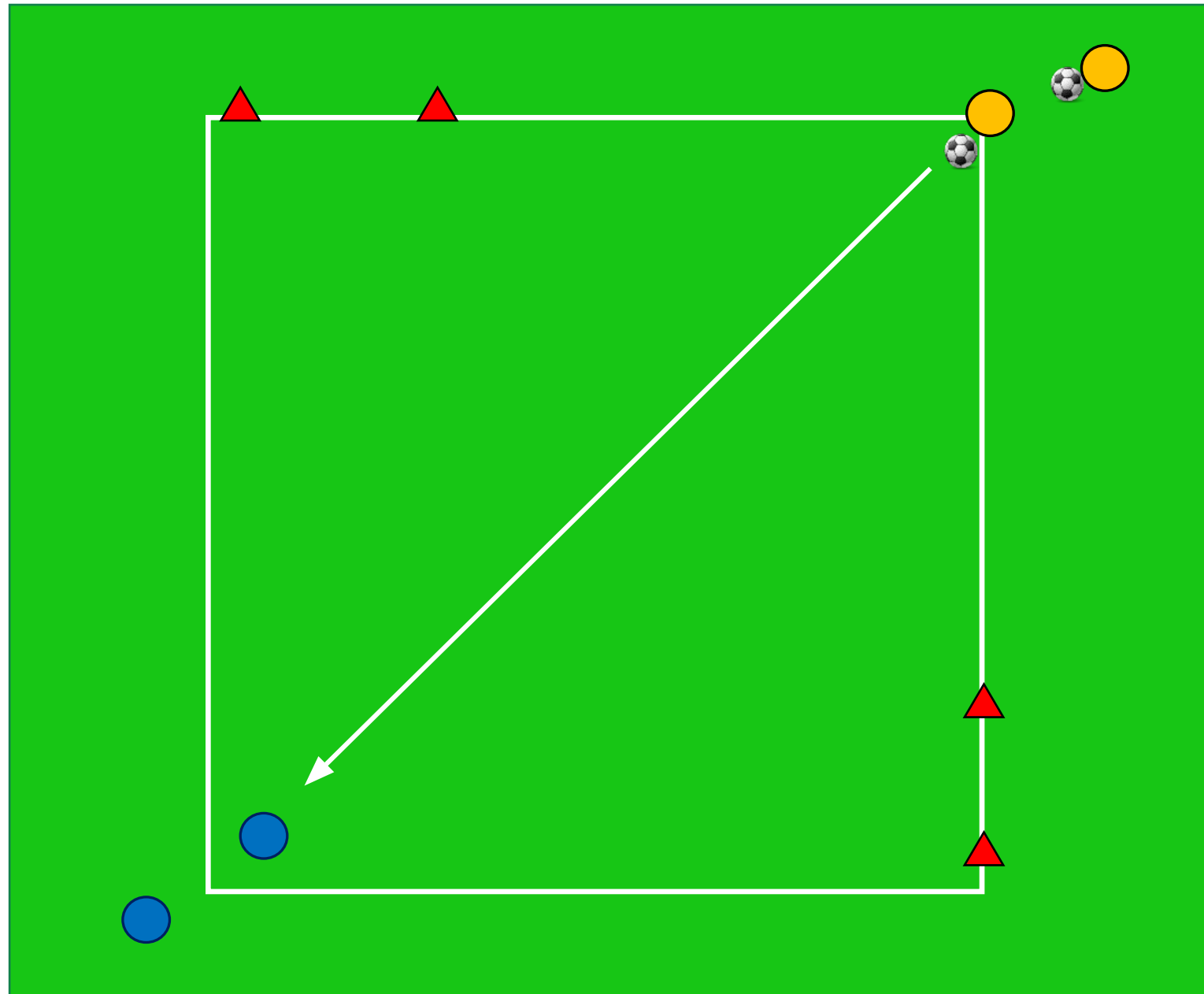
- Attacker can ask for 1 or 2 defenders. If they play against 2 defenders they get 3 points for successfully dribbling through a gate.
- Reduce the size of the gates.
- Change start position of the defender and / or allow the other defender to play the pass.

Change of Focus

- Dribbling: Move the two gates further along the side of the square so that they are positioned close to the defender.

One Player Less or Extra

- Seven Players: One area just has 3 players.
- Nine Players: One area has 5 players.



Description

- Square pitch, area size to be appropriate for the players.
One goal on each side of the pitch.
- Two teams of 4 players, with one team trying to score horizontally across the pitch and the other team aiming to score in the two 'vertical' zones.
- If the ball goes out of play, players dribble onto the pitch.

Focus

- First touch: Towards a chosen goal.
- Change of direction if needed: Disguise, sharp, minimal touches.
- Acceleration: Explode away from the defender and towards the goal.

Possible Progressions

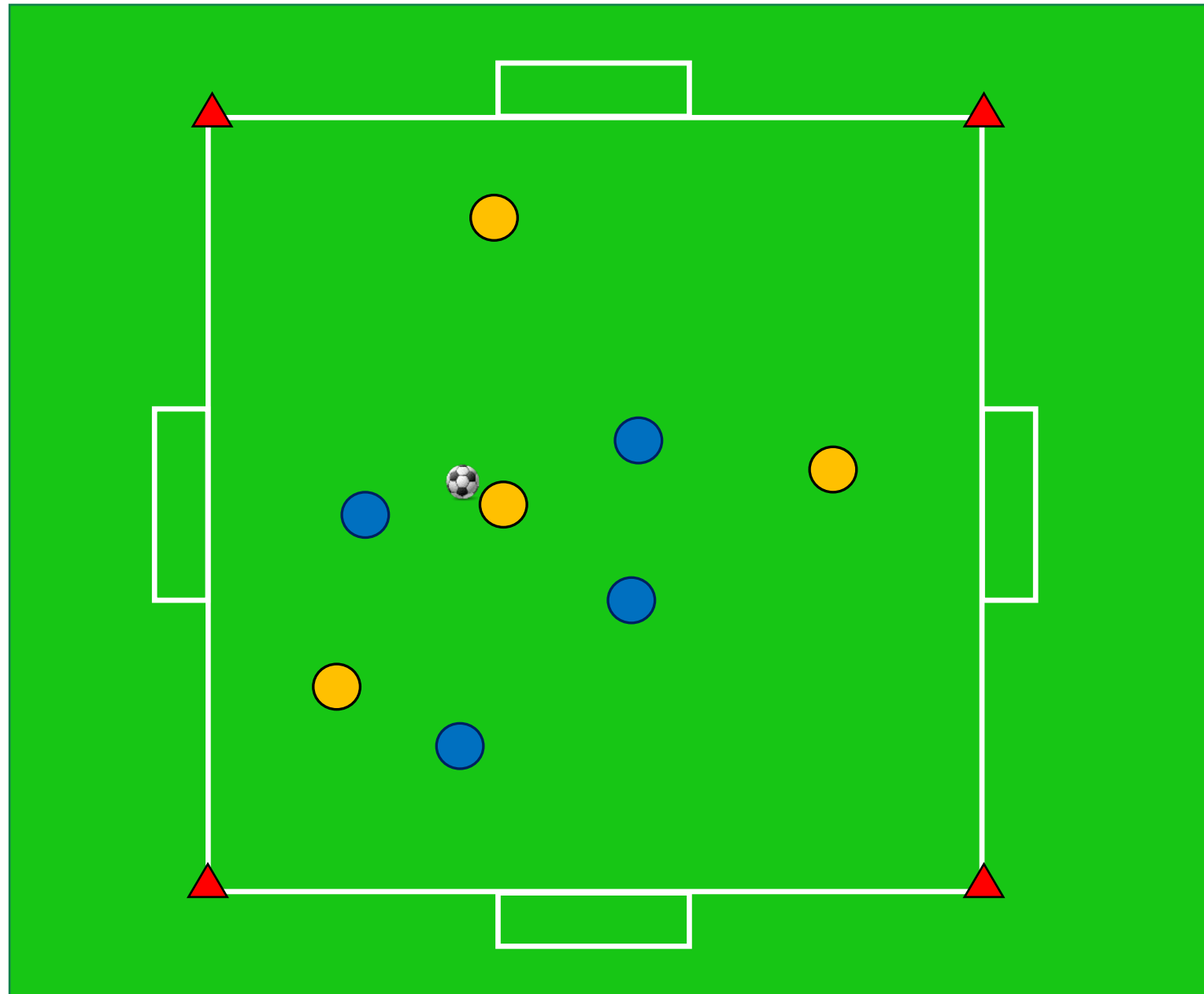
- Players must have a minimum amount of touches.
- Reduce the size of the pitch.
- Reduce the size of the goals.

Change of Focus

- Dribbling: Goals are replaced by gates and players must dribble through one of their two gates to win a point.

One Player Less or Extra

- Seven Players: One team has just 3 players or play 3 versus 3 with a support player.
- Nine Players: One team has 5 players or play 4 versus 4 with a support player.



Description

- Pitch size to be appropriate for the players. Each team protects and attempts to score in, 2 goals.
- Two teams of 4 players, with each team having 2 players locked into each half of the pitch.
- The ball can only be transferred to the other half through a pass. Once in the attacking half the ball cannot be passed back to the players in the defensive half of the pitch.
- If the ball goes out of play, the re-start is through a player dribbling the ball back onto the pitch.

Focus

- First touch: Towards a chosen goal.
- Change of direction if needed: Disguise, sharp, minimal touches.
- Acceleration: Explode away from the defender and towards the goal.

Possible Progressions

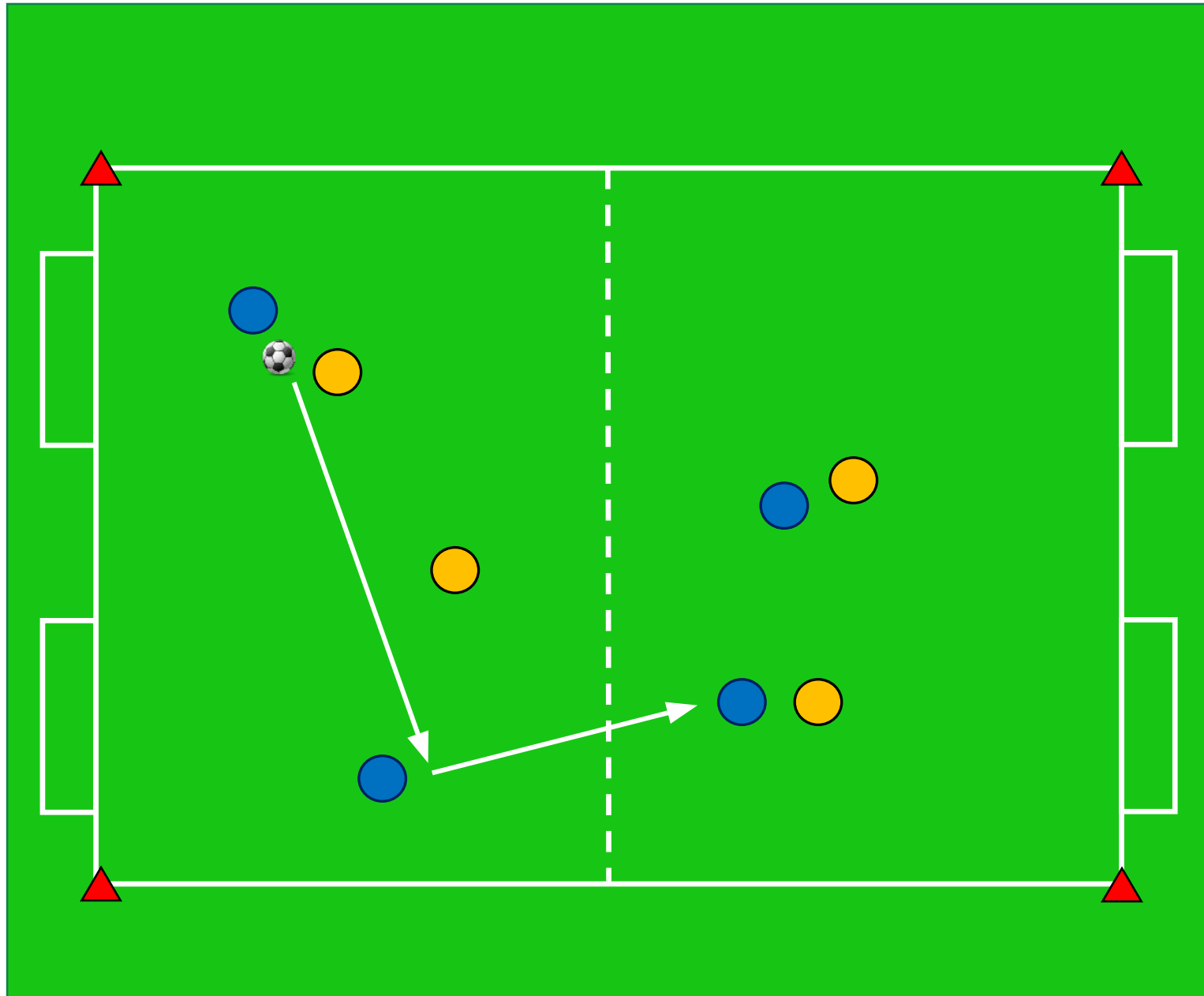
- Reduce the size of the pitch.
- Reduce the size of the goals.
- Move into free play.

Change of Focus

- Dribbling: Small channel added to separate the two halves of the pitch. When receiving the pass from the defensive half, players can drop-in to the channel and receive unopposed.

One Player Less or Extra

- Seven Players: 3 versus 3 with a floater. When in the defensive half it is 1 versus 1 with the support player and in the attacking half it is 2 versus 2.
- Nine Players: Add a support player but they can only support the team in possession of the ball when they are in the defensive half of the pitch.



Overview

9
Players

Description

- Area size to be appropriate for the players.
- 3 teams of 3 but here two teams work together in possession. Shown is the blue and white v the yellow. Whatever team give up possession of the ball will become the defending team in this 6v3 possession exercise.

Focus

- Possession, scanning, awareness and thinking on your feet.
- Embracing the chaotic environment and adapting to quick transitions.

Possible Progressions

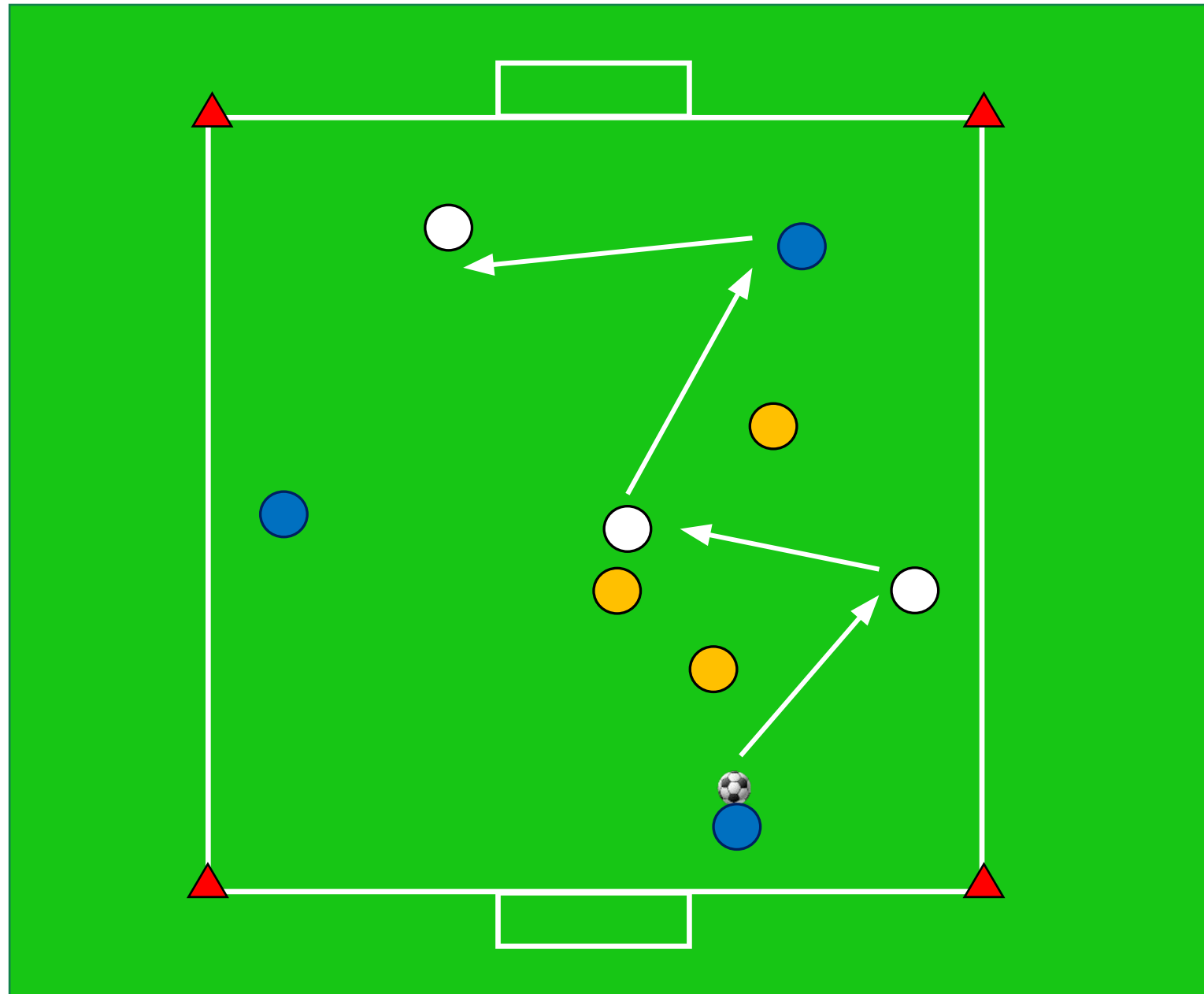
- Players must have a minimum amount of touches.
- After a certain amount of passes the players can shoot and score in any goal, rewarded by remaining in possession of the next ball.

Change of Focus

- High pressing from the 3: Let players know that on completion of 15 passes the 3 in the middle will be swapped, their aim is to work hard and win the ball before those 15 passes are played.

One Player Less or Extra

- Eight Players: Play four teams of 2 in a smaller area, meaning the same game but a 6v2.
- Ten Players: Extra player in goal and game is played to that goal, giving the 3 an area to defend when trying to win the ball.



Description

- Two teams of 3 in an area each as shown. Defending team of 3 must line up as shown with the central player only able to screen forward passes and the defender in the area without the ball only comes alive when the ball enters that area,
- Team in possession try to keep the ball and play forward into other area when possible. Team of 3 who lose the ball swap roles with the defending players.

Focus

- Keep the ball in a 3v1 until the opportunity to play a pass into the other 3v1 (avoiding screening defender) presents itself.

Possible Progressions

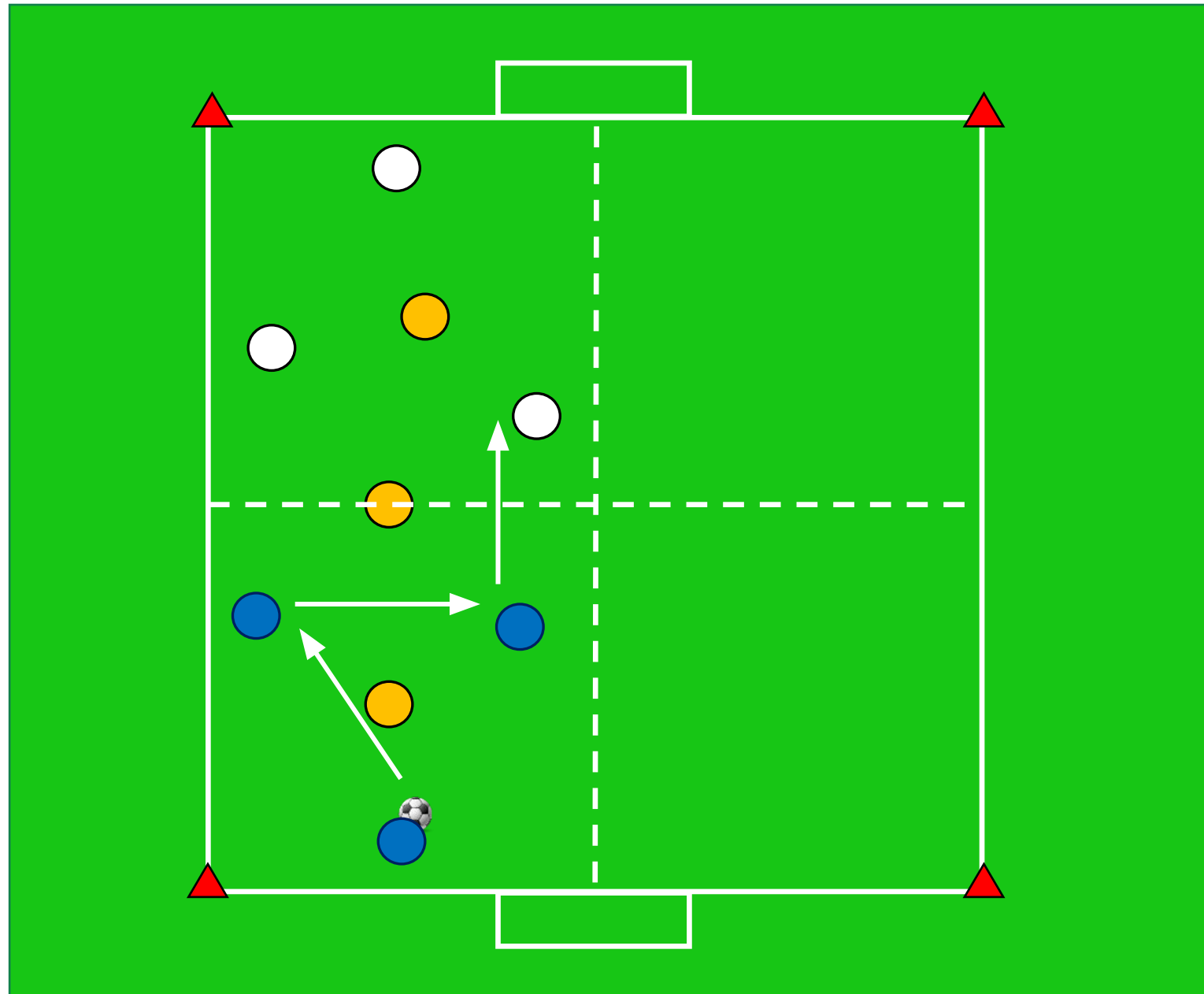
- Players must have a minimum amount of touches.
- Alter where defenders can go to win the ball.

Change of Focus

- Rotations: Player who transfers the ball follows the pass to join the new rondo while another player rotates out of that area.

One Player Less or Extra

- Eight Players: Use a playmaker to go between both rondos, always help the team with the ball.
- Ten Players: Do the exercise centrally as opposed to where shown so 2 GKs can be added to the goals. GK can aid keeping possession and defenders can shoot into them when winning the ball.



Description

- 3v1 With more chaos. Team of 3 (blue) look to play a yellow after a minimum of 3 passes. The yellow players who don't get the ball must quickly move to the square where their teammate is and the blue players must occupy the other 3 squares for the next transition.
- On transition the white defender must go back to the centre before a teammate of theirs can go to win the ball in the new area.

Focus

- Possession, scanning, passes out of pressure.

Possible Progressions

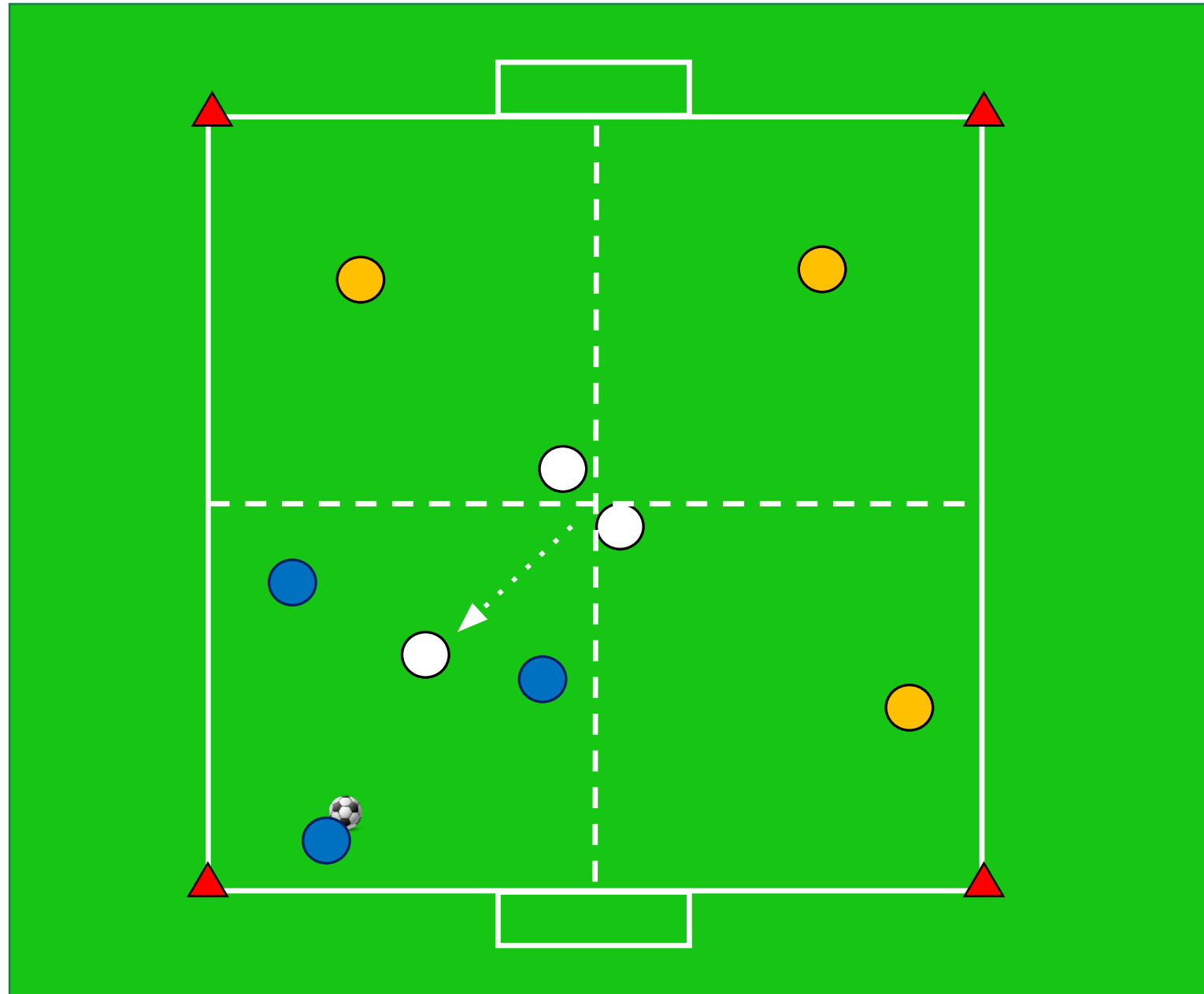
- Players must have a minimum amount of touches.
- 2 defenders can enter the area with the ball in it but still must always go back to the middle cone on transfers of the ball.

Change of Focus

- Fitness: Take away minimum of 3 passes and play the longer ball when on.

One Player Less or Extra

- Eight Players: Two defenders (1 defending 1 resting in the middle until a transfer of areas). Swap defenders regularly.
- Ten Players: A playmaker who can move anywhere and help the team with the ball.



Description

- 3v3 Game. The blue are playing the yellow as shown, the white players support the game as 2 goalkeepers and a playmaker on the pitch.
- Swap teams regularly, maybe implement a winner stays on system.

Focus

- Discovery through playing
- Attacking overloads, defending outnumbered, constant transitions.

Possible Progressions

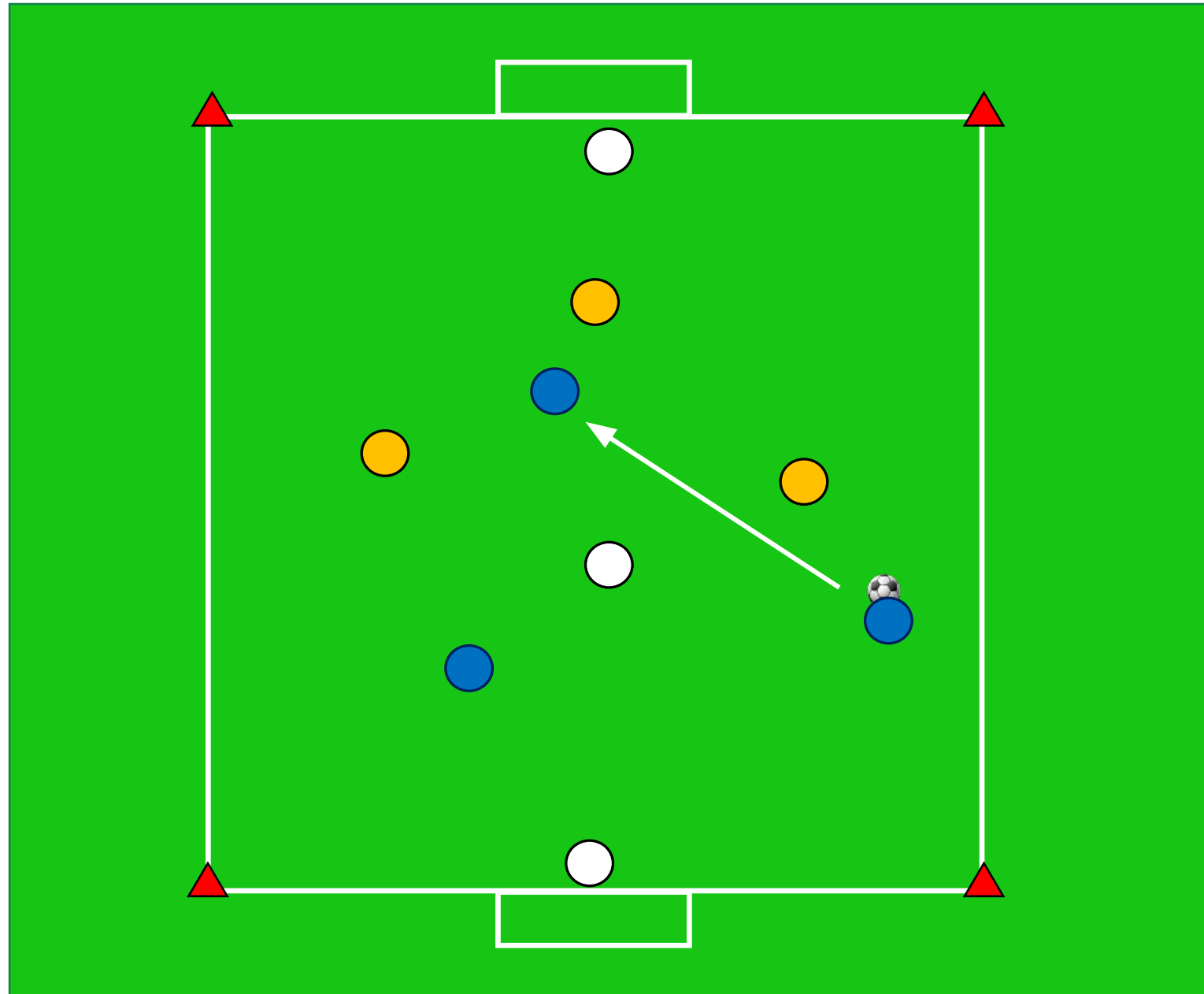
- 4v4+1 or play 5v4

Change of Focus

- Passing: Make this a conditioned game, must make a minimum of 3 passes before scoring.

One Player Less or Extra

- Eight Players: 4v4 Game
- Ten Players: 5v5 Game



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phones browser, select share then select, 'add to home
screen.'



Overview

10
Players

Description

- Players with a ball each inside the area, bibbed and ready for future activity.
- Begin with simply dribbling the ball, maybe introduce some keepy ups, ball mastery skills and any fun games players can do with a ball each.

Focus

- Touches.
- Ball mastery.
- Relaxed introduction to the ball.

Possible Progressions

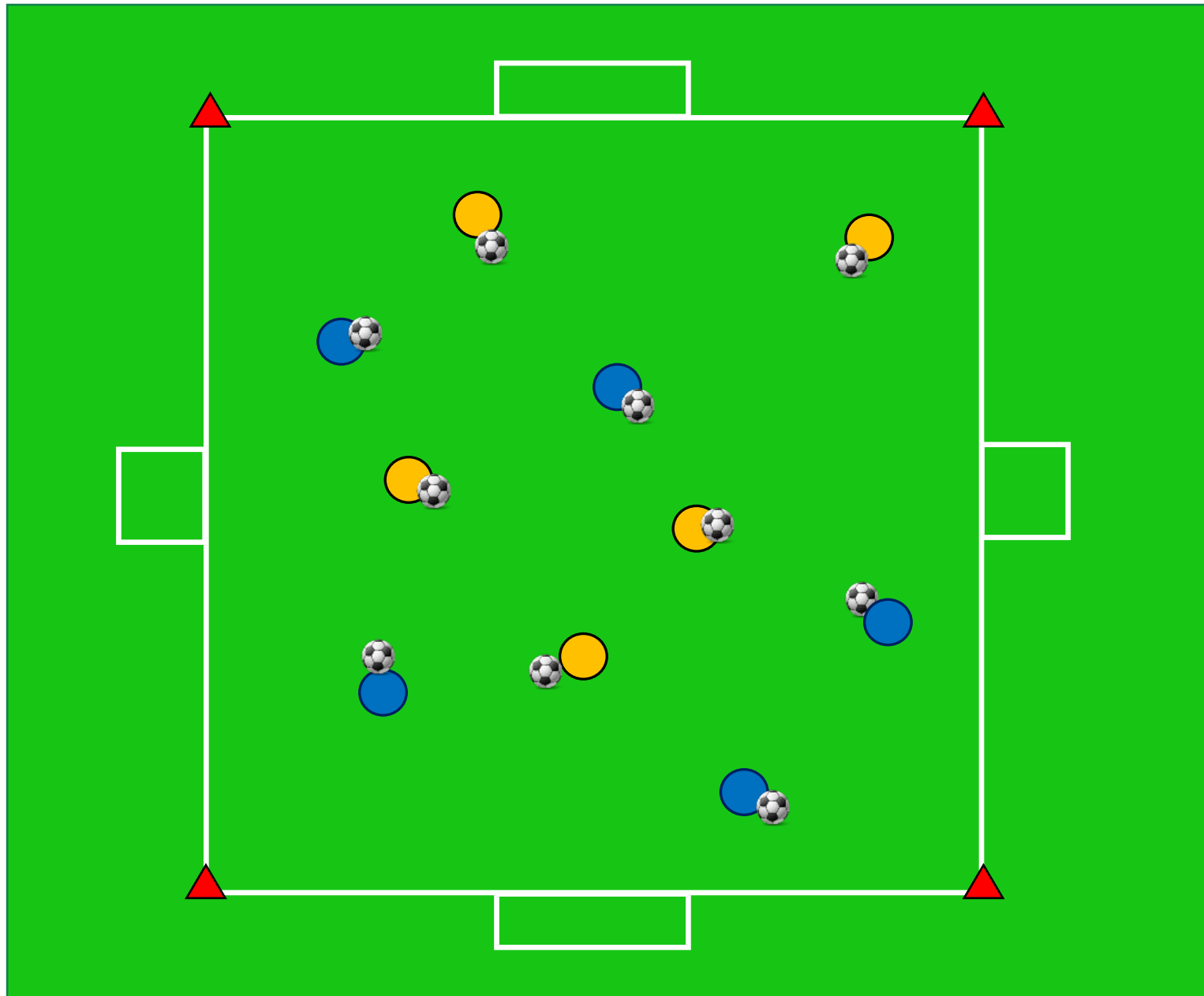
- Take a ball off a couple of players and play a game where the defenders try and steal someone's ball, they then go and try steal someone else's. When the coach blows the whistle the 2 players without a ball do 5 star jumps.

Change of Focus

- Touch: Start the session giving players space and time to work on their keepy ups.
- Passing: Start the session by asking players to get a partner and pass to each other or work together to keep the ball off the ground.

One Player Less or Extra

- Nine Players: Same activity.
- Eleven Players: Same activity, if not enough footballs then make groups of 2 or 3 and pass.



Description

- Scoreboard Soccer game.
- Play a game but when a player scores or displays good play / effort the coach sends them to the scoreboard. Which in this game consists of stealing a ball from the oppositions scoreboard and dribbling across the field to put it in their scoreboard. Team with the most footballs in their scoreboard at the end of the game wins.

Focus

- The game being the teacher.
- Praising effort, attitude and skill so it's repeated.
- Dribbling.

Possible Progressions

- Ball in the game must be kept below head height to encourage dribbling and have an extra safety element for those dribbling across the field.

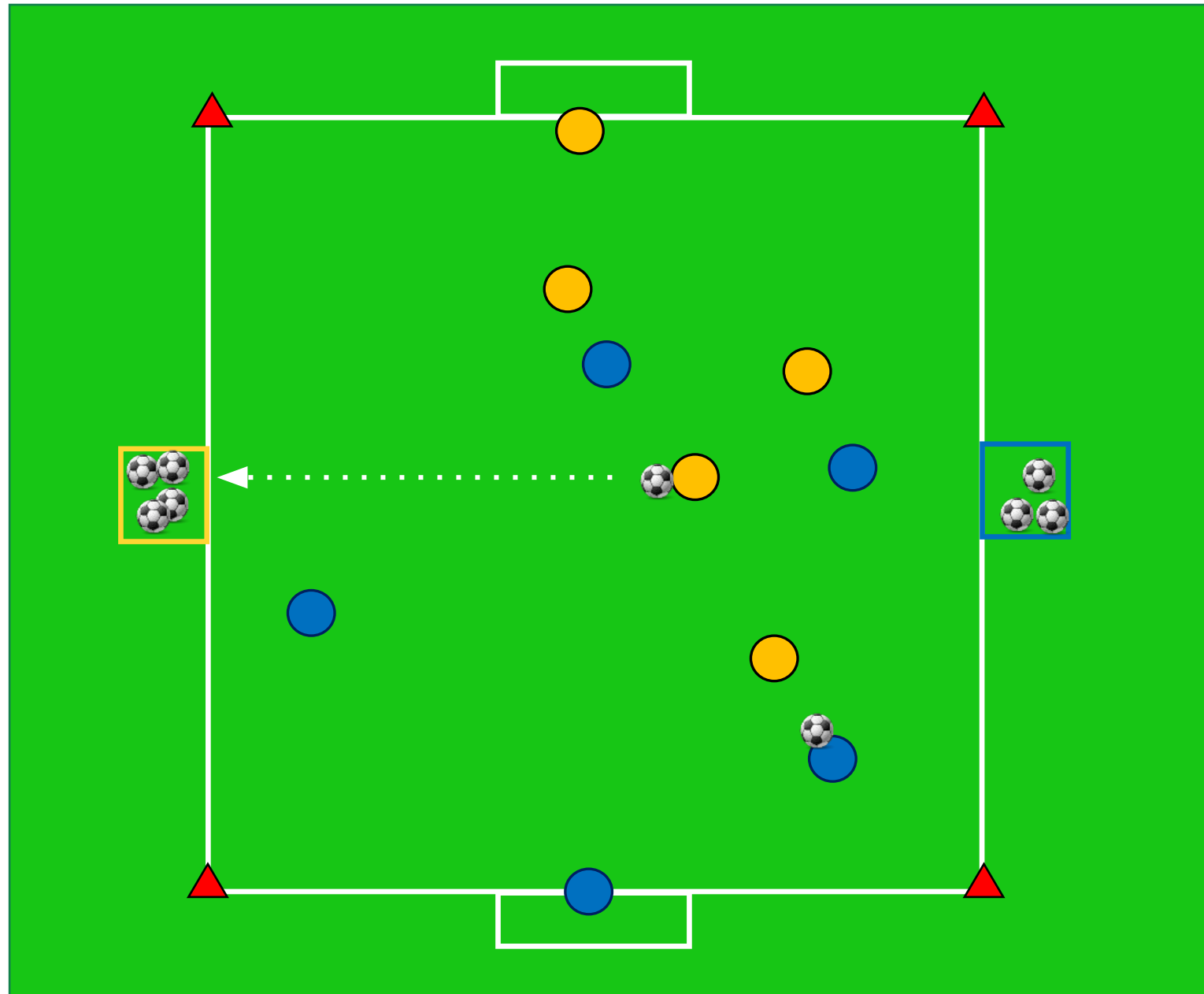
Change of Focus

- Ball mastery: Dictate a certain type of touch or dribble to travel across the field

One Player Less or Extra

- Nine Players: Play 4v5
- Eleven Players: Play 5v6

Contact @CoachDavidBaird to access the Scoreboard Soccer games resource.



Description

- Players on the outside pass back and forward making as many passes as they can and count while doing so.
- As those balls are flying back and forth the 2 players with a ball at their feet must try and dribble up the middle, turn at the end and come back without being hit by a ball.
- When the dribblers get to the start, the team who made the most passes in that time get to dribble next.

Focus

- Dribbling and ball manipulation.
- Quick and accurate passing

Possible Progressions

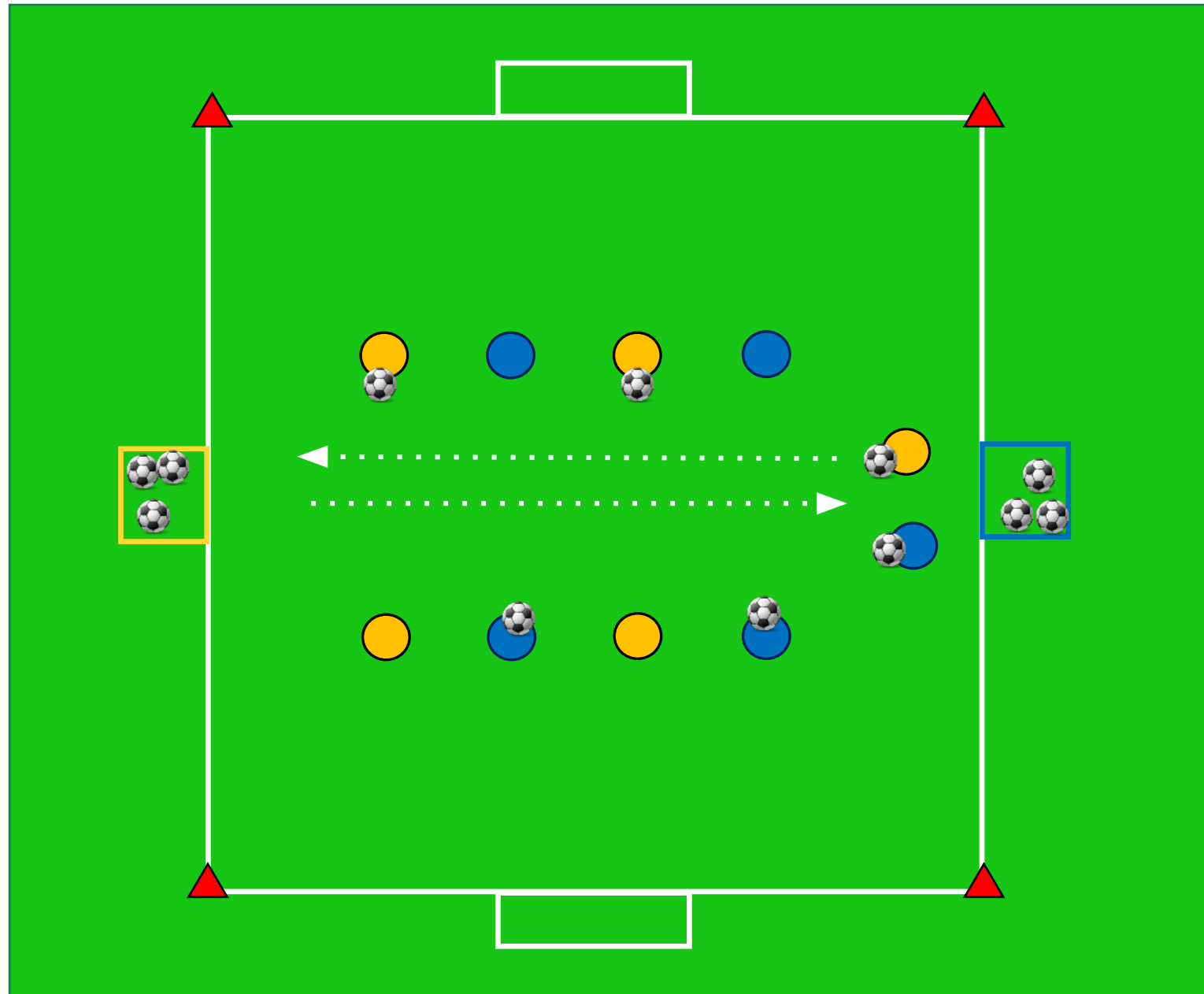
- Increase or decrease the length of the pass or dribble depending on how the activity is going.

Change of Focus

- Instead of dribbling the two players could be passing through the grid trying to thread the pass not to hit a ball.

One Player Less or Extra

- Nine Players: 1 Player at a time dribbling through the grid.
- Eleven Players: 3 Players at a time dribbling through the grid.



Description

- 5v5 Game.

Focus

- Let them play.

Possible Progressions

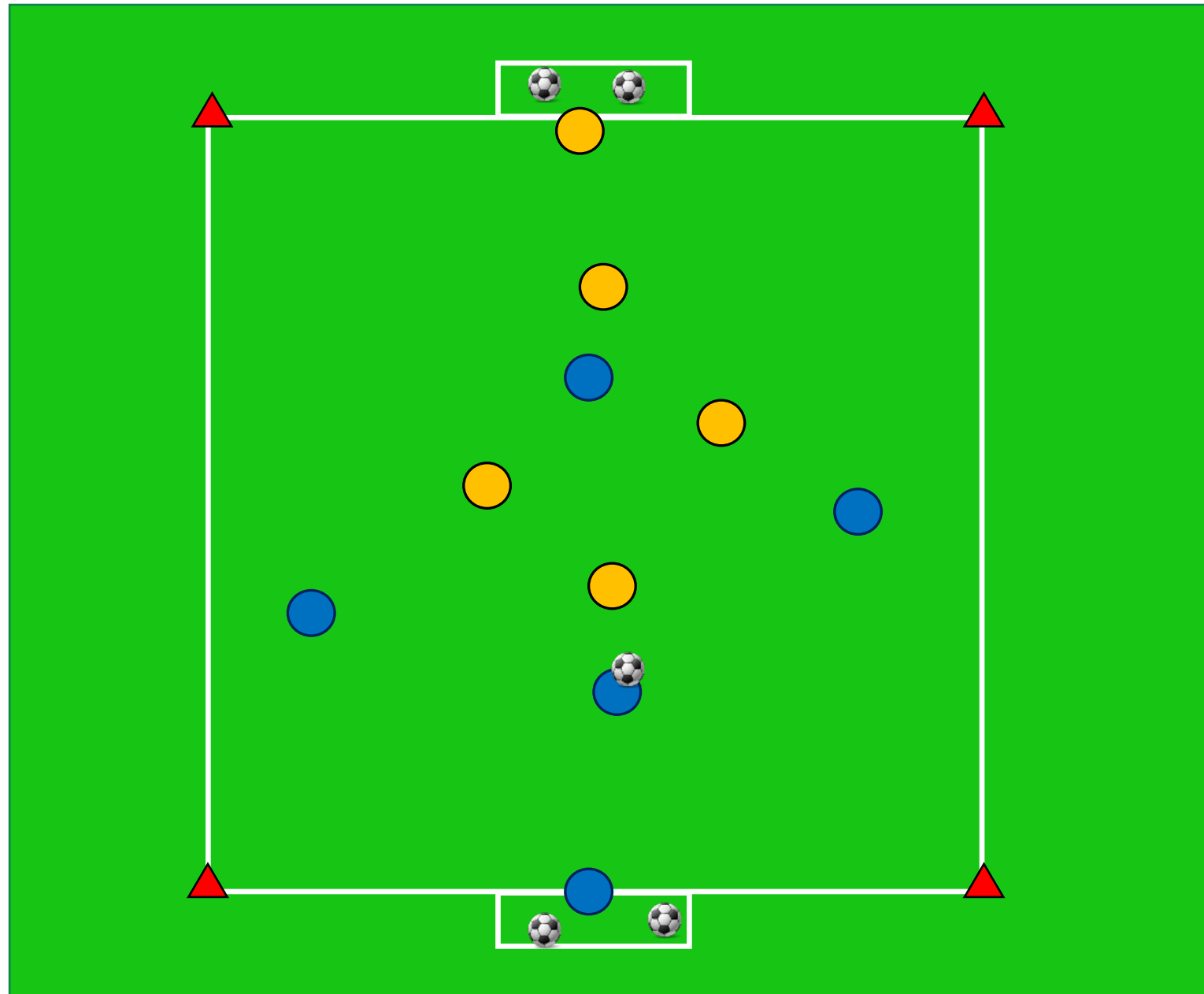
- Add the scoreboard from earlier if the players enjoyed it or play their favourite scoreboard soccer game.

Change of Focus

- Bring dribbling from the session to the surface by adding a simple condition: Just a game but if your dribble leads to a goal, every player you dribble past on the way to scoring is a point and that's how many goals you get. For example, dribble by 3 players and score, 3 goals to your team.

One Player Less or Extra

- Nine Players: Play 4v5
- Eleven Players: Play 5v6



Overview

11
Players

Description

- Area size appropriate for the players.
- Three pairs on the outside with a ball for each pair. The remaining five players act as support players and are situated within the area.
- Players play the ball into a support player who must pass to another support player who then passes it back out of the area to the original players partner.
- Rotate roles regularly.

Focus

- Limited touches, keep the ball moving.
- Look to keep changing the direction of the play.
- Weight and accuracy of pass.

Possible Progressions

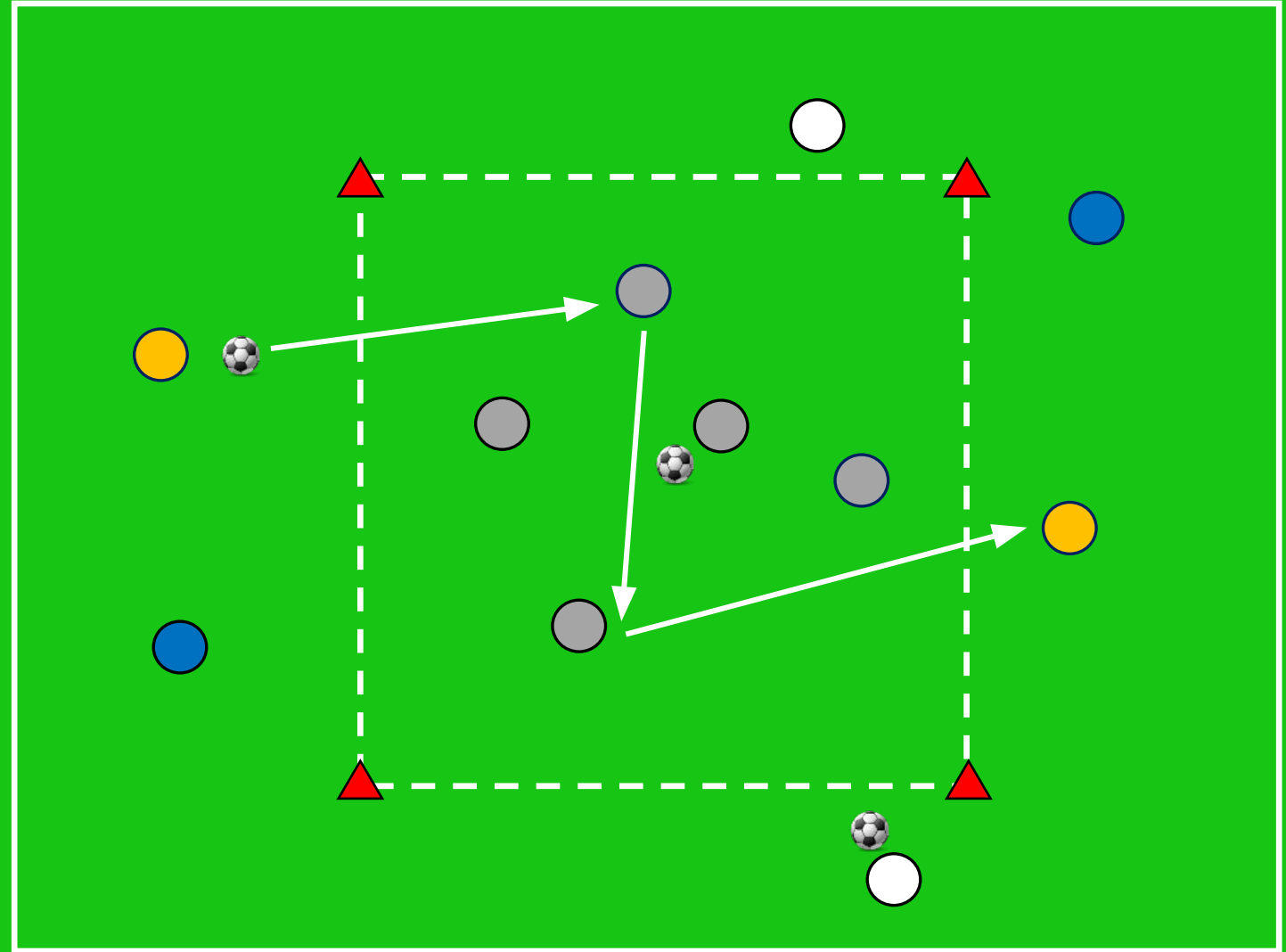
- Limit the players in the central area to 2 touches.
- Remove two players from the central area to make an extra pairing and reduce the number of support players to three.

Change of Focus

- Pressing: Just one ball is used and two support players become defenders. The defenders look to win the ball when it is played to the 3 players on the inside. If they win the ball they win a point by driving out of the area.

One Player Less or Extra

- Ten Players: Just have four support players inside the area.
- Twelve Players: Have an extra players on the outside and have just four support players within the area.



Description

- Area size appropriate for the players.
- Three versus three in the central area with four support players on the outside of the area and one situated inside the area.
- Teams win a point by completing a set number of passes and then on-doing so they have to pass to one of the support players on the outside.
- On completion of a point the support player plays the ball back into the area to the other team.

Focus

- Limited touches, keep the ball moving.
- Look to keep changing the direction of the play.
- Weight and accuracy of pass.

Possible Progressions

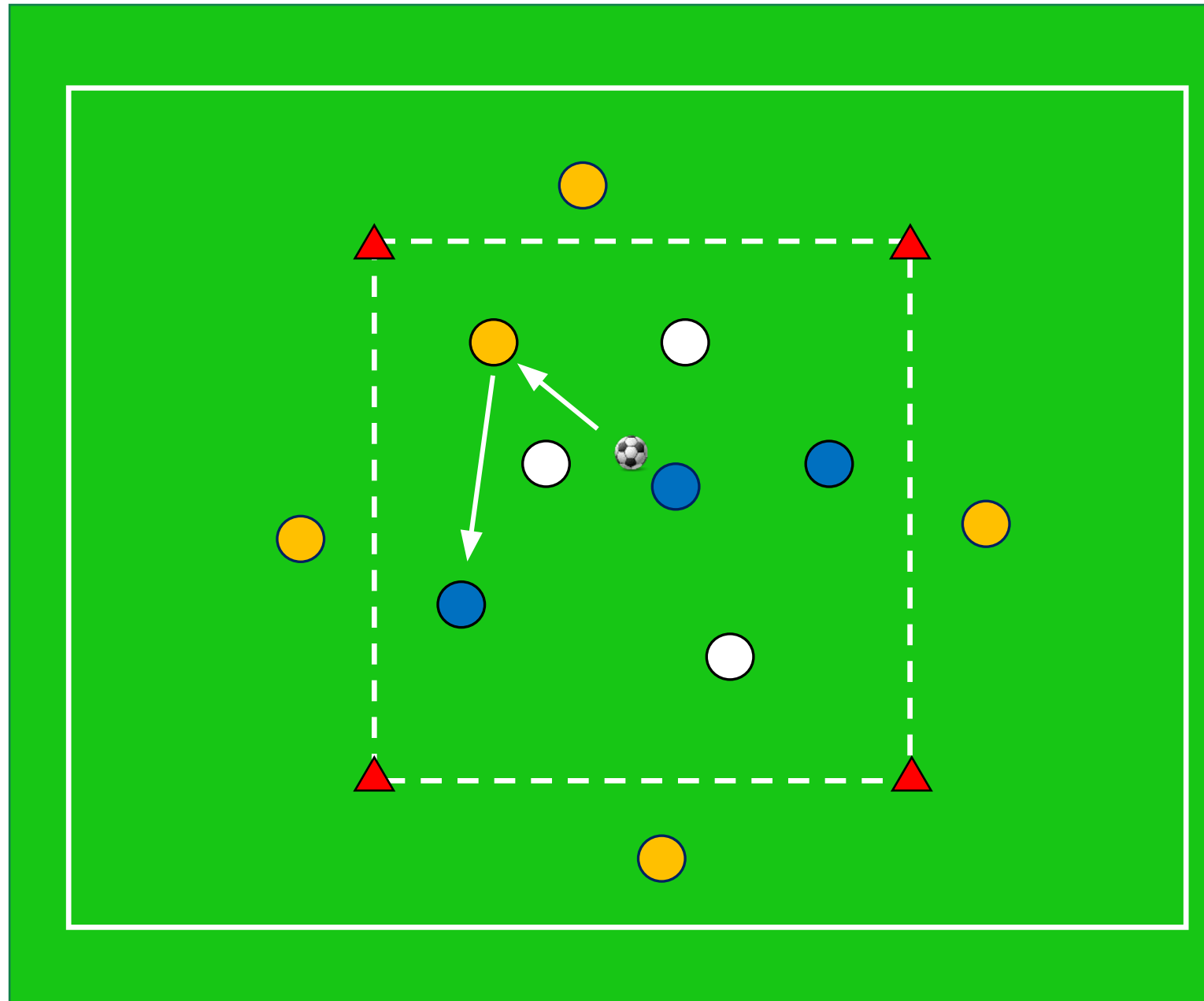
- Limit the players in the central area to 3 touches.
- Limit the support players on the outside to 1 touch.
- Support player in the area can rotate with players on the outside.

Change of Focus

- Pressing: Focus just moves from the team out of possession instead of in possession. If a team win the ball they must play out to a support player before they can attempt to make the set number of passes.

One Player Less or Extra

- Ten Players: Remove the support player from inside the area.
- Twelve Players: Remove the support player and teams have four players in the central area. Or have two support players.



Description

- Area size appropriate for the players, area should also encourage short passes. With an additional area in each corner of the main area.
- Players are split into two teams of five with an additional support player who supports the team in possession of the ball. Each team has two target players in two of the corner areas (diagonally across from each other).
- Team win a point through a pass being made to a target player and then it being successfully played out to a team-mate. Before doing this a set number of passes need to be completed by the players in the central area.

Focus

- Limited touches, keep the ball moving.
- Look to keep changing the direction of the play.
- Weight and accuracy of pass.

Possible Progressions

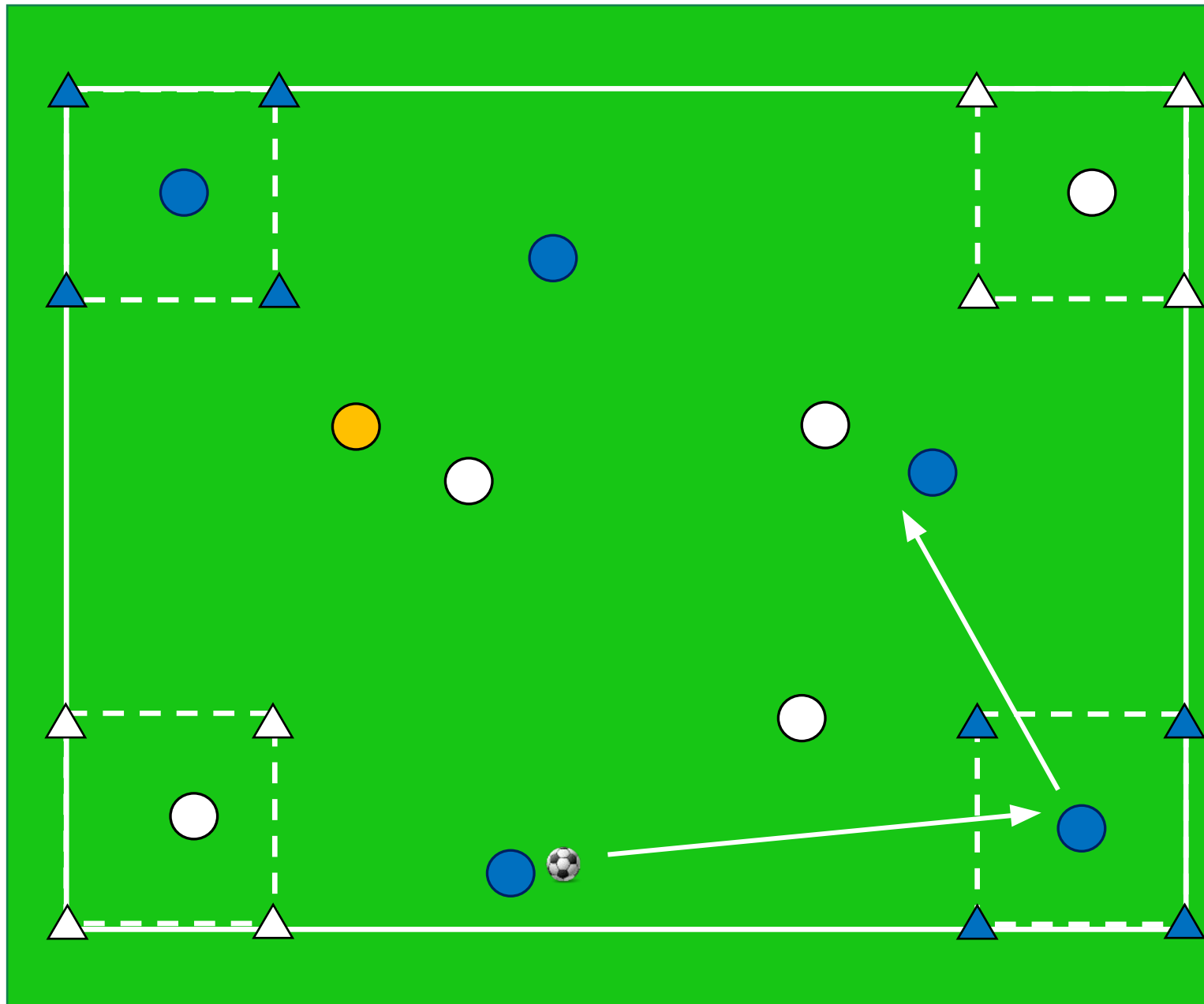
- Limit the players in the central area to 3 touches.
- Limit the players in the corner areas to 2 touches.
- Whichever side of the area the ball is played into, it must exit through the other side.

Change of Focus

- Pressing: Focus just moves from the team out of possession instead of in possession. Teams must complete a set number of passes in the central area before they can pass into a target player. If teams win the ball they must pass into a target player first before they can try and achieve the set number of passes.

One Player Less or Extra

- Ten Players: Remove the support player.
- Twelve Players: Remove the support player and teams have four players in the central area. Or have two support players.



Description

- Pitch shape as shown in the diagram, with the size being appropriate for the players. Pitch is split into three thirds.
- Players are free to go anywhere in the pitch apart from the support player who is restricted to the central area.
- Before teams can enter the final third a set number of passes must be completed in the central third.

Focus

- Passing touches, keep the ball moving.
- Look to keep changing the direction of the play.
- Weight and accuracy of pass.

Possible Progressions

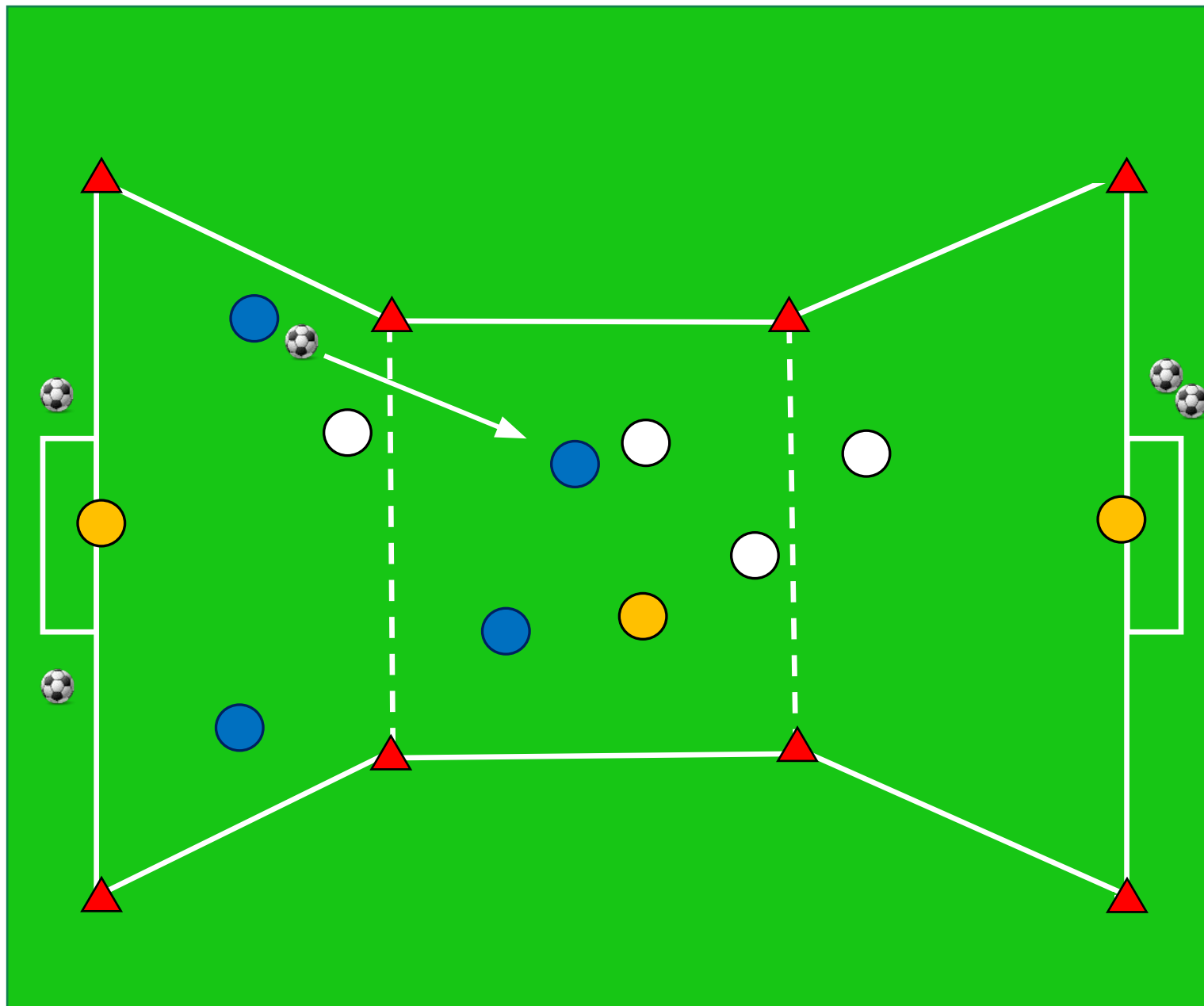
- Limit the players in the central area to 3 touches.
- Increase the set number of passes needed in the central area.
- Move into free play.

Change of Focus

- Pressing: Focus just moves from the team out of possession instead of in possession. The team entering the middle section must complete a set number of passes still before progressing into the final third. If the other team win the ball they can just break immediately and try to score a goal.

One Player Less or Extra

- Ten Players: Remove the support player.
- Twelve Players: Remove the support player or have two support players.



Overview

12
Players

Description

- Area size appropriate for the players.
- Players are split into three groups of four players. Each group has a ball and they look to pass the ball between themselves within the area.

Focus

- Passing lines; ensure there is a clear passing line to play the pass, shift the ball first if needed.
- Weight and accuracy of pass.

Possible Progressions

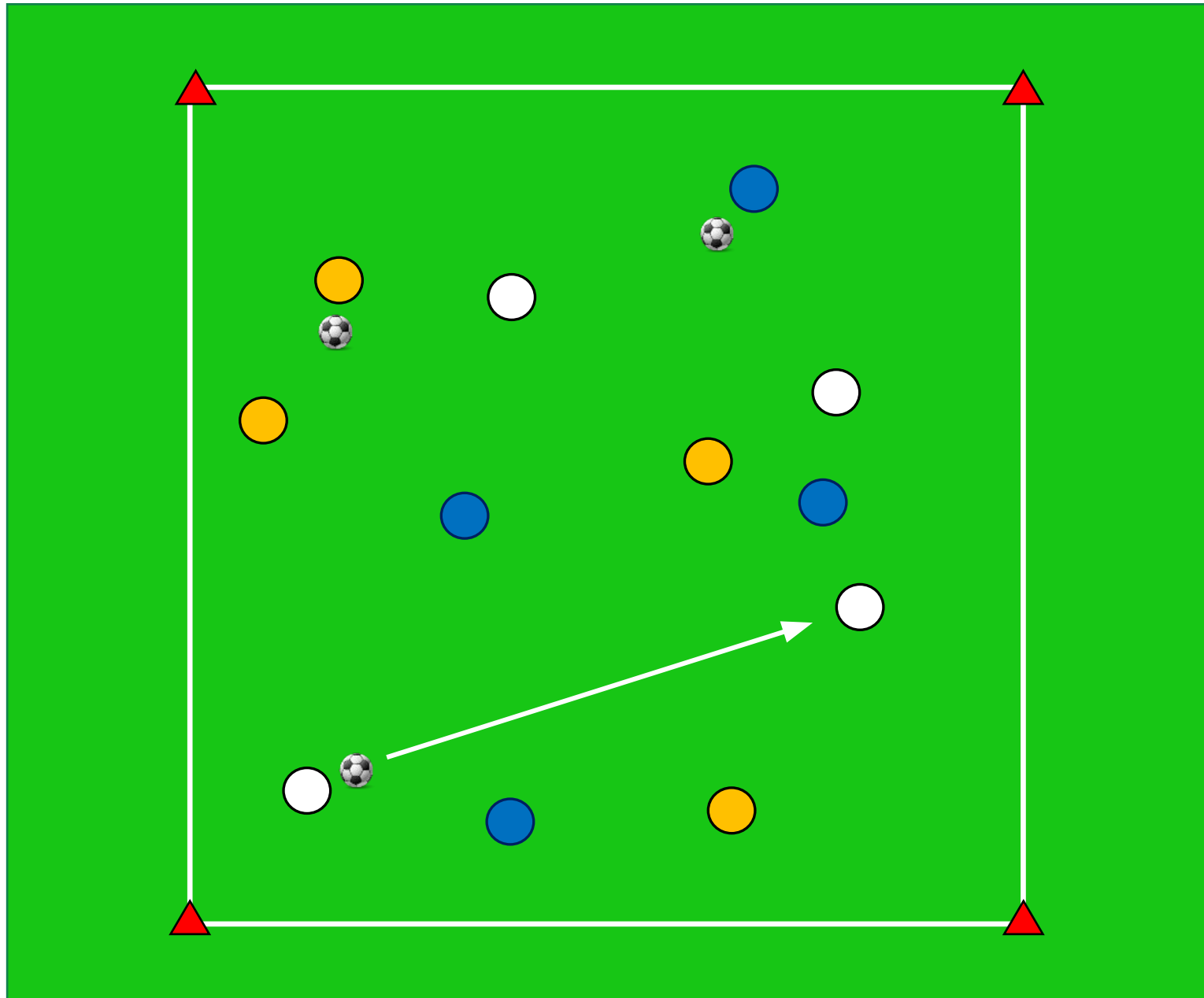
- Players now pass the ball to anyone who is not in their team. i.e. they cannot pass or receive a pass from a team-mate.
- Teams continue to keep their own ball but also look to try and win the ball off other teams as well.

Change of Focus

- Receiving: The practice remains the same but the focus is on the player receiving the pass; Can you be seen? Do you know what you are going to do when you receive the ball? What does the first touch allow them to do?

One Player Less or Extra

- Eleven Players: One team just has 3 players.
- Twelve Players: One team has 5 players or add a floater that supports all 3 teams.



Description

- Area size appropriate for the players.
- Players are split into three groups of four players.
- Two teams look to retain possession of the ball within the area. The third team act as support players on the outside for the team that has possession of the ball.
- Teams win a point by completing a set number of passes. This team then stays in the area and the other two teams swap roles.

Focus

- Passing lines; ensure there is a clear passing line to play the pass, shift the ball first if needed.
- Weight and accuracy of pass.

Possible Progressions

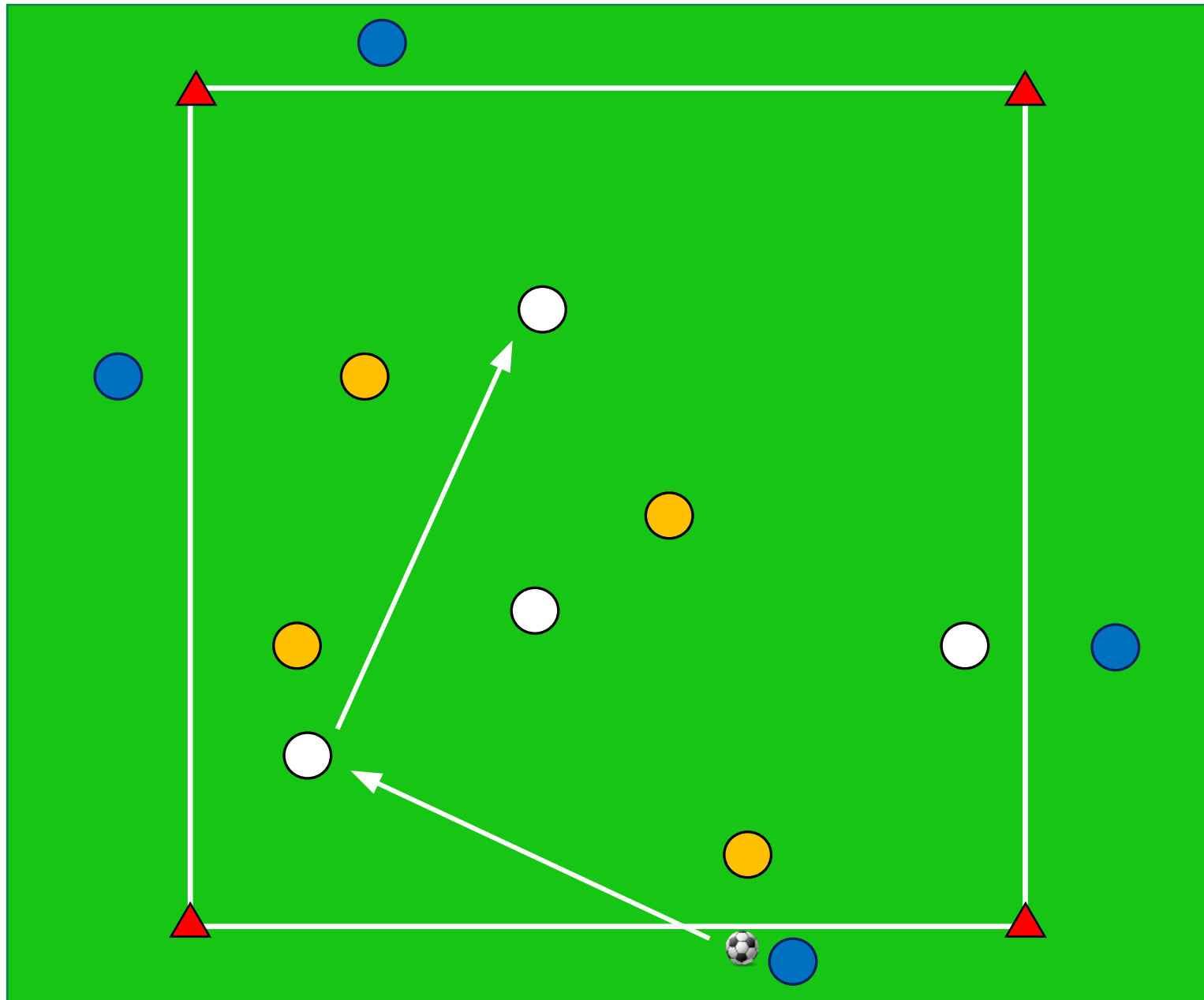
- Teams can still use the support players, but on doing-so their pass count returns to zero.
- Gates or small goals added to the outside of the area and teams can earn bonus points by passing into these after completing the set number of passes.

Change of Focus

- Receiving: The practice remains the same but the focus is on the player receiving the pass; Can you be seen? Do you know what you are going to do when you receive the ball? What does the first touch allow them to do?

One Player Less or Extra

- Eleven Players: One team just has 3 players.
- Twelve Players: One team has 5 players or add a floater inside the area that supports the team in possession of the ball.



Description

- Area size appropriate for the players.
- Players are split into three groups of four players.
- Two teams within the area. The third team act as target players, with two in each end zone.
- Teams win a point by transferring the ball from one set of target players to the other set without the other team touching the ball. On-doing so teams retain possession and aim to go back to the other target players.
- Game lasts for set period of time, team with the most points wins. Team acting as target players then replaces one of the teams within the area.

Focus

- Passing lines; ensure there is a clear passing line to play the pass, shift the ball first if needed.
- Weight and accuracy of pass.

Possible Progressions

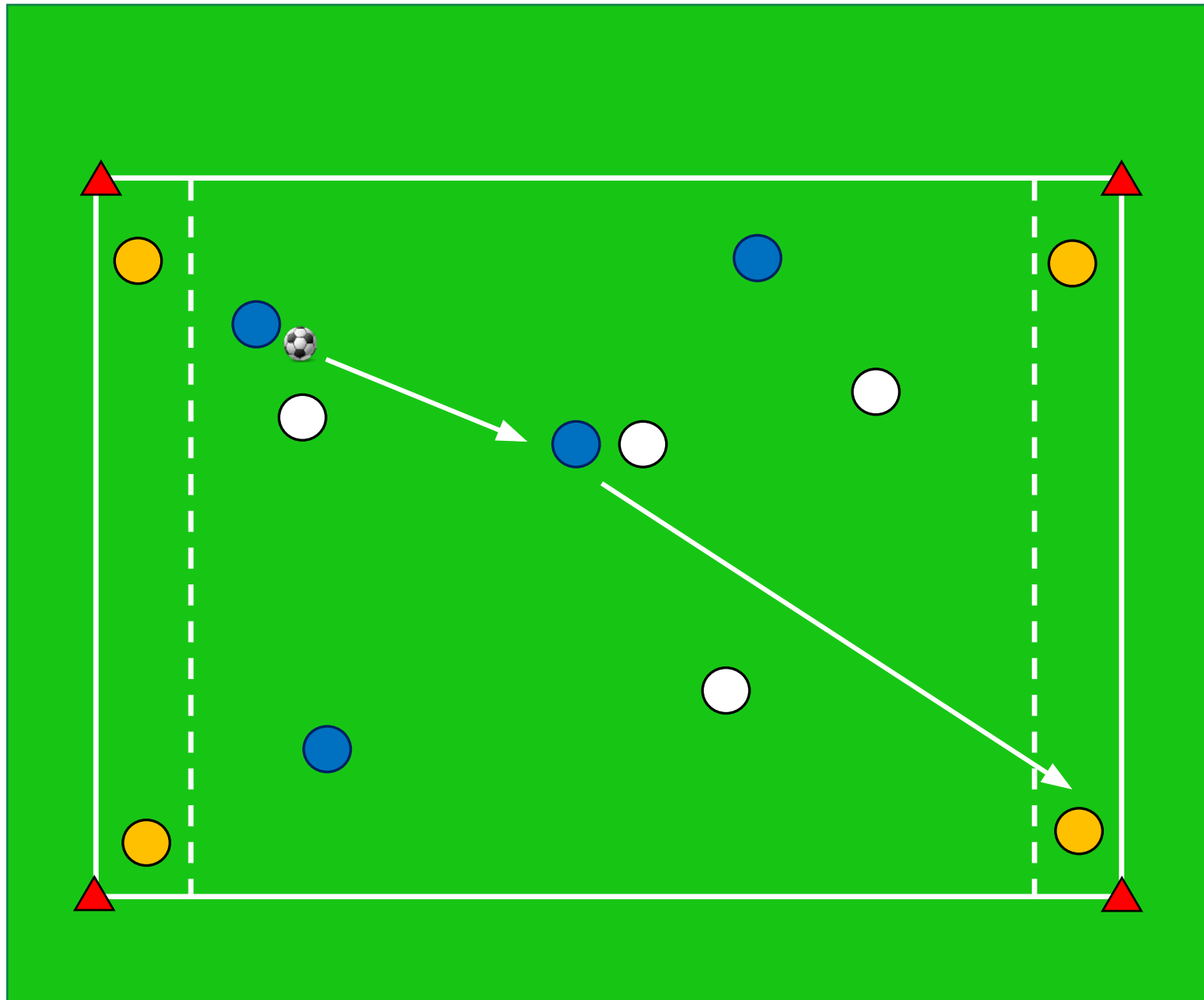
- A set number of passes need to be completed in the central area before the pass can be made into the target players.
- Players have maximum of three touches.

Change of Focus

- Receiving: The practice remains the same but the focus is on the player receiving the pass; Can you be seen? Do you know what you are going to do when you receive the ball? What does the first touch allow them to do?

One Player Less or Extra

- Eleven Players: One team just has 3 players.
- Twelve Players: Add a floater inside the area that supports the team in possession of the ball.



Description

- Pitch size appropriate for the players, with pitch split into three thirds.
- Players are free to go anywhere in the pitch but the ball can only travel to the next area through a pass. Players can also only pass to the next area.
- If the ball goes out of play, the game always starts with the goalkeeper.

Focus

- Passing lines; ensure there is a clear passing line to play the pass, shift the ball first if needed.
- Weight and accuracy of pass.

Possible Progressions

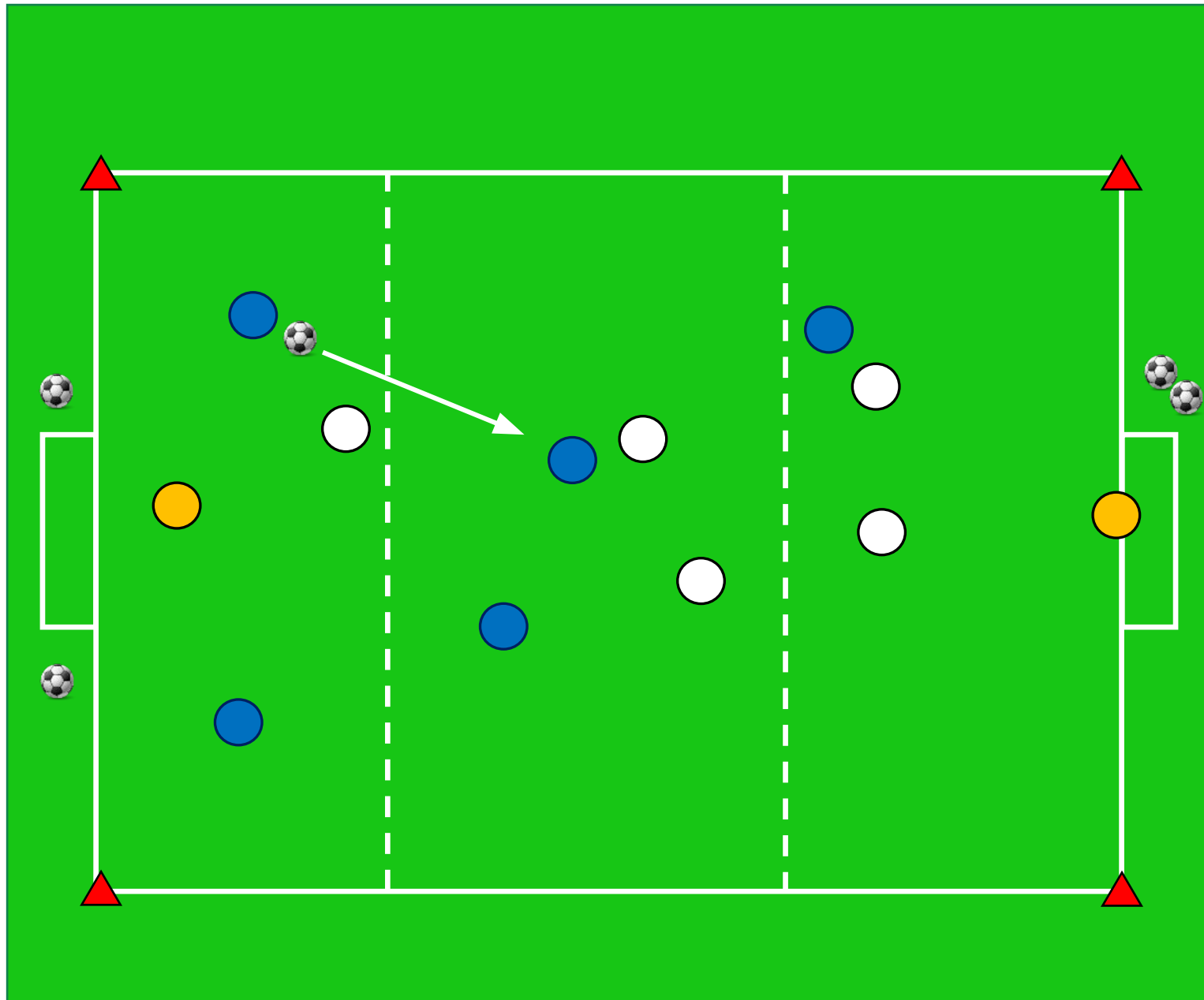
- Set number of passes must be completed within the central area.
- Move into free play.

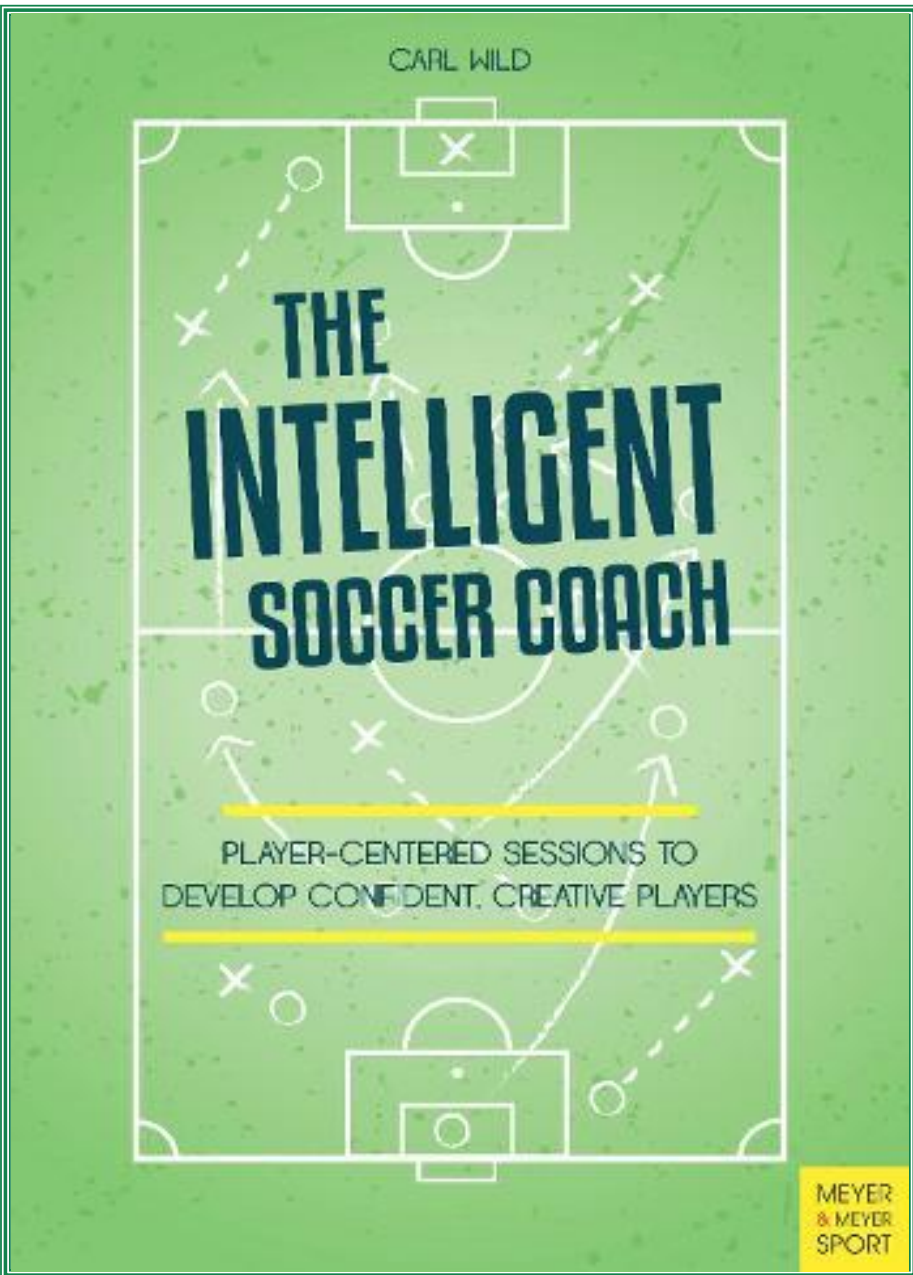
Change of Focus

- Receiving: The practice remains the same but the focus is on the player receiving the pass; Can you be seen? Do you know what you are going to do when you receive the ball? What does the first touch allow them to do?

One Player Less or Extra

- Eleven Players: One team just has 5 players.
- Twelve Players: One team has 7 players or add a floater that supports the team in possession of the ball.





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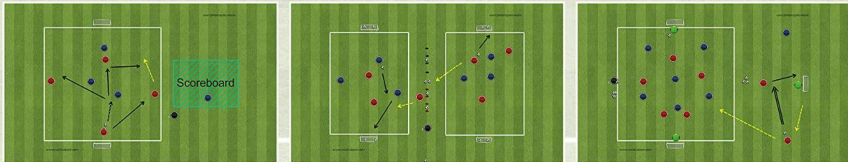
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Overview

13
Players

Description

- Each group is performing the same activity.
- The player who starts with the ball attempts to dribble through the central area without losing the ball to the defender.
- Whatever side you come out of, carry the ball to the player at the front of that line and it will now be their turn.
- If the defender gets the ball from you, swap roles with the defender who will carry the ball out to the next player.

Focus

- Close control, change direction, change pace.
- Creativity and confidence to pass the defender.

Possible Progressions

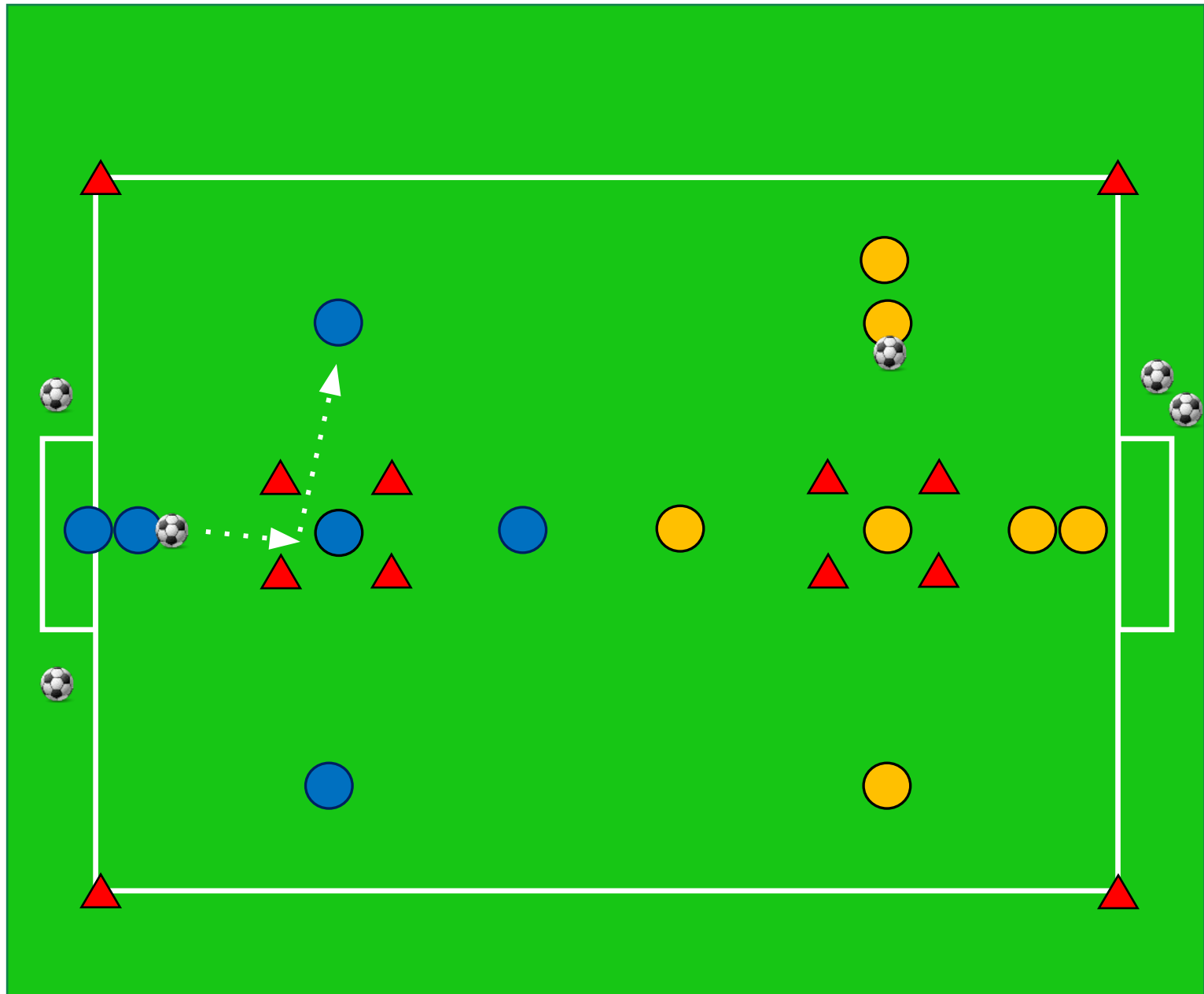
- Make the central area bigger or smaller to either challenge or support players.
- For advanced groups, have 2 defenders in the area.

Change of Focus

- Disguised passing: Approach the box but allow a pass through the central area to the next player.

One Player Less or Extra

- Twelve: This will work well with 2 groups of 6, make sure to start the ball at the front of a line of 2 players.
- Fourteen Players: Add a player to a line, perhaps add a time limit to get through the area to keep the tempo high and reduce standing around.



Description

- Each group is performing the same activity.
- A progression from the previous activity, where players are set up as shown. The ball is passed through the area and to the other player who becomes the attacker as the passer becomes the defender. The attacker must try and get through the square for a point. The defender must stop him or her for a point.

Focus

- Close control, change direction, change pace.
- Creativity and confidence to pass the defender.

Possible Progressions

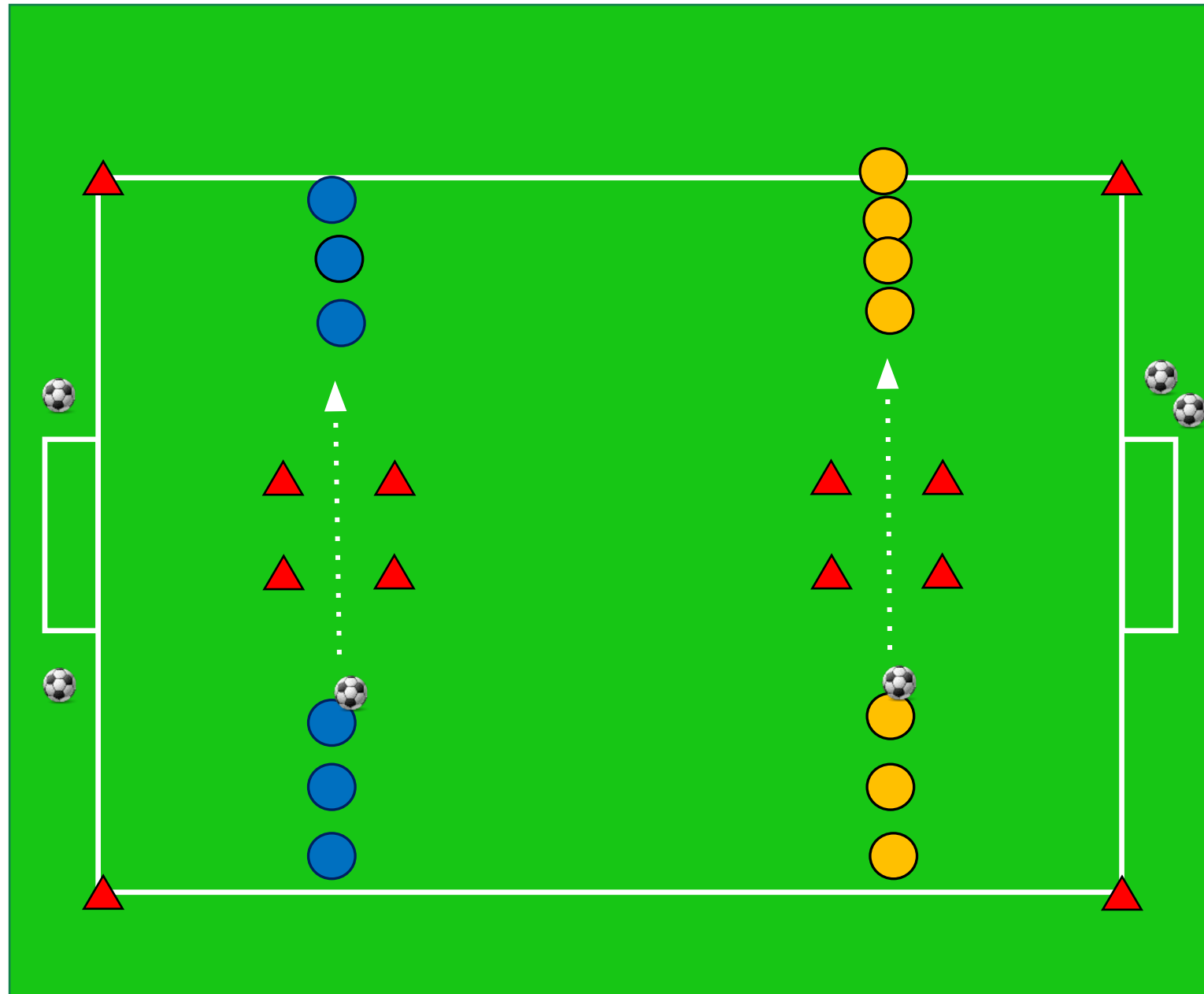
- Make the central area bigger or smaller to either challenge or support players.
- Add a time limit to get through the area to encourage confident and decisive play.

Change of Focus

- Decision making: Make the area bigger and play 2v2, giving players more options to be creative and decide when to pass or dribble.

One Player Less or Extra

- Twelve: This will work well with 2 groups of 6.
- Fourteen Players: Add a player to a line, perhaps use a third set up to make all the lines smaller and maximise activity.



Description

- Using the same area play 5v5 + 3 playmakers who play for the team with the ball. Two playmakers (rotate frequently) stay within the red areas.
- Achieve a point by completing 15 passes, remembering you can use your teammates and playmakers. Or you can also achieve a point by dribbling through a red area. When attempting to dribble the playmaker switches to a defender trying to stop you advancing through. If the defender wins the ball, they pass to the opposition team.

Focus

- Possession.
- Taking a player on.
- Decision making in regards to when to possess and when to go beat someone 1v1.

Possible Progressions

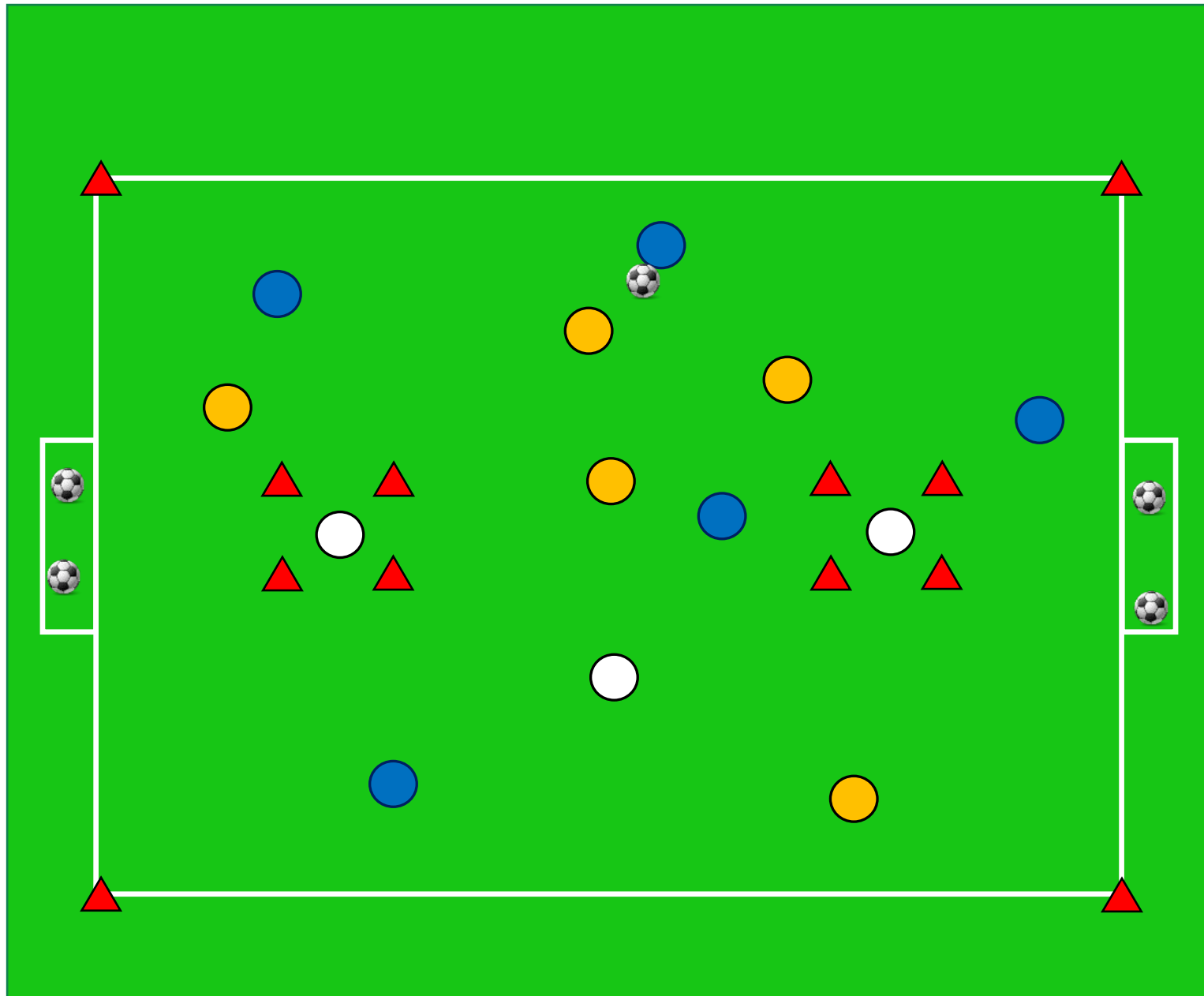
- Encourage dribbling by making it 3 points if you dribble through an area, past a defender.

Change of Focus

- Disguised passing. Change the game to possession only, with a point achieved when you pass through an area, avoiding it being intercepted by the defender in that box.

One Player Less or Extra

- Twelve: Take away additional playmaker, leaving only the 2 in the red areas.
- Fourteen Players: 6v6 in the main area with 2 playmakers in the red areas.



Description

- Add goalkeepers or outfield players take turns in goals. Just play a game but the red areas add some added challenges as described below.
- You can score a goal as normal. But you can also score a goal by dribbling through a red box (exit a different side from which you enter). Anyone can enter red boxes so be aware of defenders.

Focus

- Entering a box and doing a movement / skill to change direction and come out of the box is all about technique and creativity. Particularly if you need to avoid a defender in the box or beat another defender that you met when exiting the box.
- The opposition know you can get a point by dribbling through the box so they may be cautious of you going there – therefore the box gives a great decoy. Look as if you are driving into the red box but then do a skill move to avoid it and score a goal instead to get a point.

Possible Progressions

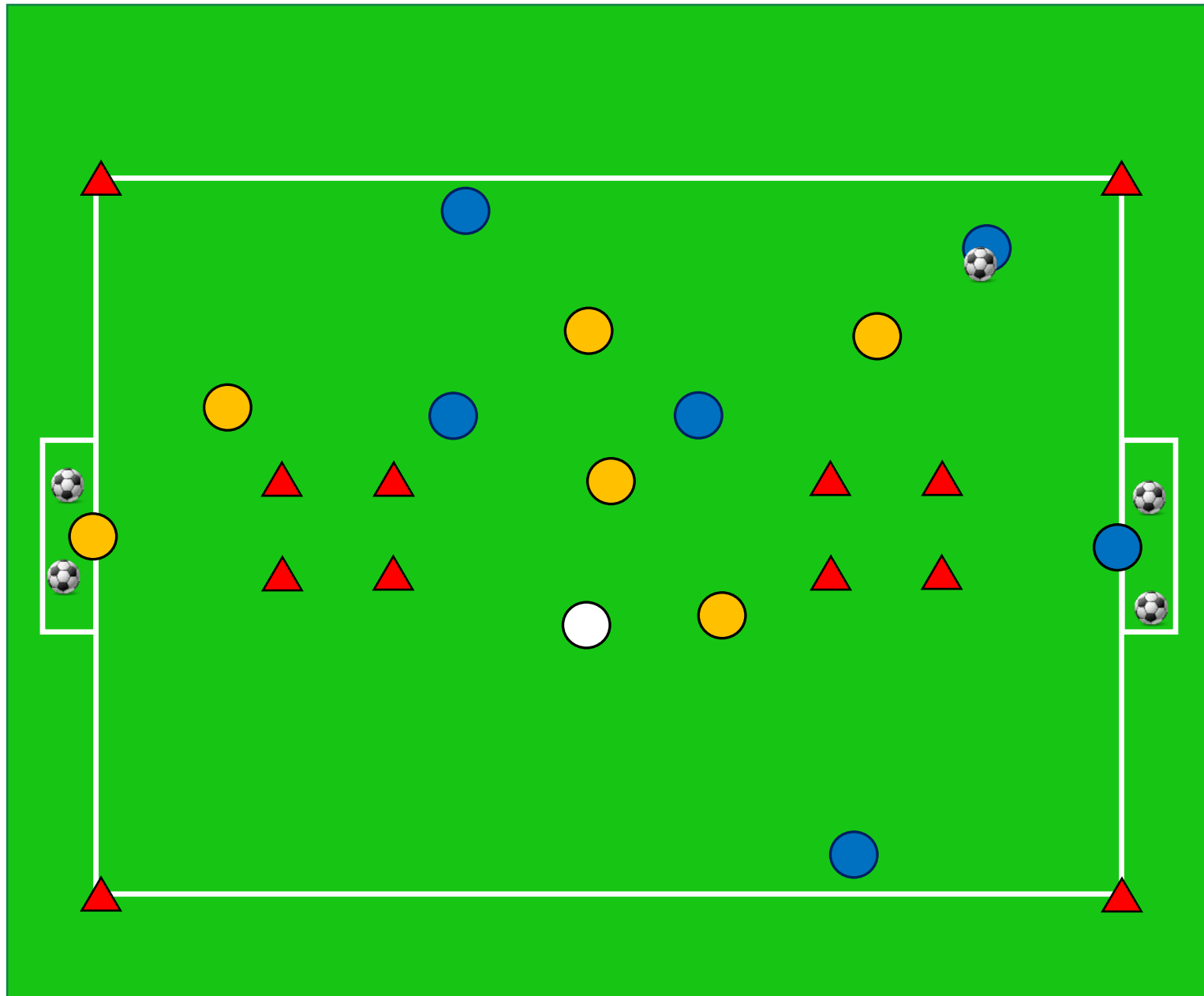
- Score = 1 goal
- Dribble through a red box = 1 goal
- Dribble through a red box then score = 5 goals

Change of Focus

- Cut backs / assists / shots from distance: Goals scored from within the red box count as 5 goals.

One Player Less or Extra

- Twelve: Play with no playmaker.
- Fourteen Players: Play 7v7



Overview

14
Players

Description

- 3v3+1 on each pitch. 8 passes before you can score in any goal.
- A games based session giving players different problems and as coaches we step back and let them problem solve the solutions.

Focus

- Learn by playing, the game is the teacher.
- Lots of technical repetition given the constraints of the game, there will be passing, turning, dribbling and lots of shooting and combination play opportunities given the option of 2 goals, doubling the chances to work on ball striking!

Possible Progressions

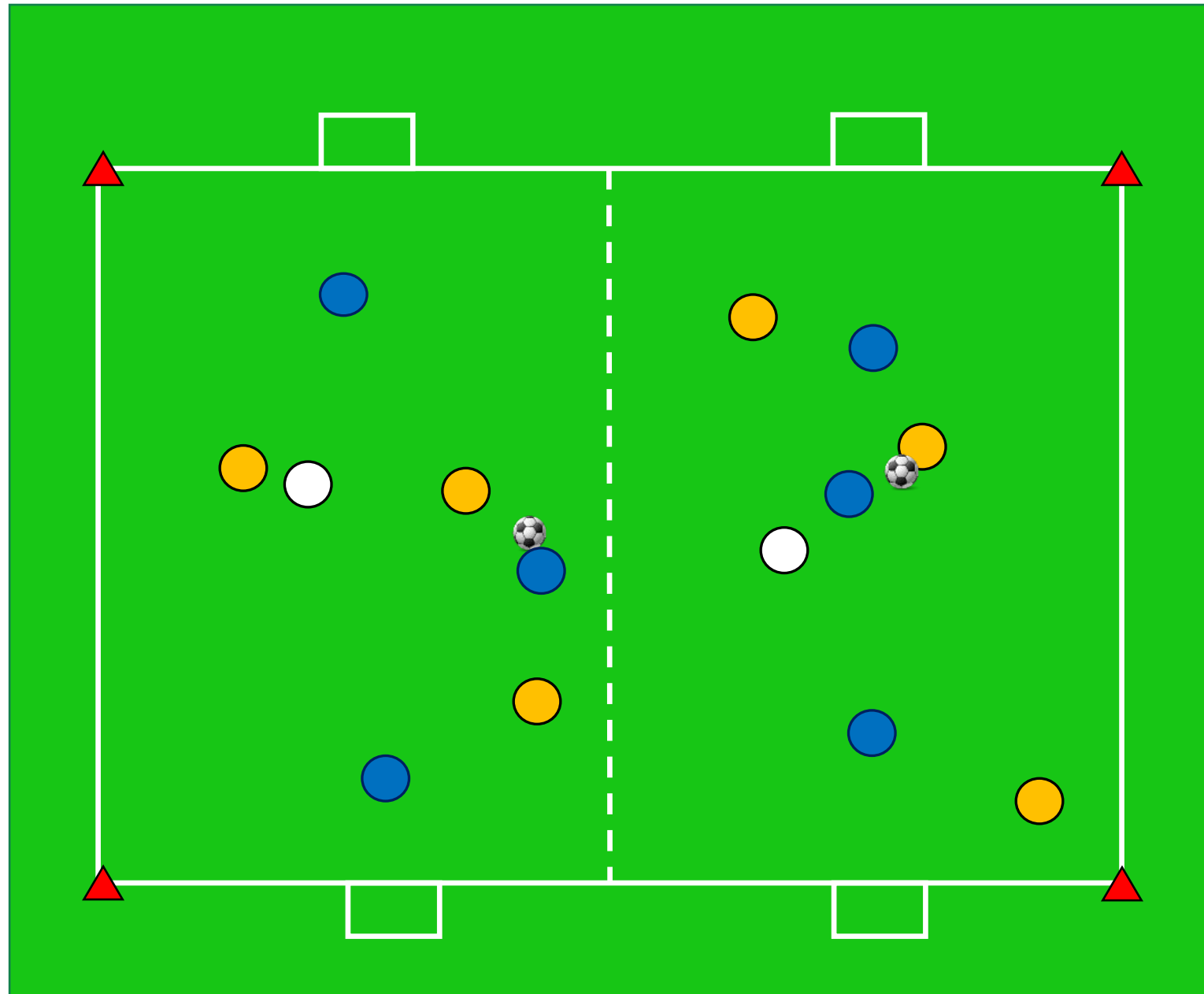
- Make directional, simply a 3v3+1 game.

Change of Focus

- Shooting accuracy: Keep the multi directional idea to give more shooting chances but state only a goal scored that hits a post before going in counts, encourage shooting in the corners.

One Player Less or Extra

- Thirteen Players: One pitch plays without the playmaker.
- Fifteen Players: One pitch plays 4v4



Description

- 3v3 on each pitch, the 2 playmakers can freely go between pitches to play for teams in possession creating a fun chaotic environment.
- Unlike component 1, these games are directional, blue team shooting 1 way and yellow the other on each pitch. Only the players shown as white can go freely between both pitches.

Focus

- The constraints of the game are the teacher.
- Awareness to be aware of the situation (is there an attacking overload? Are you defending numbers down?) and decision making and problem solving to deal with the situation.

Possible Progressions

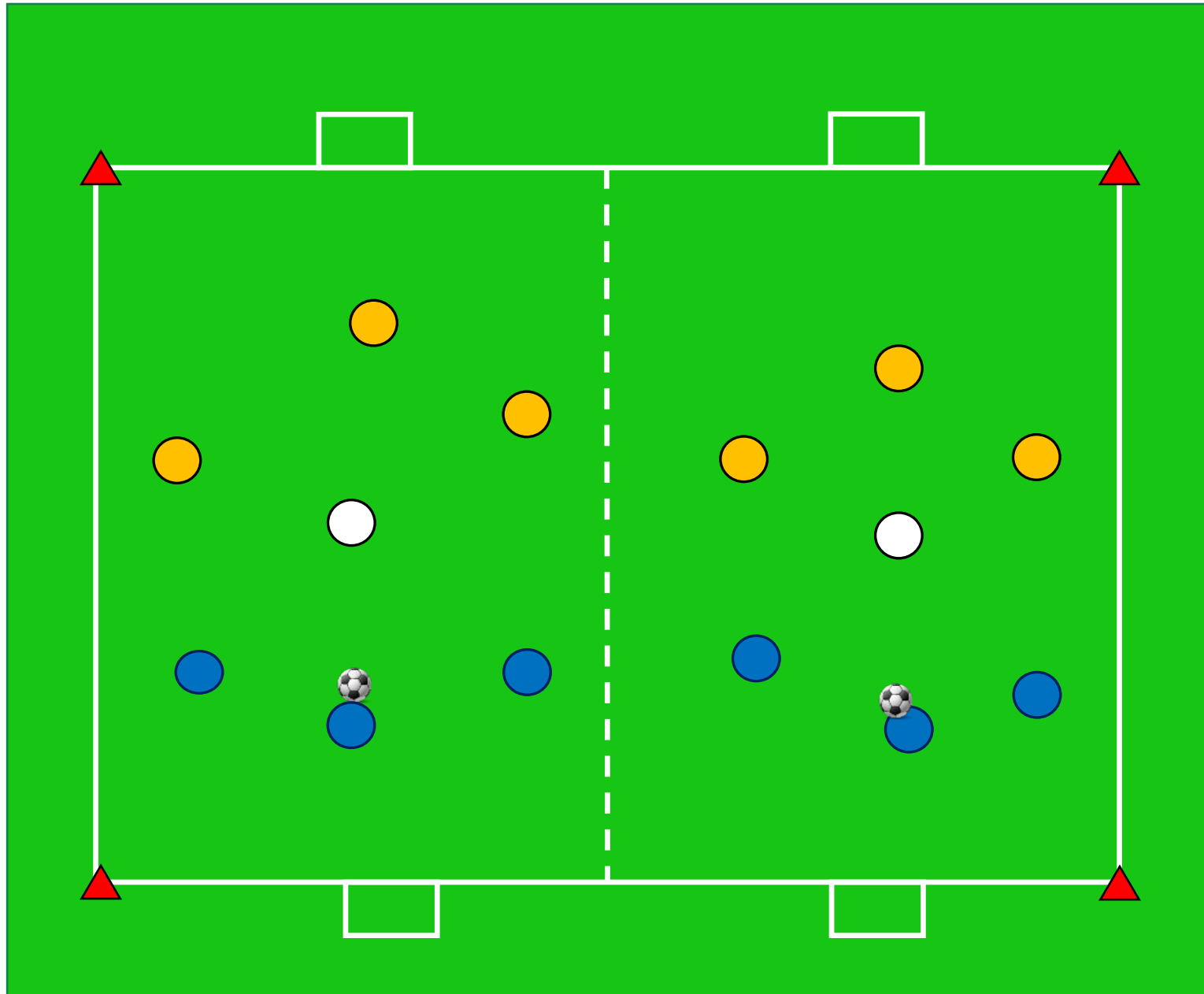
- The playmaker joins a team and play 4v3s on each pitch.
- At half time, the playmaker joins the other team, the score line carries over but players need to manage situations where they have an extra player (look to extend lead) and situations where they are down a player (more cautions approach).

Change of Focus

- Dribbling: Instead of mini goals play to an end line that you dribble over for a point.

One Player Less or Extra

- Thirteen Players: One pitch plays without the playmaker.
- Fifteen Players: One pitch plays 4v4



Description

- Pitch size to be appropriate for the players. Each team protects and attempts to score in, 2 goals.
- Two teams of 6, with 2 playmakers always playing for the team in possession

Focus

- Ball and player rotation.
- Switch of play.

Possible Progressions

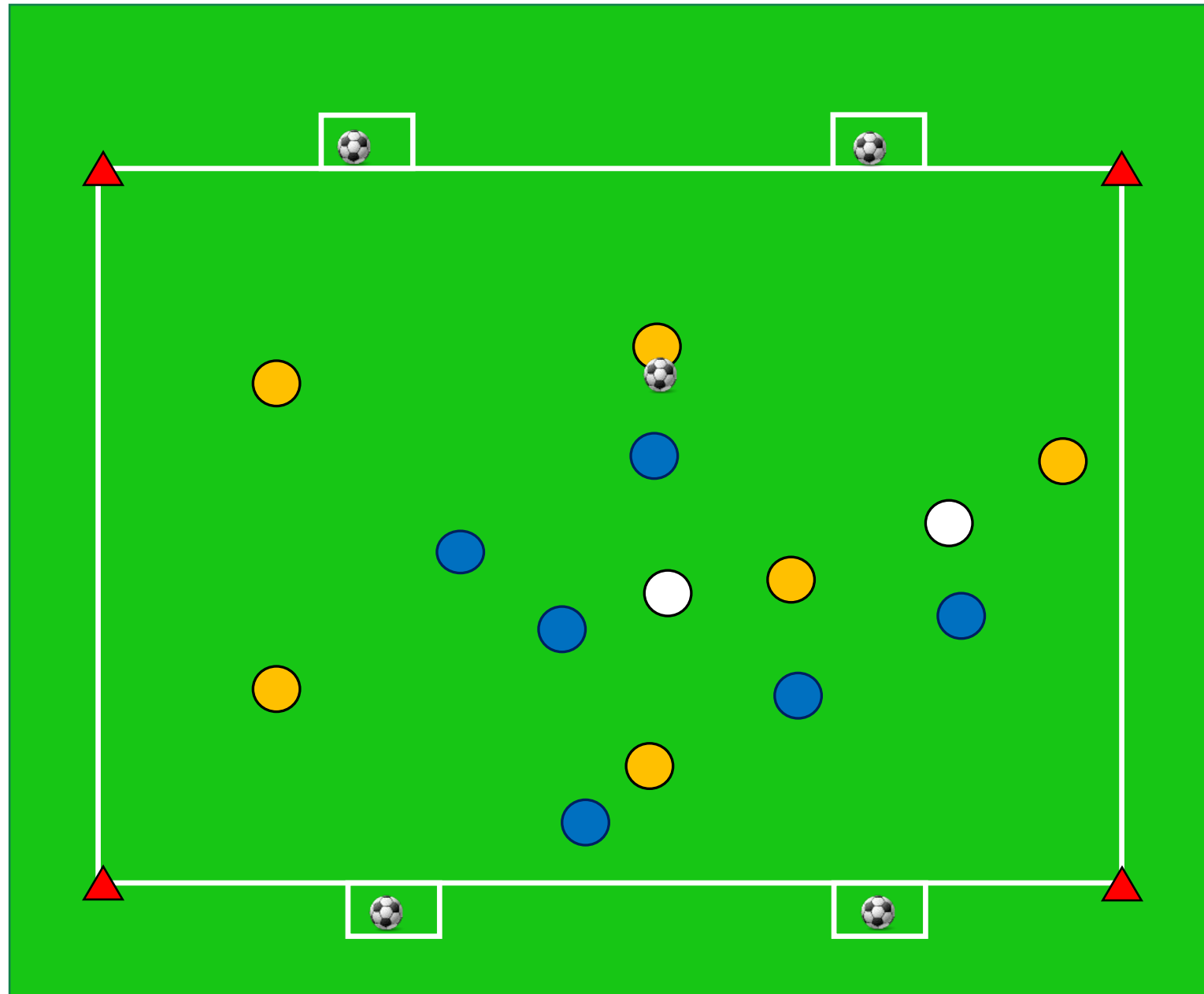
- Add an extra mini goal or target in the middle for each team.
- Each team attacks and defends two goals but make the goals they are attacking the 2 diagonally opposite each other.

Change of Focus

- Killer pass. Adding a central goal or target will mean the switch of play may lead to a killer central pass. Maybe even add a larger goal centrally but 15 yards back and players can pass between the mini goals for someone to run on and finish on the big goal, again adding that killer pass.

One Player Less or Extra

- Thirteen Players: One playmaker.
- Fifteen Players: 7v7+1



Description

- Pitch size to be appropriate for the players. Each team protects and attempts to score in, 2 goals.
- 7v7 Game, simple progression for the last component.

Focus

- Ball and player rotation.
- Switch of play.

Possible Progressions

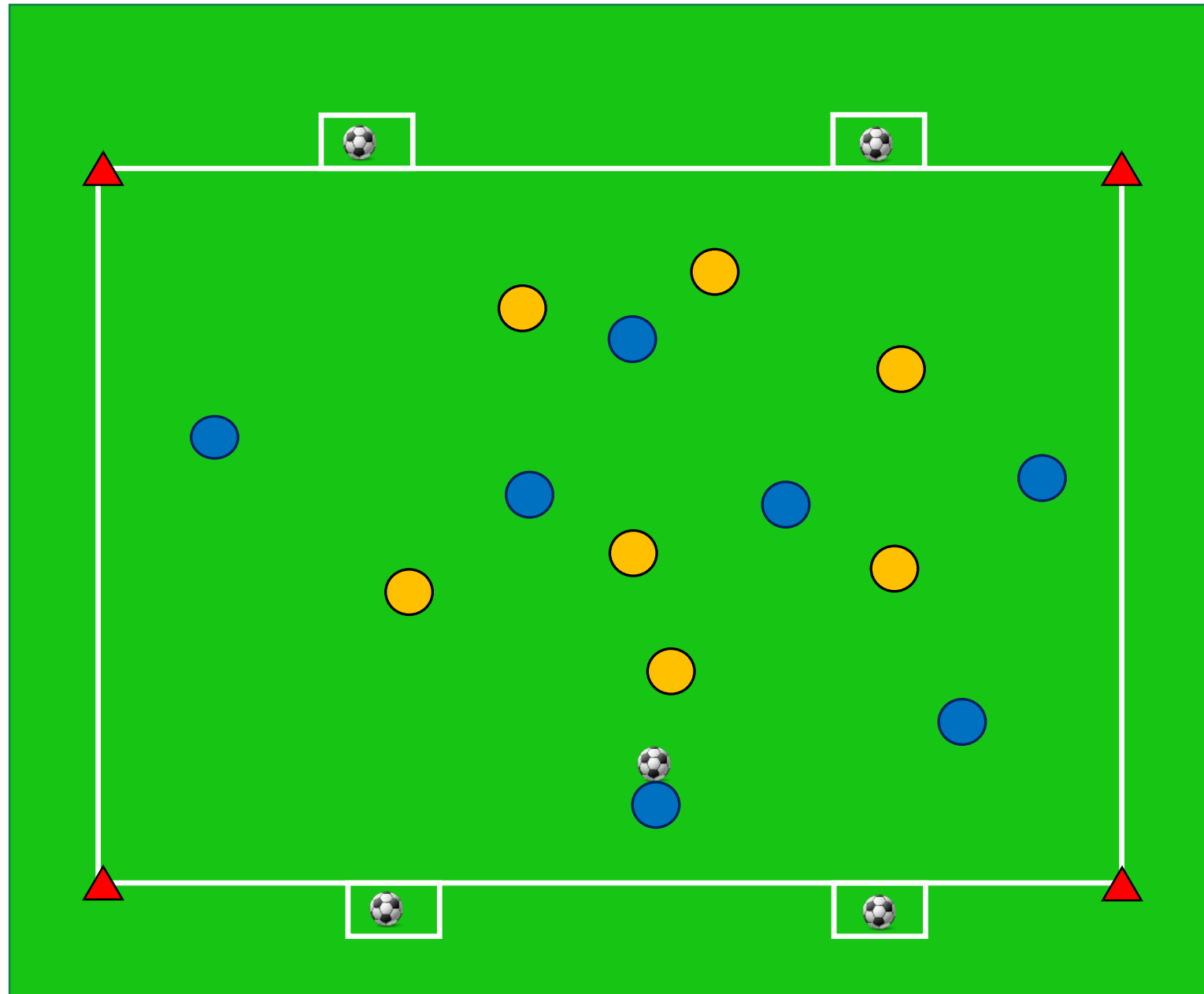
- Pull the two mini goals together and play to a bigger central goal, free play, all in 7v7 game.

Change of Focus

- Possession: Add a minimum number of passes before scoring to encourage more ball and player rotations and technical repetitions of passing and receiving the ball.

One Player Less or Extra

- Thirteen Players: 6v6+1
- Fifteen Players: 7v7+1



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Overview

15
Players

Description

- Area size appropriate for the players.
- Area is split into two as shown, with each pitch having two goals as shown.
- On the first pitch it is 2 versus 2 with a support player and 2 goalkeepers. On the other pitch it is 2 goalkeepers and then either 3 versus 3 or 2 versus 2 versus 2.
- On both pitches the teams can score in either goals and first team to score or score 2 goals wins. The winners stay on and the other team is replaced by the goalkeepers.
- On the first pitch, the support player should be rotated regularly and on the second pitch if you play 3 versus 3, 1 player from the losing team stays on the pitch to make a new team with the 2 goalkeepers.

Focus

- Positive and confident in front of goal.
- Accuracy and power when striking the ball.
- Selection of choice of finish.

Possible Progressions

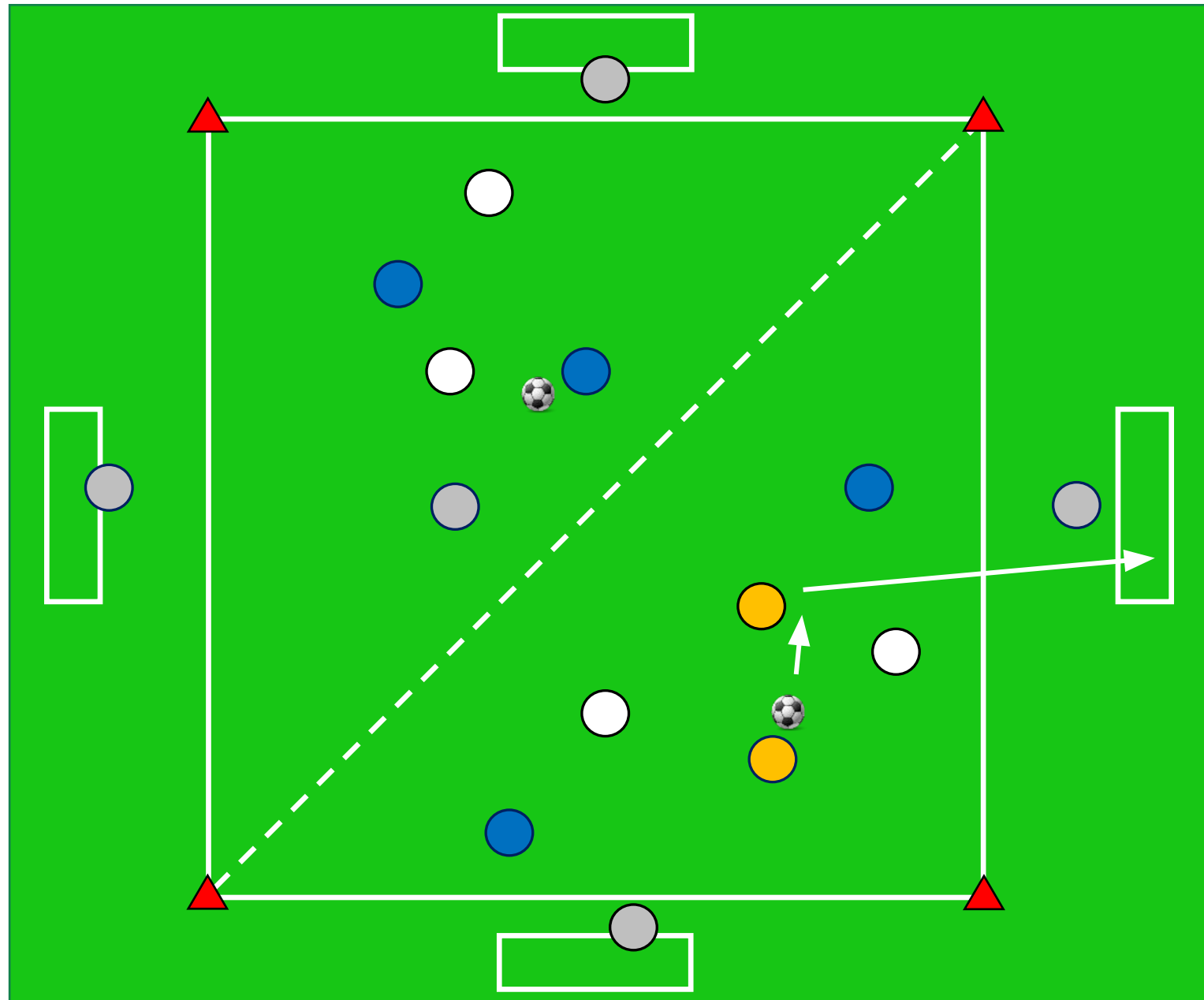
- Move the goals further away from the area.
- Certain goals are worth 2 goals e.g. one touch finish, finish from bounce pass off support player.

Change of Focus

- Running with the Ball: Exact same set-up but teams have to complete a small number of passes, then one player can break to the other pitch and attempt to score in either of the 2 goals.

One Player Less or Extra

- Fourteen Players: No support player on pitch one.
- Sixteen Players: Pitch one becomes the same as pitch two.



Description

- Area size appropriate for the players.
- The players are split into three teams of five players. Two teams compete against each other in the main area, the other team act as support players, four on the outside and one inside the area.
- Four goals are situated outside and away from the area, the distance again should be appropriate for the players.
- The two teams compete against each other, first team to score 2 goals wins. Losing is replaced by the team acting as support players.

Focus

- Positive and confident in front of goal.
- Accuracy and power when striking the ball.
- Selection of choice of finish.

Possible Progressions

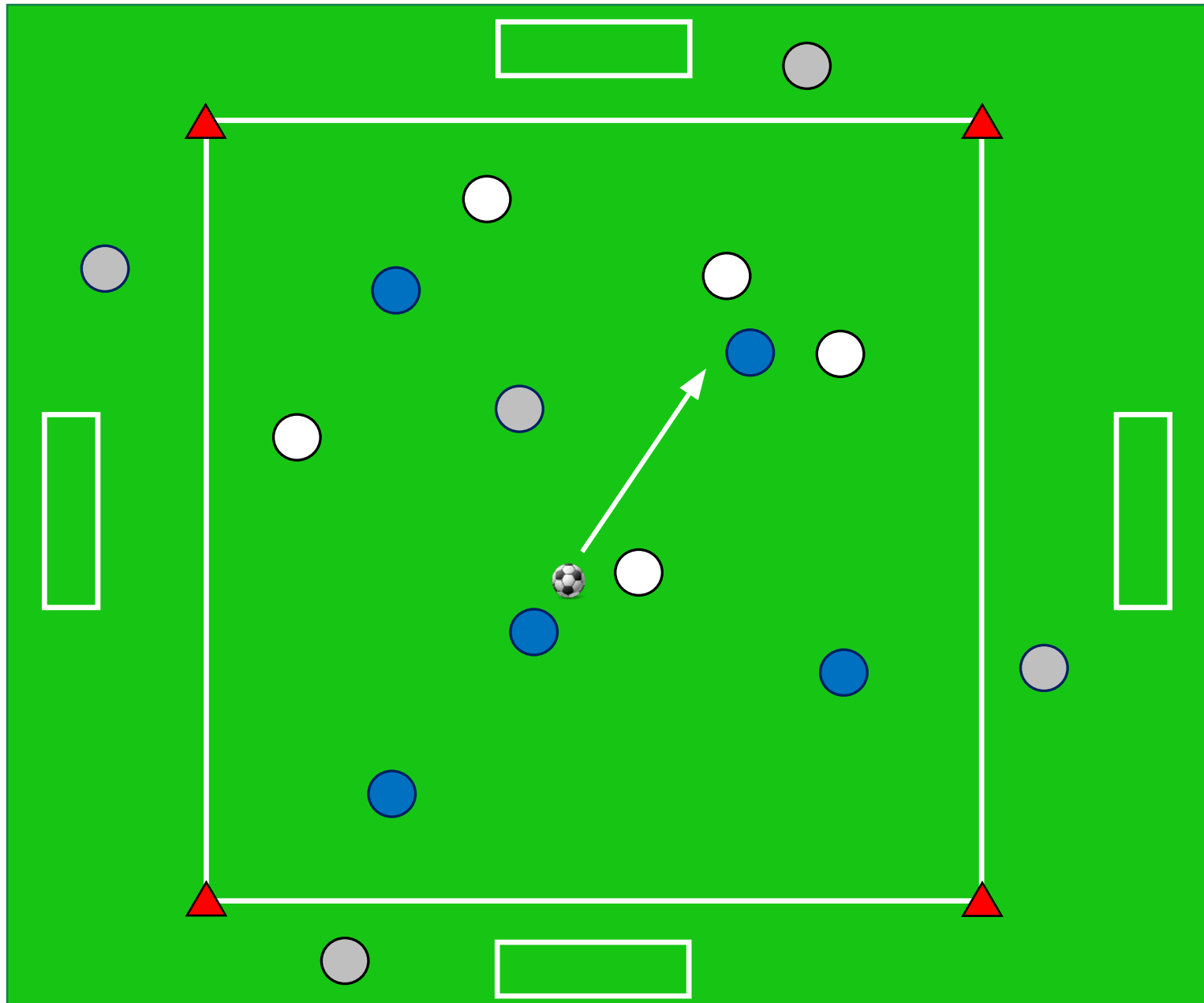
- When a goal is scored the goal it is scored in, is closed / locked for the rest of the game or until another goal is scored.
- Certain goals are worth 2 goals e.g. one touch finish, finish from bounce pass off support player.
- Support players on the outside become goalkeepers.

Change of Focus

- Running with the Ball: Exact same set-up but area is split into quarters. Teams have to complete a small number of passes before 1 player has to break out of whichever quarter they are situated before attempting to pass into one of the goals.

One Player Less or Extra

- Fourteen Players: One team just has 4 players.
- Sixteen Players: One team has 6 players.



Description

- Pitch size appropriate for the players. Pitch shape as shown in the diagram to encourage players to shoot from most areas on the pitch.
- Players are split into three teams. Two teams compete against each other. The other team are split into two goalkeepers and three support players within the area.
- If the ball goes out of play, the game always starts with the goalkeeper.

Focus

- Positive and confident in front of goal.
- Accuracy and power when striking the ball.
- Selection of choice of finish.

Possible Progressions

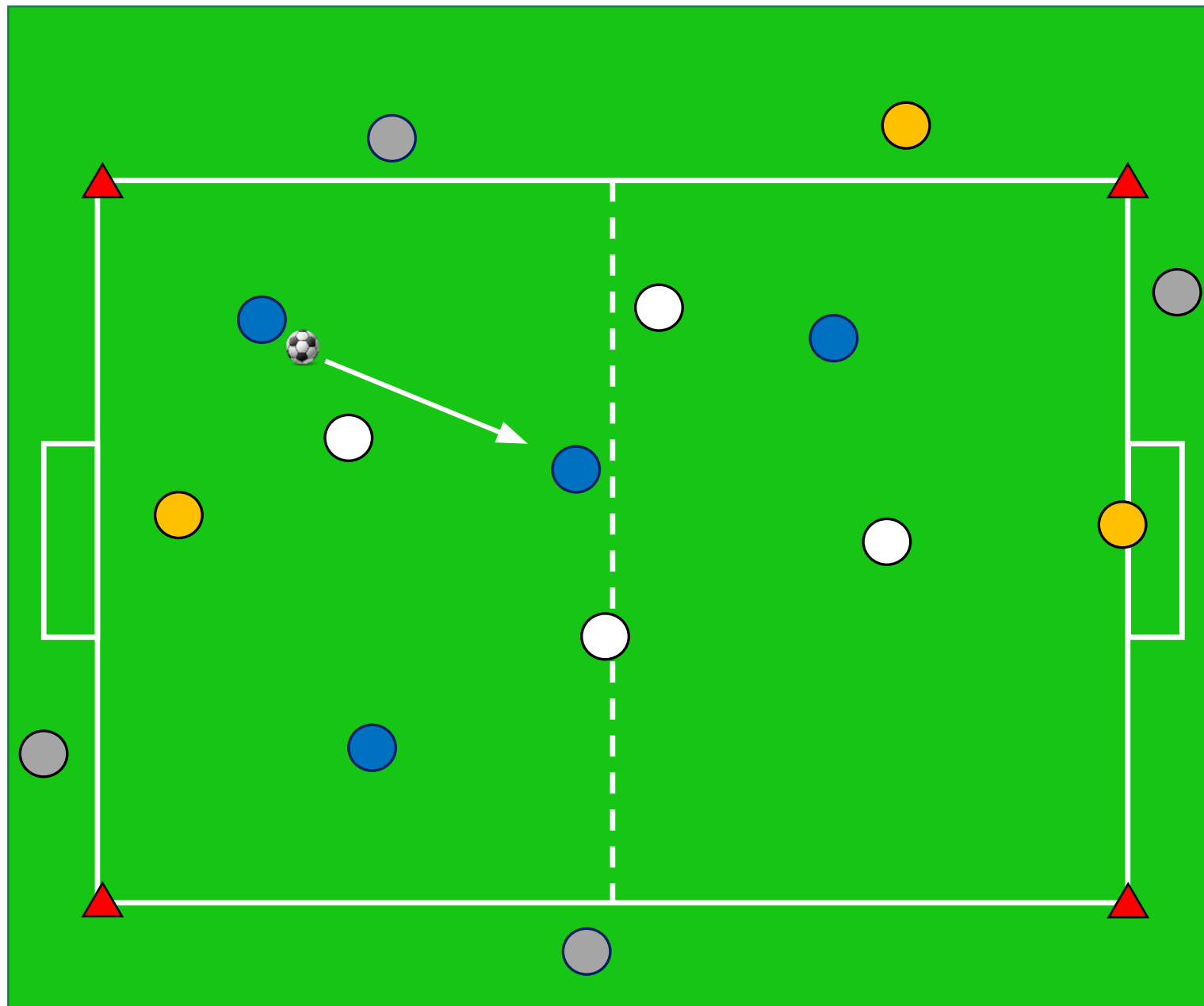
- Players are restricted to 3 touch.
- Move into free play.

Change of Focus

- Running with the Ball: Exact same set-up but game is multi-directional. Teams have to complete a small number of passes before 1 player has to break out of whichever half of the pitch they are situated before attempting to score into the goal they are running towards.

One Player Less or Extra

- Fourteen Players: One team just has 4 players and when they are playing one of the support players joins this team.
- Sixteen Players: One team has 6 players.



Description

- Pitch size appropriate for the players. Pitch shape as shown in the diagram to encourage players to shoot from most areas on the pitch.
- Players are split into three teams. Two teams compete against each other. The other team are split into two goalkeepers and three support players within the area.
- First team to score wins. Losing team is replaced by the team that is acting as goalkeepers and support players.

Focus

- Positive and confident in front of goal.
- Accuracy and power when striking the ball.
- Selection of choice of finish.

Possible Progressions

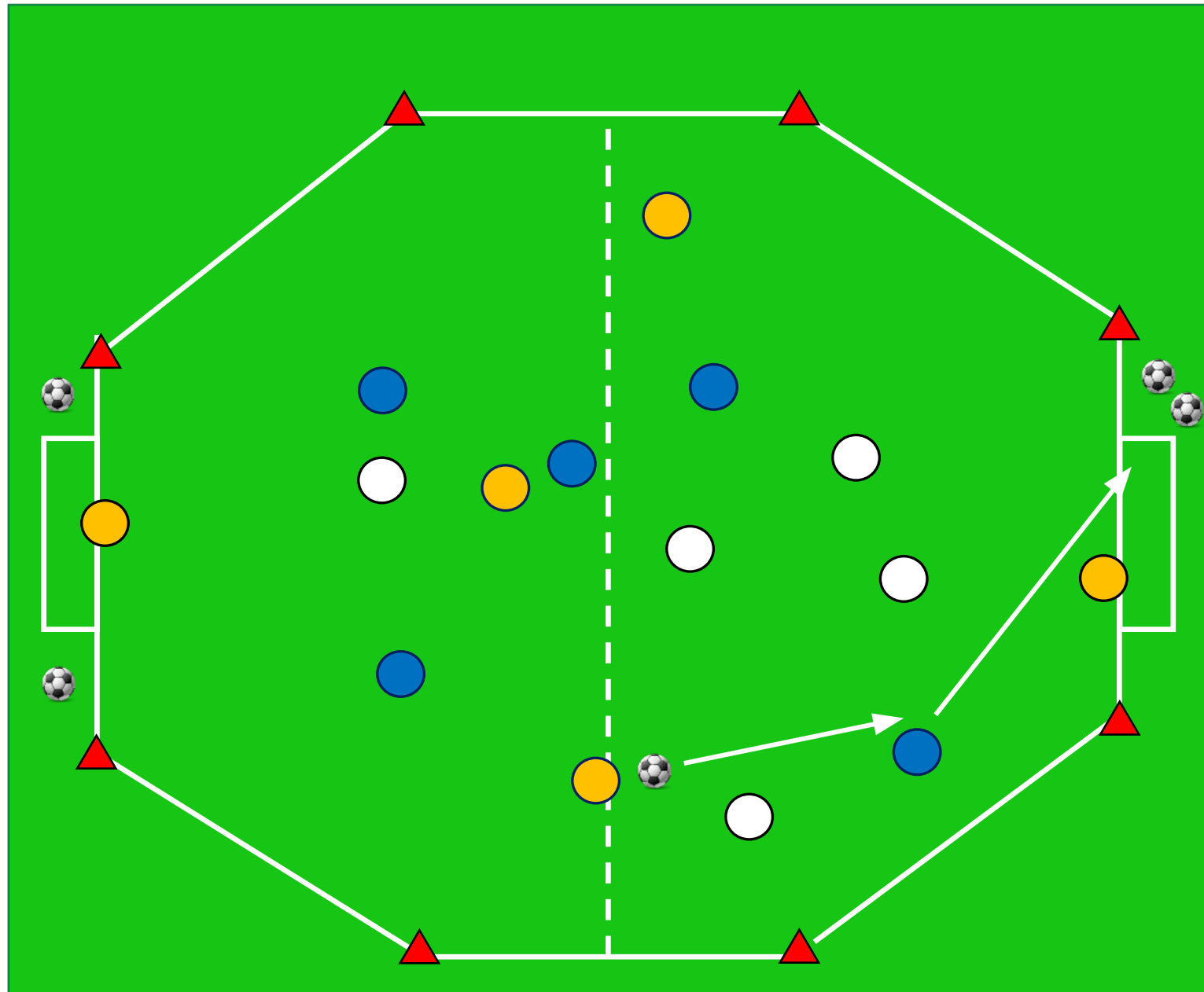
- Teams lose if a player shoots and it goes out of play.
- Move into free play.

Change of Focus

- Running with the Ball: Exact same set-up but game is multi-directional. Teams have to complete a small number of passes before 1 player has to break out of whichever half of the pitch they are situated before attempting to score into the goal they are running towards.

One Player Less or Extra

- Fourteen Players: One team just has 4 players and when they are playing one of the support players joins this team.
- Sixteen Players: One team has 6 players.



Overview

16
Players

Description

- The main area which will be used for component Two and Three is split into two areas, with eight players working on each area.
- Two players in each corner of the area and two balls per group. Players pass the ball around the area and follow the pass.
- Player then waits until it is their turn to receive the ball and the practice continues in this format.

Focus

- Body shape; Open to receive and play forward.
- Back foot; Receive on back foot to receive and play forward.

Possible Progressions

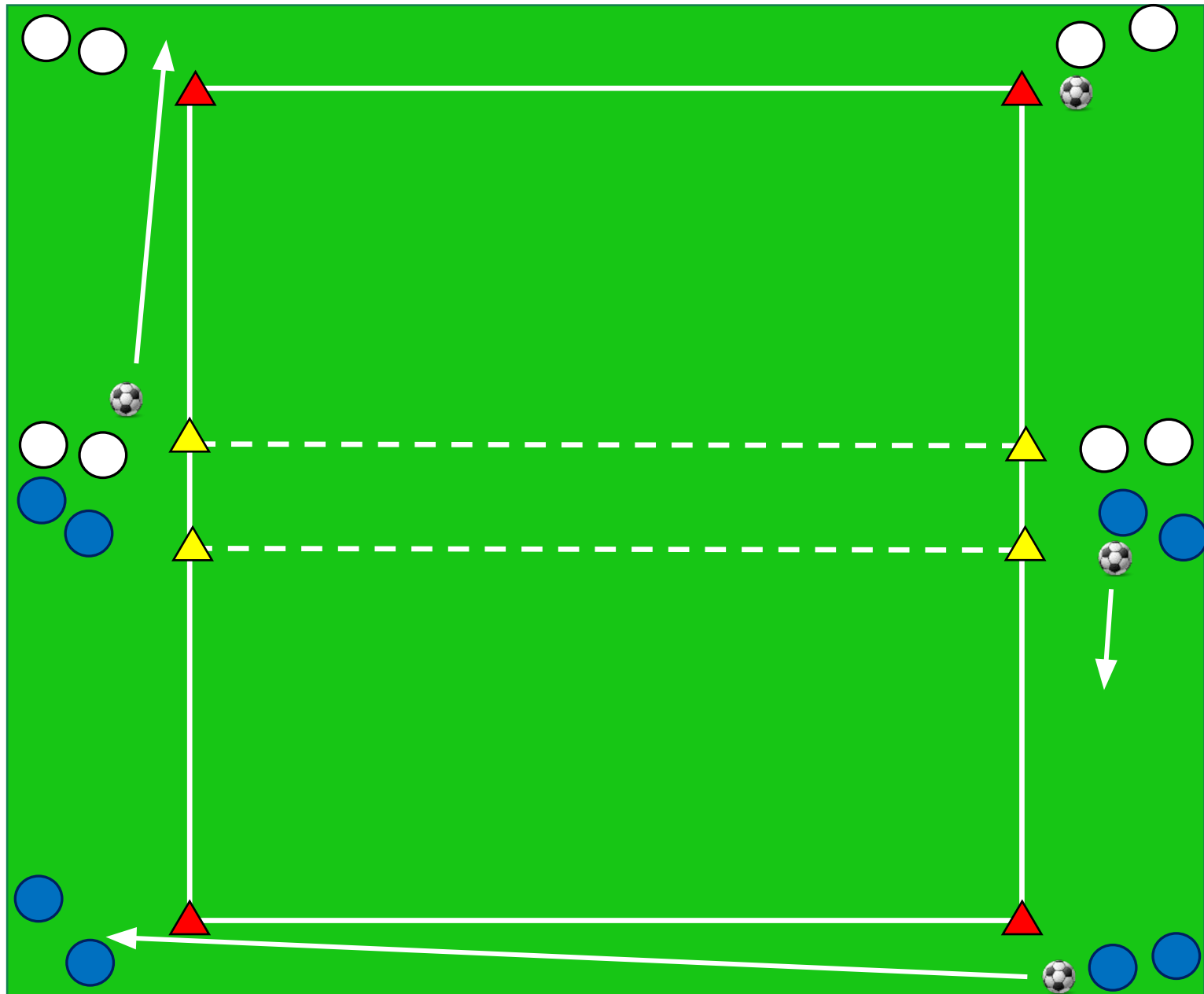
- Change the direction that the ball travels around the area so that players work on the opposite foot.
- For the longer section of the area, players travel with the ball until they reach half way and then they pass the ball.

Change of Focus

- Passing: The practice remains the same, the coach just switches their focus to the pass instead of how the player receives the ball.

One Player Less or Extra

- Fifteen Players: One group just has 7 players.
- Seventeen Players: One group has 9 players.



Description

- Area size appropriate for the players, with an additional area in the centre of the main area.
- The players are split in half, with one set of the players situated on the outside of the area (servers), with the other set of players situated within the area.
- The players in the area collect a ball from a server, the player must travel with the ball through the central area before passing the ball to another server.
- Once they have passed the ball to a server, the players then travel through the central area again before collecting a ball from another server and continuing with the practice.
- Regularly rotate the role of players.

Focus

- Create an angle to receive the pass.
- Body shape; Open to receive and play forward.
- Back foot; Receive on back foot to receive and play forward.

Possible Progressions

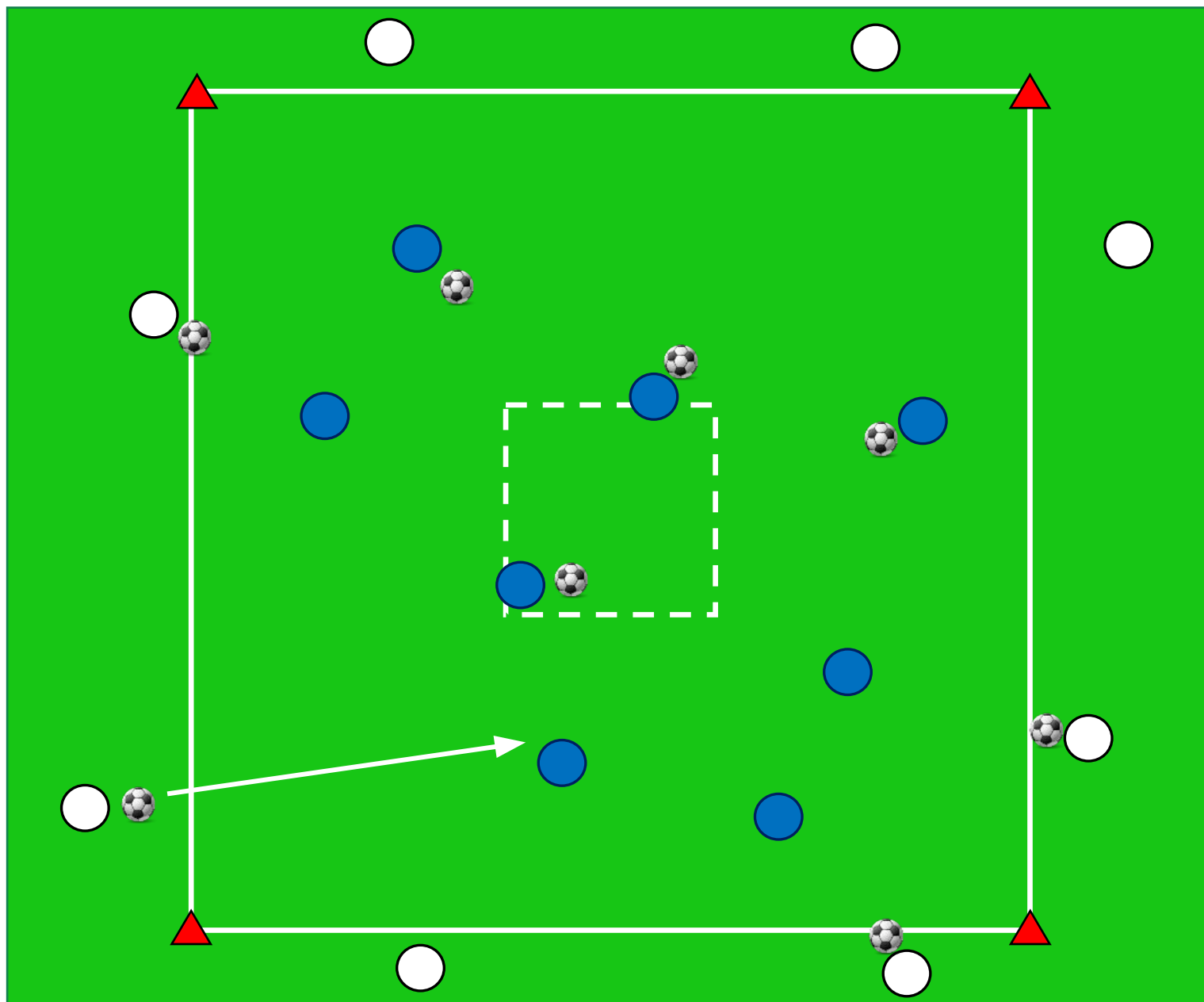
- Players complete a skill as they travel through the central area with the ball.
- Some of the servers come into the area and act as defenders, if they win a ball they return it to any server without a ball.

Change of Focus

- Passing: Remove central area and split main area into four quarters. When passing to a server the ball must now leave the area the player is situated in and travel through another area before reaching the server.

One Player Less or Extra

- Fifteen Players: One group just has 7 players.
- Seventeen Players: One group has 9 players.



Description

- Area size appropriate for the players.
- The players are split into 2 teams, with a 4 versus 4 within the area and then each team having 4 target players on the outside, with one team playing vertically across the area and the other team playing horizontally.
- Teams win a point by transferring the ball from 1 set of servers to the other set without the other team touching the ball. On doing-so the team retain possession and look to transfer the ball back across to the other set of target players.
- Regularly rotate the role of the players.

Focus

- Create an angle to receive the pass.
- Body shape; Open to receive and play forward.
- Back foot; Receive on back foot to receive and play forward.

Possible Progressions

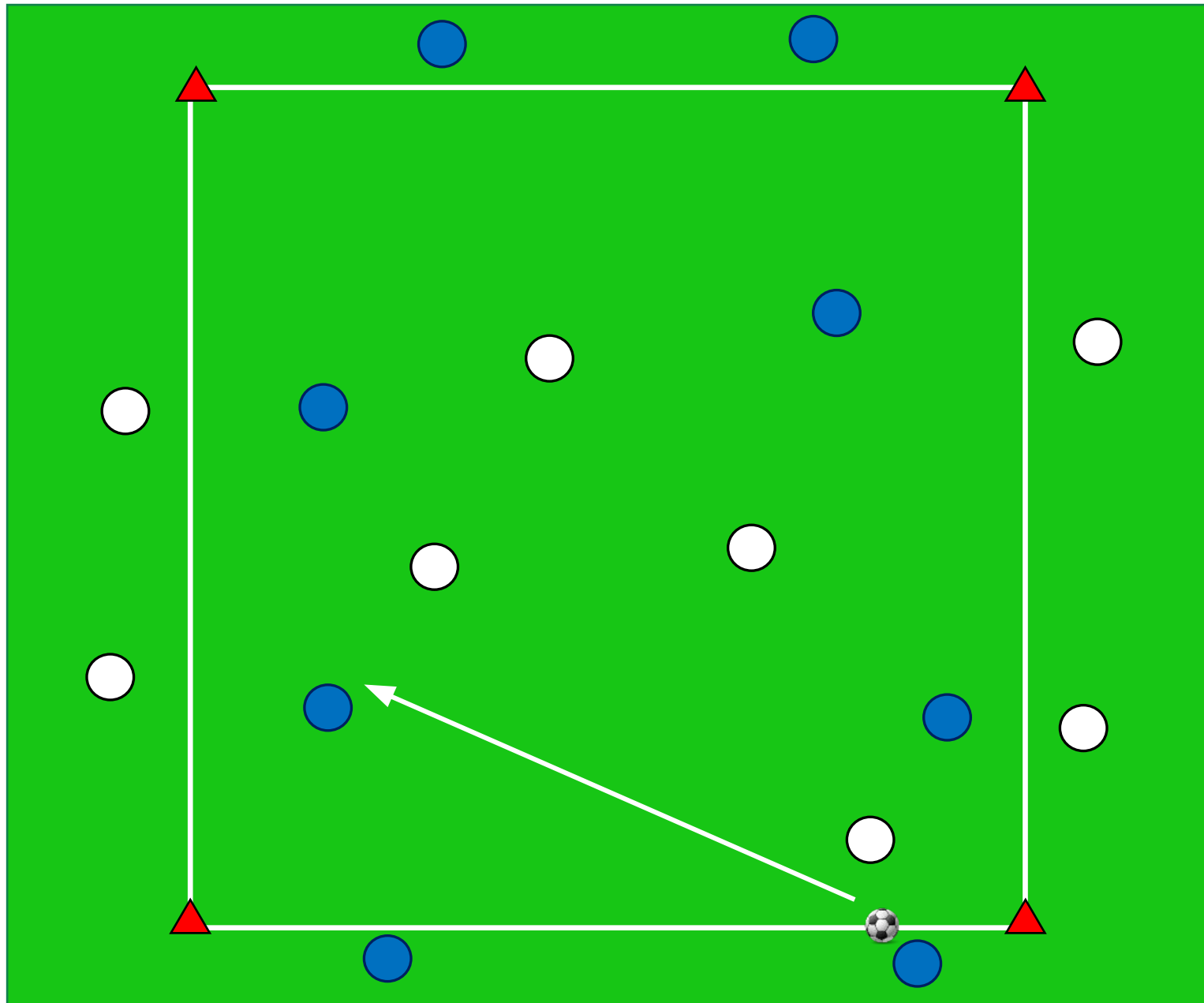
- Teams are restricted to a set number of passes.
- Server can enter the pitch after making a pass, but must be replaced by a player from within the area.

Change of Focus

- Passing: Teams must complete a set number of passes before they can pass to the target players.

One Player Less or Extra

- Fifteen Players: One team has just 1 target player on 1 side of the area.
- Seventeen Players: One team has 5 players in the central area or a 'floater' is added to the area.



Description

- Pitch size appropriate for the players, with pitch split into three thirds (Not equal, the central third is larger).
- Players are free to go anywhere in the pitch but they are only allowed to pass the ball forwards unless they are situated in the final third of the pitch.
- If the ball goes out of play, the game always starts with the goalkeeper.

Focus

- Create an angle to receive the pass.
- Body shape; Open to receive and play forward.
- Back foot; Receive on back foot to receive and play forward.

Possible Progressions

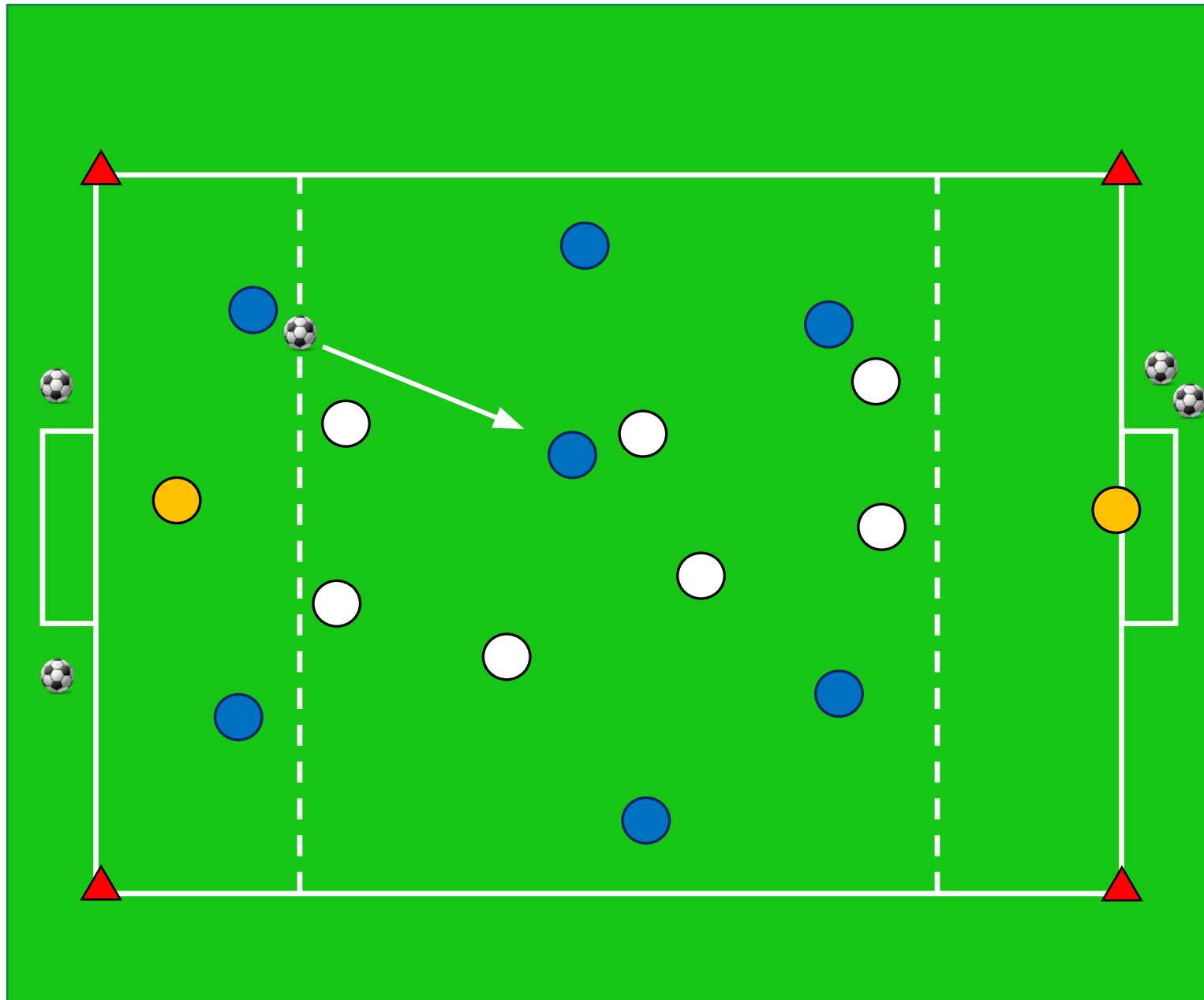
- Players are restricted to 3 touch.
- Move into free play.

Change of Focus

- Passing: The ball can only be transferred between each third through a pass. Plus the number of passes that take place before the goal is scored is how points the goal is worth.

One Player Less or Extra

- Fifteen Players: One team just has 7 players.
- Seventeen Players: One team has 9 players or add a floater that supports the team in possession of the ball.



Overview

17
Players

Description

- Here we have 2 rondos. The yellows create a rondo using their 5 players and the blues create 1 using their 5 players. The 5 whites start in the middle. When the ball is in the yellow rondo, 2 whites can go and try to win the ball. After a minimum of 4 passes, the yellow team can transfer through a greens (standing in the otherwise empty quarters) to the other teams rondo.
- The original 2 white defenders must get back to their group before the next 2 white defenders go and press in the new rondo.
- Transfer via any green – swap them frequently unless you use GKs in which case you may keep them there and bibbed up ready for the rest of the session.
- Win the ball and the team who lost it become the defenders.

Focus

- Possession to find a driven pass into a forward player (represented using the greens)

Possible Progressions

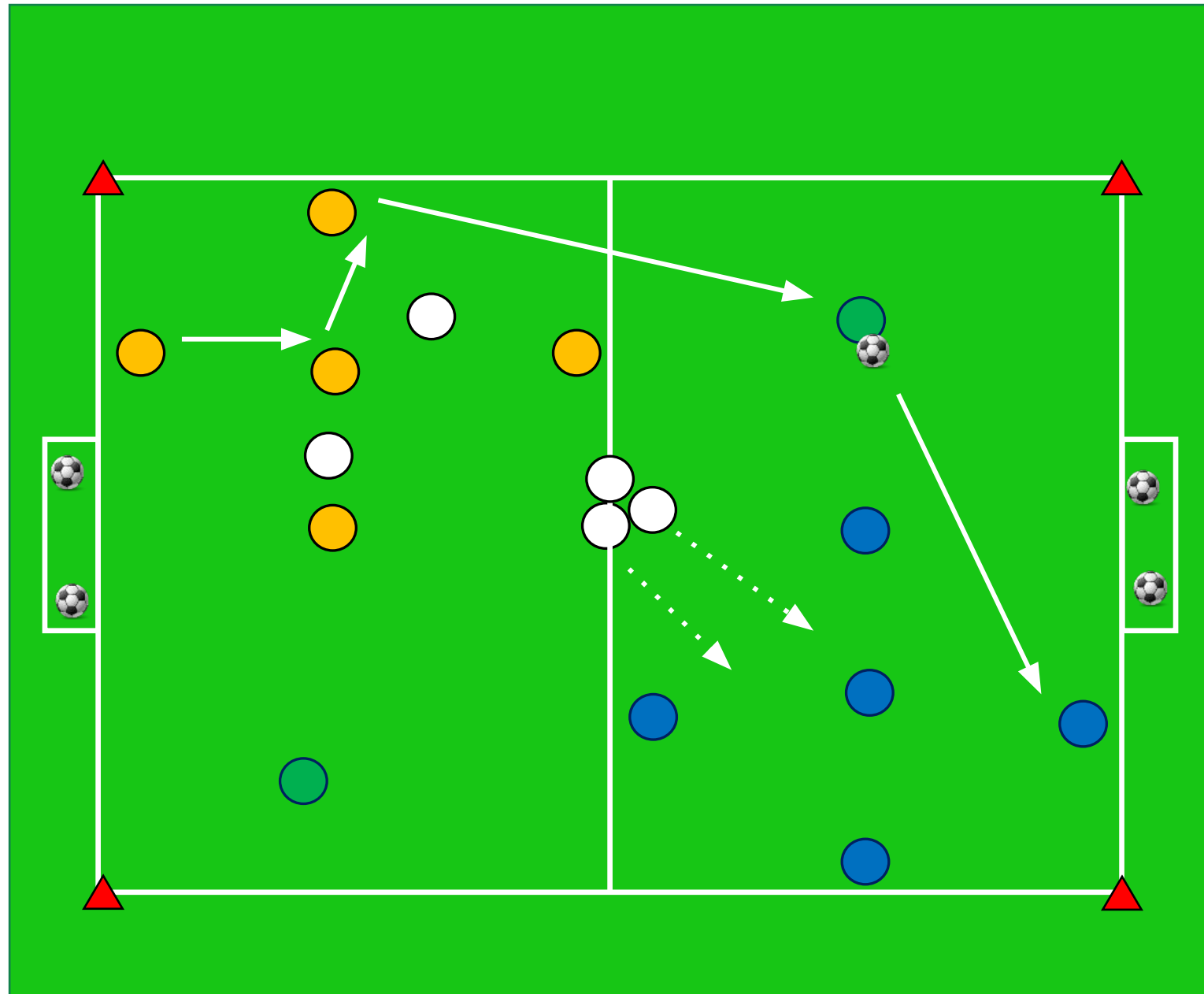
- When the ball is played to a green, the player who passed it or a team mate must support that pass. The green lays it off for that support player to pass into the next rondo. This will support the support / layoff theme throughout this session.

Change of Focus

- Chaos and scanning: Give both the blues and yellows a ball and they just need to keep their own ball v 2 whites with the extra white allowed to go into any rondo to try and win the ball. The greens can be used as wall players by any rondo at anytime so players need to apply real concentration and awareness.

One Player Less or Extra

- Sixteen Players: Use 4 defenders, only 2 can press at a time but the rotation will become they swap with who they win the ball from.
- Eighteen Players: Create three 5v1 rondos, minimize touches and the defender swaps when they win the ball.



Description

- Bib up 3 teams of 5. Two members of the team start as defenders/ wall players will the other 3 are attackers – swap player roles regularly. I am also using 2 GKs who will rotate to take turns in goals every 4 or 5 shots.
- GK plays to the first two defenders, they pass to 3 attackers and play 3v2 to goal. The 3 attackers (show as blue) will see their 2 teammates (blue) beside the goals to offer wall passes so it's actually 3v2+2
- Ensure your rotation is correct that blue plays with blue wall players, yellow with yellow and white with white.

Focus

- 3v2 Attacking overloads
- Using wall players for cut backs, lay offs, balls across the box etc or just as decoys before dropping the shoulder and shooting.
- Transition – if the 2 defenders win the ball, pass forward to the next 3 to win a point.
- Competition: Compete to first team to a set amount of goals which means defenders will be eager to work hard for their team.

Possible Progressions

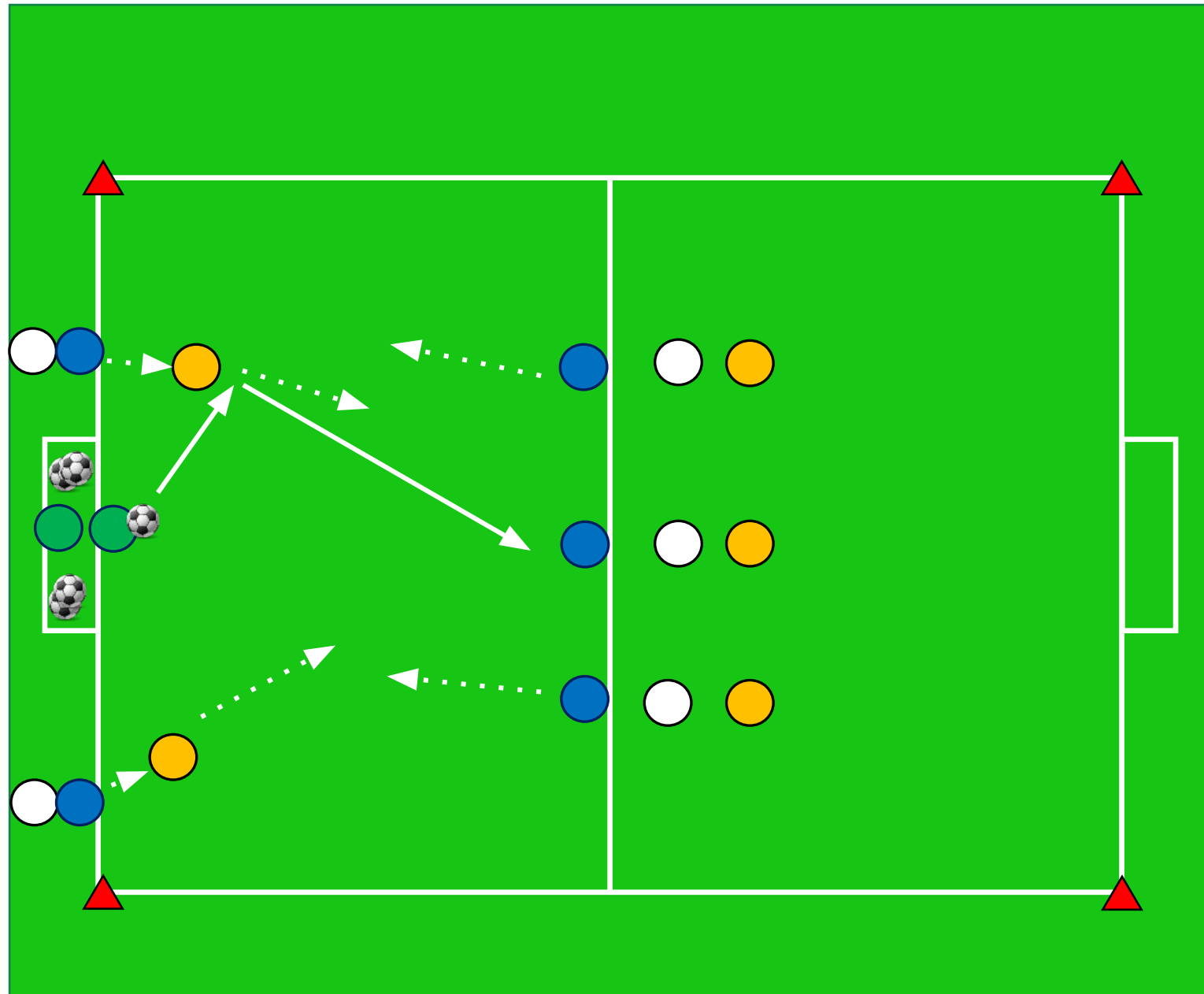
- Time limits to score.
- Wall players play 1 or 2 touch maximum.

Change of Focus

- Counter Attack: Tell the 2 defenders not to pass the ball to the 3 attackers but try get past them (have a line of cones to pass). If they do they get a point but more likely the 3 will win the ball and have space to drive into and counter to score.

One Player Less or Extra

- Sixteen Players: No rotation of the GK.
- Eighteen Players: Add either a permanent defender or attacker to focus on those specific skills.



Description

- 5v5 with 5 playmakers. 1 Playmaker plays freely on the pitch, the other 4 provide wall passes to bring the theme to the surface.
- Can score anyway but the wall players give a good opportunity for everything that has been worked on, using them for a pass or a decoy.
- You may implement a winner stays on, but have a rotation for each team to take a turn as the playmakers.

Focus

- Forward passes, support play, finishing.
- Longer passes.

Possible Progressions

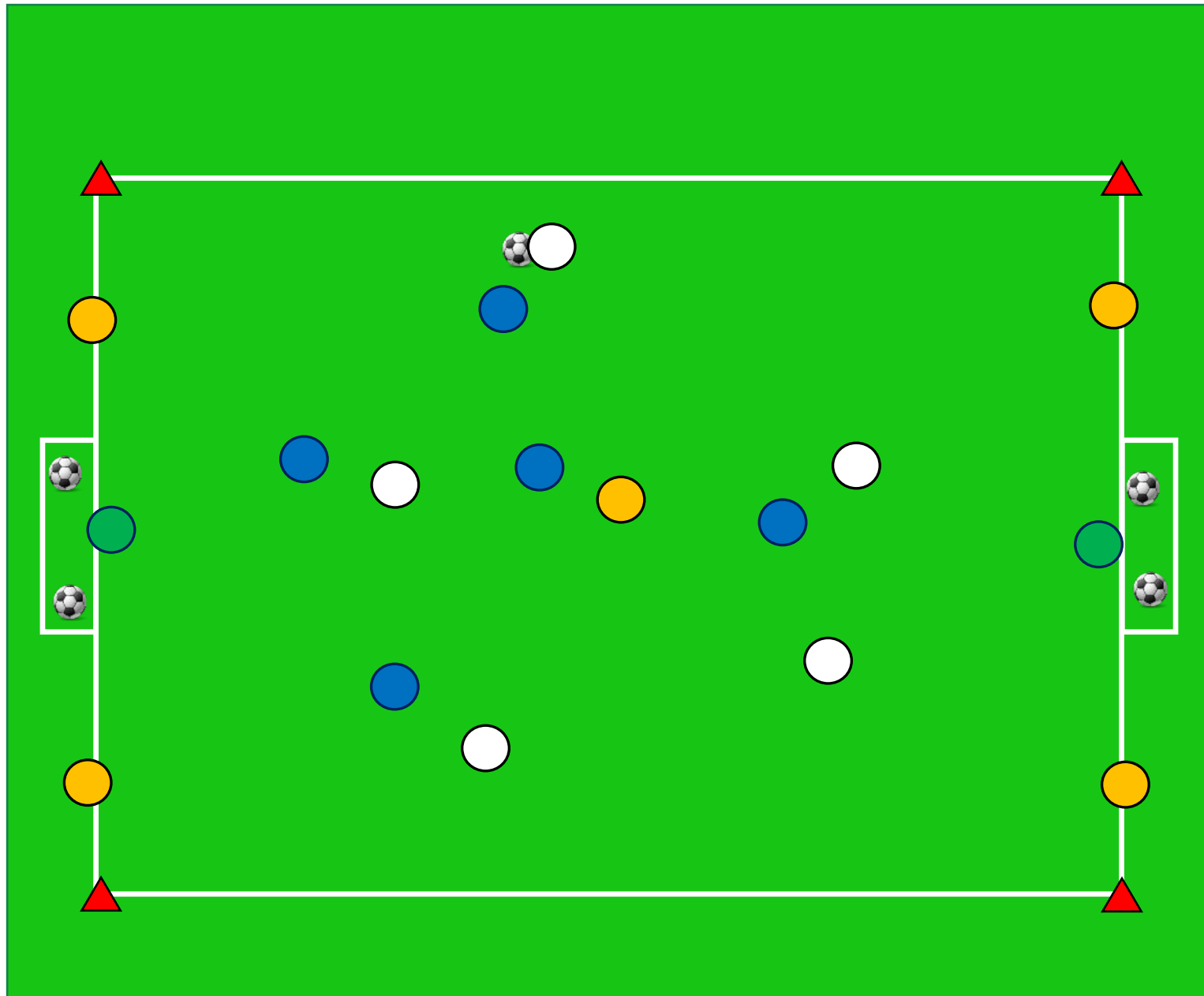
- Minimize touches of all players to really ramp up the passing, lay off and support aspect but this depends on your group and don't do this too often as it can stifle creative freedom.

Change of Focus

- Wall passes: Make the playmakers on the outside play 1 touch so you can only bounce it off them.

One Player Less or Extra

- Sixteen Players: Play 6v6+4 on the outside.
- Eighteen Players: Play 7v7+4 on the outside.



Description

- 8v8+1 game
- No conditions, just play.

Focus

- Fun, freedom, teamwork and everything a game embraces.

Possible Progressions

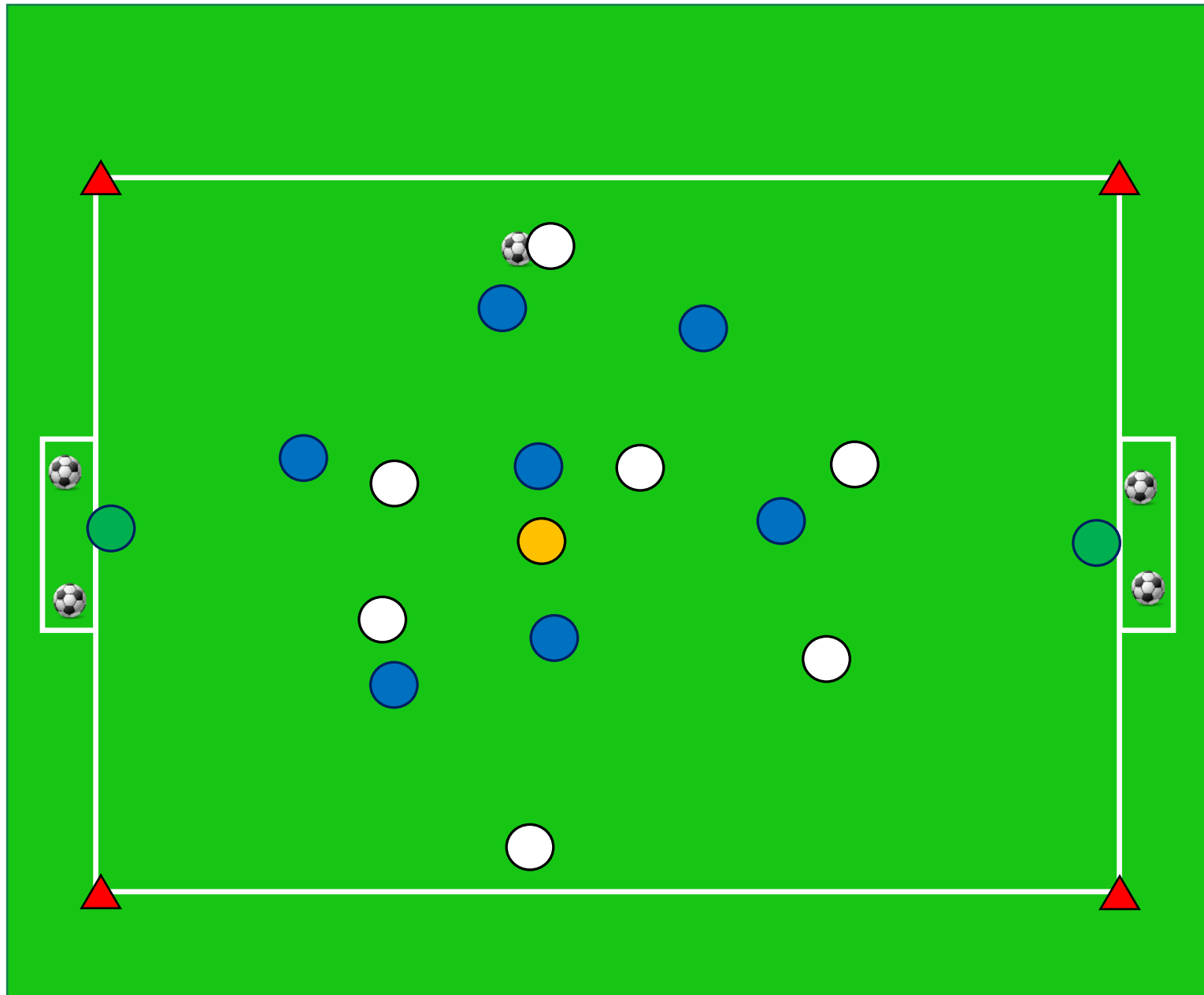
- Add a scoreboard to praise behaviours such as effort, teamwork, skill and creativity or whatever you value as a coach or club.
Contact @CoachDavidBaird to access the Scoreboard Soccer games resource.

Change of Focus

- To stay on the theme from previous components perhaps reward goals scored with a 1 touch finish are worth 3 goals.

One Player Less or Extra

- Sixteen Players: Play 8v8
- Eighteen Players: Play 9v9



Overview

18
Players

Description

- 4v2 transition rondo
- Each side of the diagram is doing the same activity. Using the left side as an example it is a 4v2 possession rondo. The 3 yellows and white v 2 blues. The blues are the defenders and try and win the ball. The others work together to transfer the ball to the top yellow player. As this happens, the 2 side yellow players move to support that pass and create another 4v2 rondo aiming to transfer the ball back. Blue swap with yellows when winning the ball, white always plays as the linking player between rondos.

Focus

- Possession to play forward / support play.
- Defending as a paid, trying to show an open pass for your teammate to win the ball.

Possible Progressions

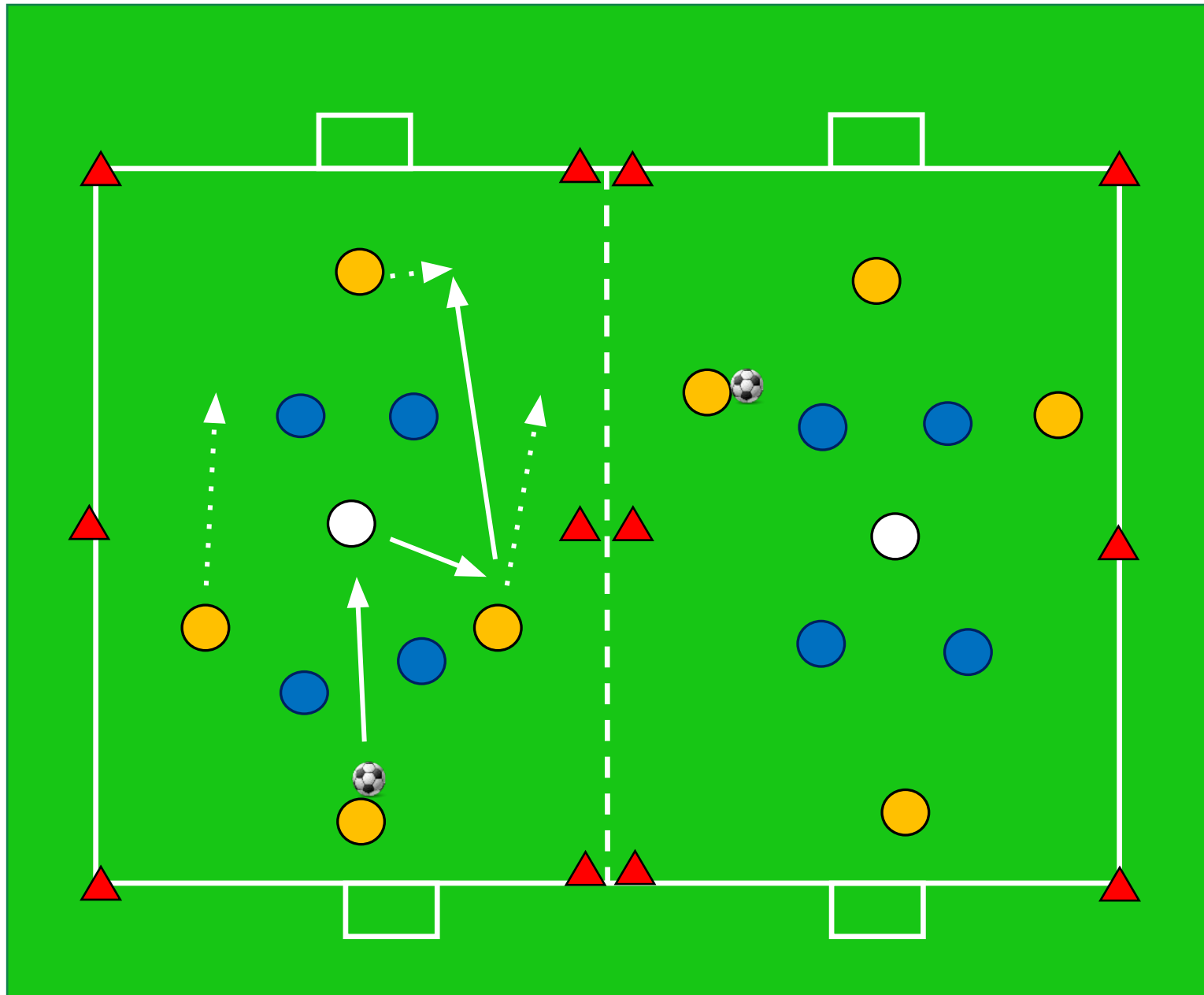
- Support the transition initially by saying the new blue defenders only become live after the first pass in the new rondo.
- Just play 4v4+1 possession in the whole area.

Change of Focus

- Finishing: On transition the receiving player can lay off a supporting player to shoot in the goal behind unopposed. Then throw in a new ball and re-start the rondo.

One Player Less or Extra

- Seventeen Players: Play with 3 defenders. A fixed defender in each half and 1 that can go into either.
- Nineteen Players: Add another white player that can go freely between groups to embrace scanning and decision making.



Description

- 4v4 on each pitch with a central area and a playmaker who plays for the team in possession. Keep the ball and each time you pass to the playmaker in the area that is a goal.

Focus

- Possession to penetrate. Finding split passes between players to play through their lines.

- Scanning, decision making and passing technique.

Possible Progressions

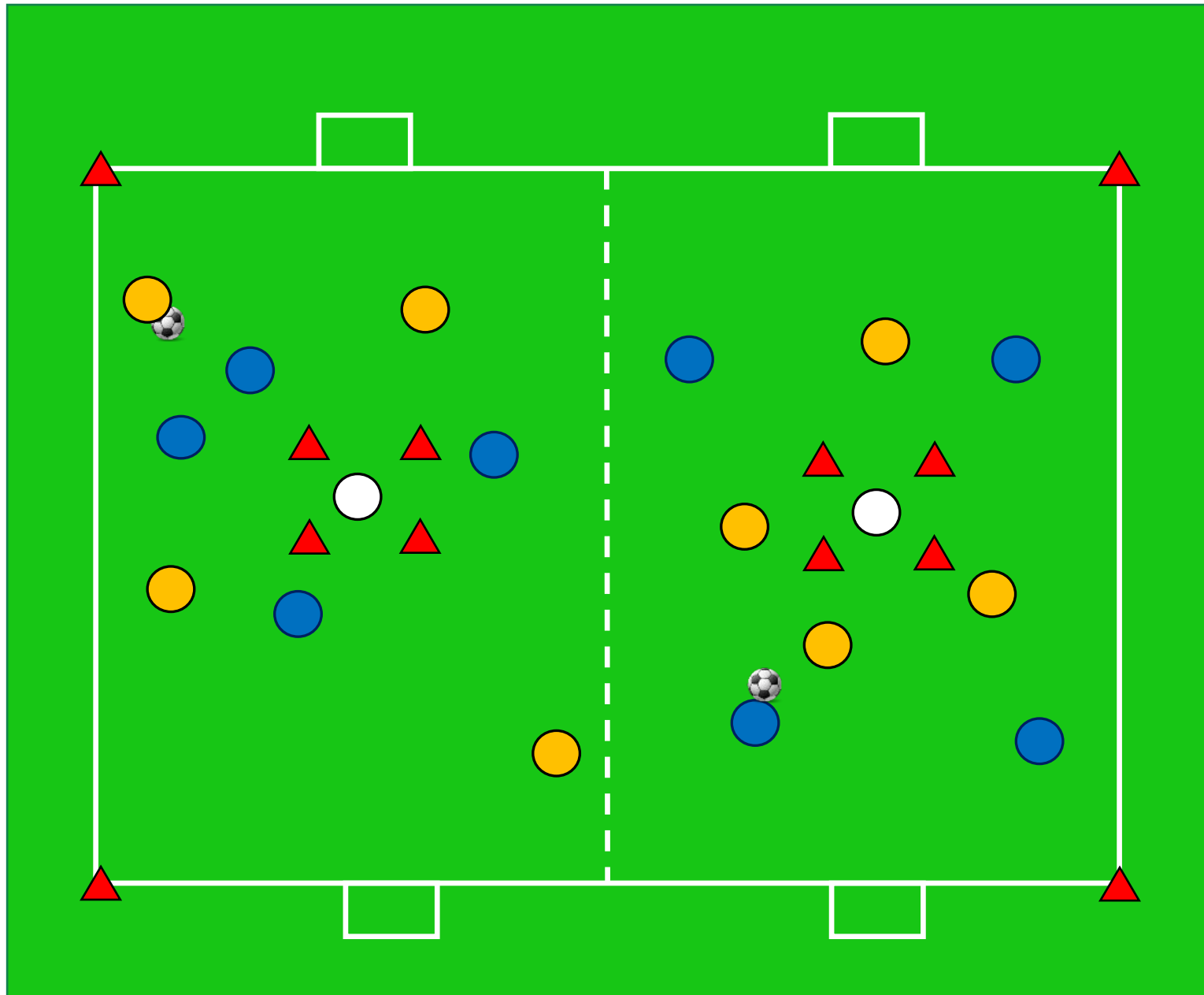
- Make the player in the zone a GK and they try and stop the ball traveling through the zone, meaning passes need to be really zipped with pace and quality (on the ground).
- Rotate teams on the pitches to provide different opposition and change the playmakers frequently.

Change of Focus

- Timing runs to receive / rotations / movement off the ball: Bring the playmaker out of the area and they just play for the team with the ball. Now to score someone from your team must receive a pass in the area and continue play from their.

One Player Less or Extra

- Seventeen Players: One zone can play without a playmaker and you just need to pass through the cones area.
- Nineteen Players: Either add an extra playmaker that can float between pitches or simply play 5v4 on one of the pitches.



Description

- 4v4 running goalkeepers
- Each game is 4v4 within their area, however the GKs on each end need to cover both goals.

Focus

- For the players on the pitch it's just 4v4 but scanning and decision making becomes huge. Is the oppositions goal currently empty and you can shoot? Or is it occupied and keeping the ball is the best solution? Is your keeper available for a pass to create overloads?
- For the keepers the focus is fitness, scanning and potentially a lot of diving. Recommended you use mini goals for this exercise.

Possible Progressions

- After a while to save the GKs from exhaustion, just add them to 1 of the 4v4s with larger goals and play the other 4v4 with mini goals but no GKs. Rotate teams on each pitch frequently.

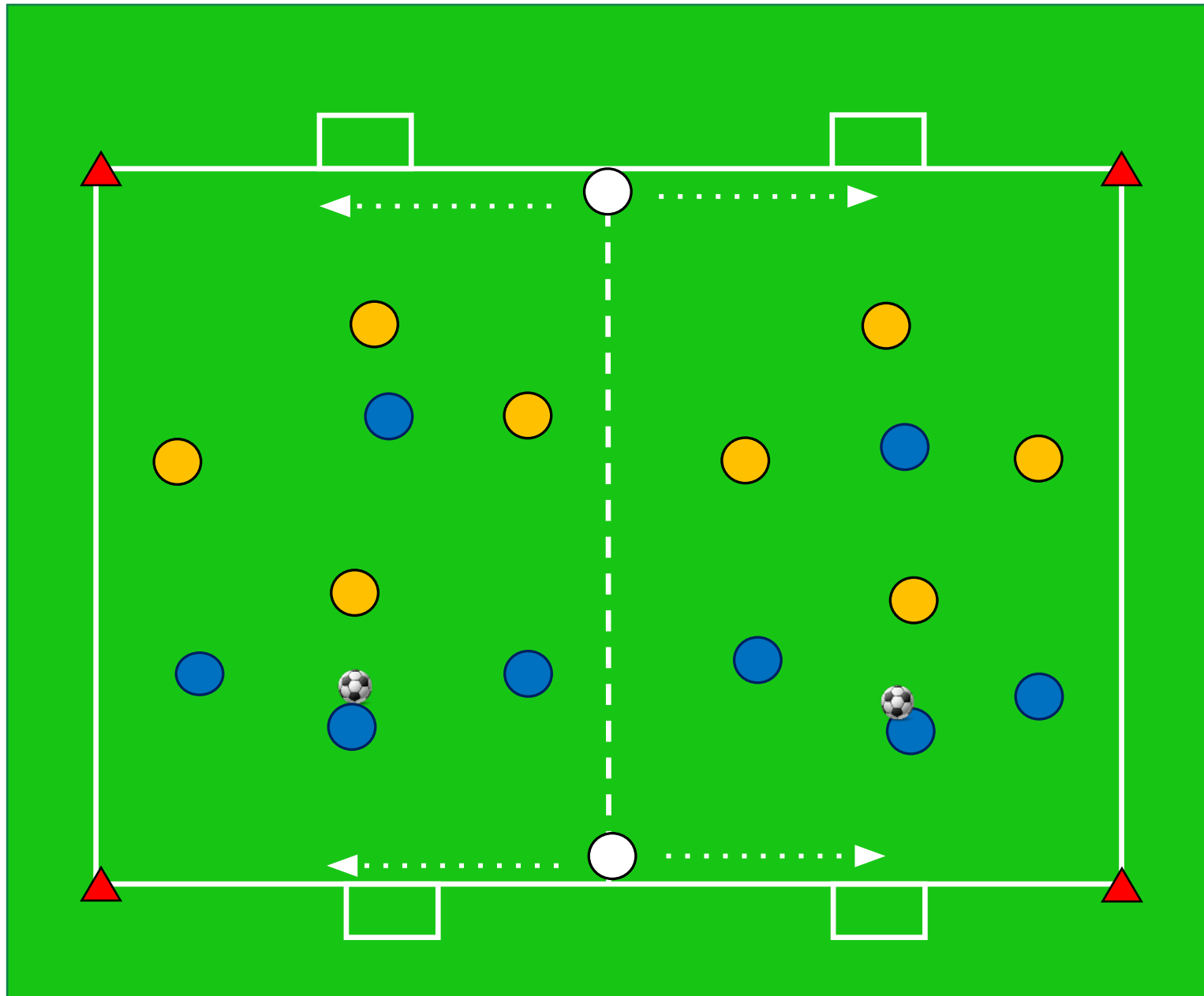
Change of Focus

- Scanning / Long passing: Make the object of the games to get the ball into the hands of the GK in the direction you are shooting. This takes some strain off the GKs and allows outfield players to keep the ball and work an opportunity for a longer pass – into the GKs hands when it is on, remembering sometimes this won't be an option if the GK is not available due to being on the other pitch.

One Player Less or Extra

- Seventeen Players: Play 3v3+1 on one of the pitches.
- Nineteen Players: Play 4v4+1 on one of the pitches.

The extra player can be added to the other team if 1 team starts to build a winning margin.



Description

- 8v8 with 2 running goalkeepers
- Take away the separating area from the 2 pitches and progress the previous exercise to 8v8 with running GKs between 2 mini goals.

Focus

- Switching play.

Possible Progressions

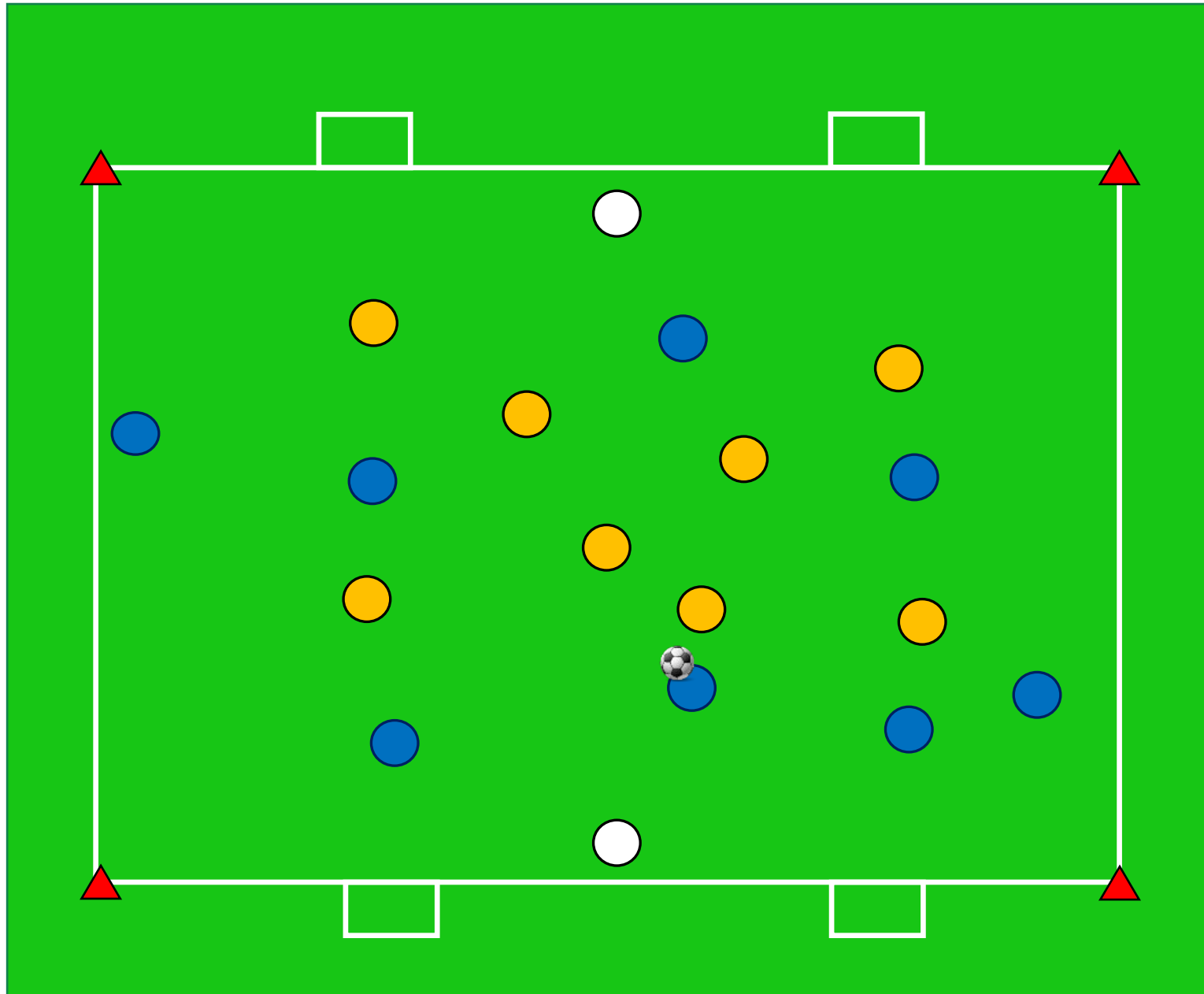
- Just play a 9v9 game with GKs as normal

Change of Focus

- Building from the back: Same game but a goal scored that is built from your keeper is worth 3 goals.

One Player Less or Extra

- Seventeen Players: Play 8v8+1
- Nineteen Players: Play 9v9+1.



Overview

19
Players

Description

- A total of 4 pitches (Set up 2 pitches and split each one in half, ready for Component Two). Area size appropriate for the players. Pitch split into 2 areas. With a target player at each end of the pitch.
- The first area has 1 attacker versus 1 defender. The second area is the scoring zone where there is one attacker.
- The server plays the ball into the attacker into the first area who looks to pass the ball to the other attacker who looks to pass to the other target player to win a point.
- At anytime the 2 attacking players can rotate between themselves provided they retain the balance of one player in each of the two areas.
- If the defender wins the ball at anytime they look to pass the ball back to any server.
- One pitch only has 4 players. On this pitch there is only 1 server and the attackers win a point by driving the ball over the line.
- Regularly rotate the role of players.

Focus

- Recognise when to move into area to receive the ball.
- Recognise where to drop-in; create an angle for the pass.
- Recognise when to leave the area to allow the other player to enter.

Possible Progressions

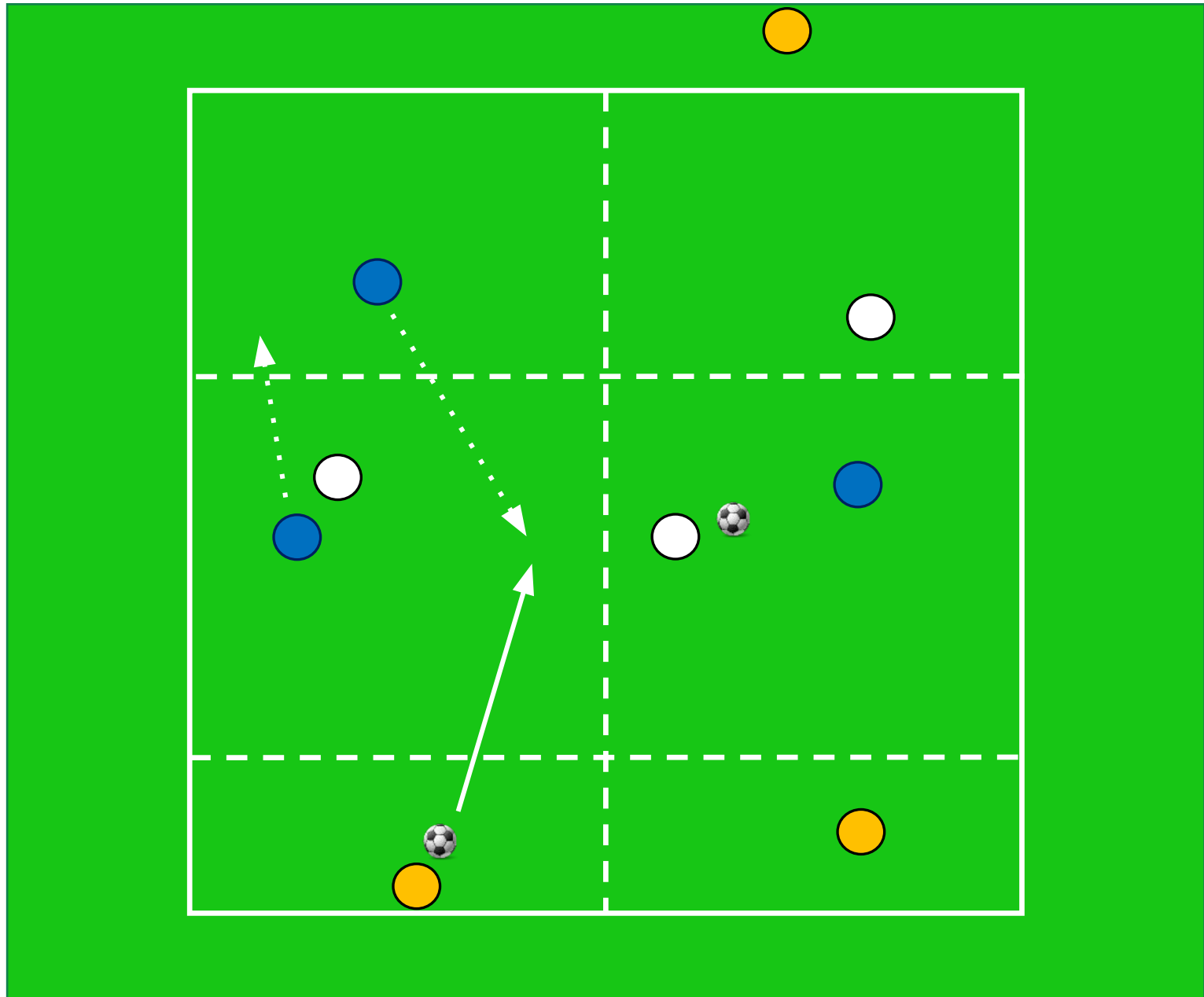
- The defender is free to go where they want.

Change of Focus

- Supporting Runs: Defender starts in the second zone. Players are locked in their zones apart from the first attacker who can join the second area once they have passed the ball into there.

One Player Less or Extra

- Eighteen Players: Half the pitches are set-up for 4 players and the other half for 5 players.
- Twenty Players: All the pitches have the set-up for 5 players.



Description

- Two pitches from Component One join together to make one pitch i.e. four pitches now become two. Each pitch is split into 3 areas. With 3 scoring gates at the end of the area. Two identical pitches, though the dimensions can be changed to meet the needs of the players on each pitch. The pitch with ten players can be set up with a 3v3 or 4v2 in the first area, again depending on the players.
- The first area is a 'no go zone'. The second area has 3 (attackers) versus 2 defenders with 2 servers supporting the 3 attacking players. The third area is the scoring zone where there is one attacker and one defender.
- The 3 attackers in the second area look to complete a set number of passes before passing to the attacker in the third area. On doing-so the attacker looks to pass or dribble through 1 of the 3 gates.
- At anytime the attacking players can rotate between the second and third area provided they retain the balance of three players in the second area and one in the third area.
- If the defenders win the ball at anytime they look to pass the ball back to the servers.
- Regularly rotate the role of players.

Focus

- Recognise when to move into area where the ball is to support player on the ball.
- Recognise where to drop-in; create an angle for the pass.
- Recognise when to leave the area to allow another player to enter.

Possible Progressions

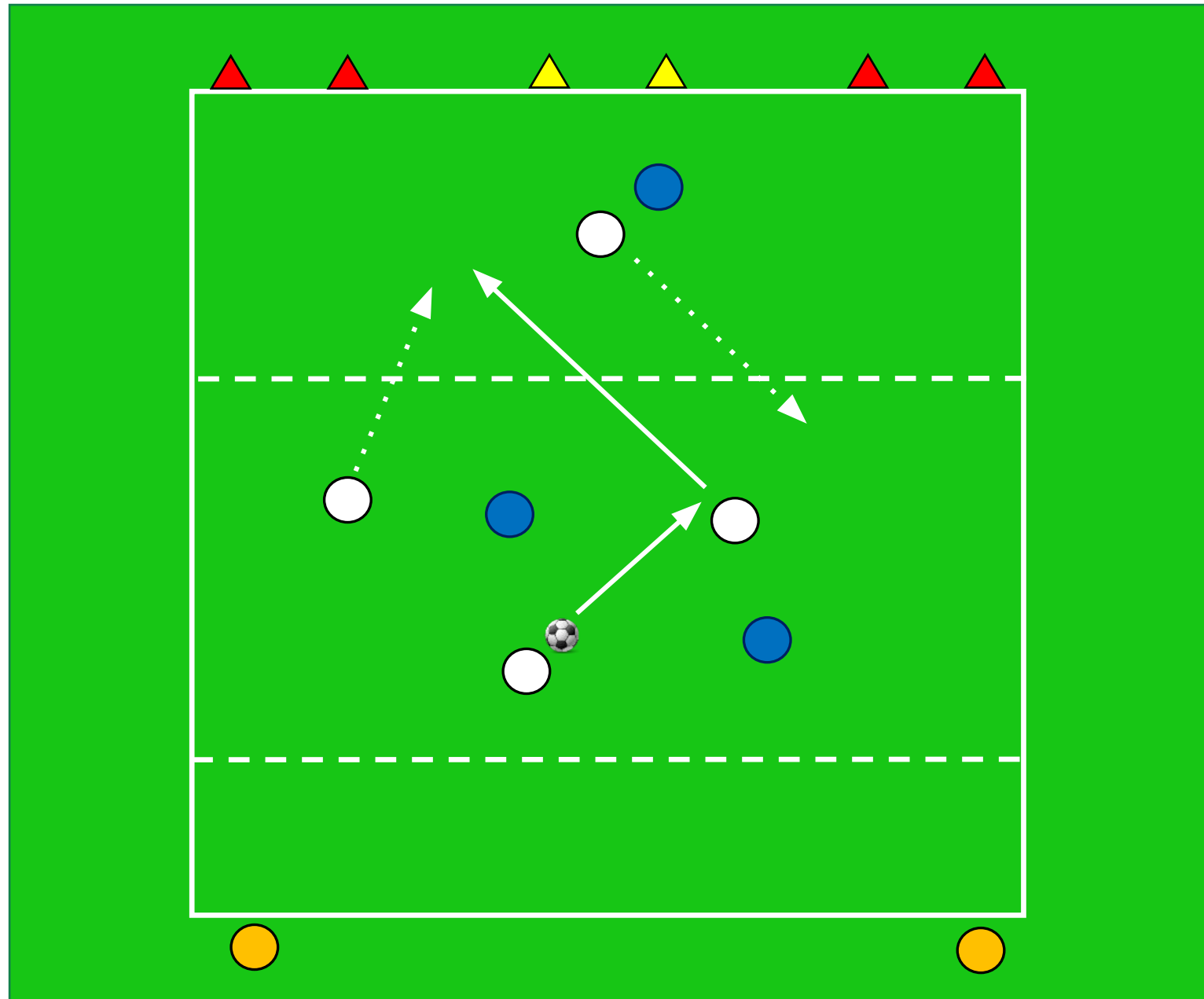
- One defender from the first area can make a recovery run to make it a 1 versus 2.
- The defender can follow the attacking player into the second area to make it 3 versus 4.

Change of Focus

- Supporting Runs: Players are locked in their zones apart from when the ball is transferred into the third area, when this is done one player from the second area can join in to make a 2 versus 1.

One Player Less or Extra

- Eighteen Players: Pitches set up the same with a 3 versus 2 in the first area.
- Twenty Players: Pitches set up the same with either a 3 versus 3 in the first area or a 4 versus 2.



Description

- Area size appropriate for the players. Pitch split into 4 areas, with two 'free zones' and two middle areas. In the middle two areas it is a 7 versus 7 with a support player. Players can move between the two middle areas but the team must always maintain a balance of 4 players in 1 area and 3 in the other area.
- Four target players, 2 at each end of the area. Teams look to transfer the ball from a set of target players to the other. The ball must be played through both middle areas, before it can be passed to the next set of target players.
- To collect the ball off the target players, a player from the team in possession can drop into the 'free zone' before either passing it or dribbling into the middle areas.
- On scoring a point the team retains possession and looks to transfer the ball back to the other target players. If the other team win the ball they play it to any of the target players and then can look to try and win a point by transferring to the other set of target players.
- Regularly rotate the role of players.

Focus

- Recognise when to move into area where the ball is to support player on the ball.
- Recognise where to drop-in; create an angle for the pass.
- Recognise when to leave the area to allow another player to enter.

Possible Progressions

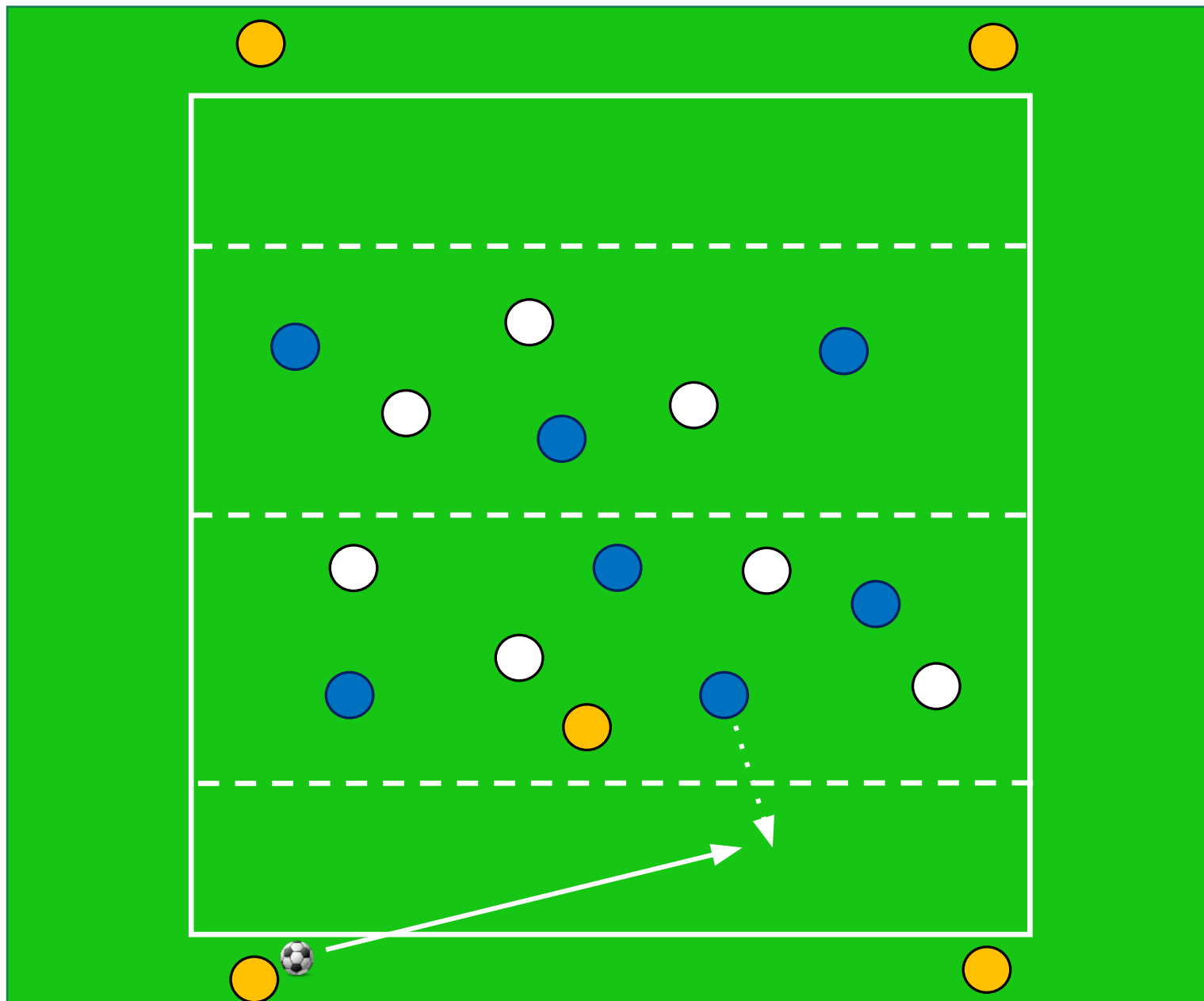
- Opposition player can also drop-in when a player looks to receive the ball from a target player.
- The defender can enter the free zone when the striker does.

Change of Focus

- Supporting Runs: Players are locked in their zones (4v4 and 3v3) apart from when the ball is transferred into the second middle area, when this is done 1 player from the first area can join in to make a 4 versus 3.

One Player Less or Extra

- Eighteen Players: No support player in the central area
- Twenty Players: No support player in the central area and it is eight versus eight or keep as seven versus seven with two support players.



Description

- Pitch size appropriate for the players. Pitch split into 4 areas, with two middle areas and two end areas. In the middle two areas it is a 3 versus 3 with a support player. Players can move between the two middle areas but the team must always have at least 1 player in each middle area. In the end areas it is 2 attackers against 3 defenders.
- Before the ball can go into the final end area it must be played through both middle areas. The ball must be passed between areas. If the ball goes out of play, the restart is always with the goalkeeper.
- Regularly rotate the position of the players.

Focus

- Recognise when to move into area where the ball is to support player on the ball.
- Recognise where to drop-in; create an angle for the pass.
- Recognise when to leave the area to allow another player to enter.

Possible Progressions

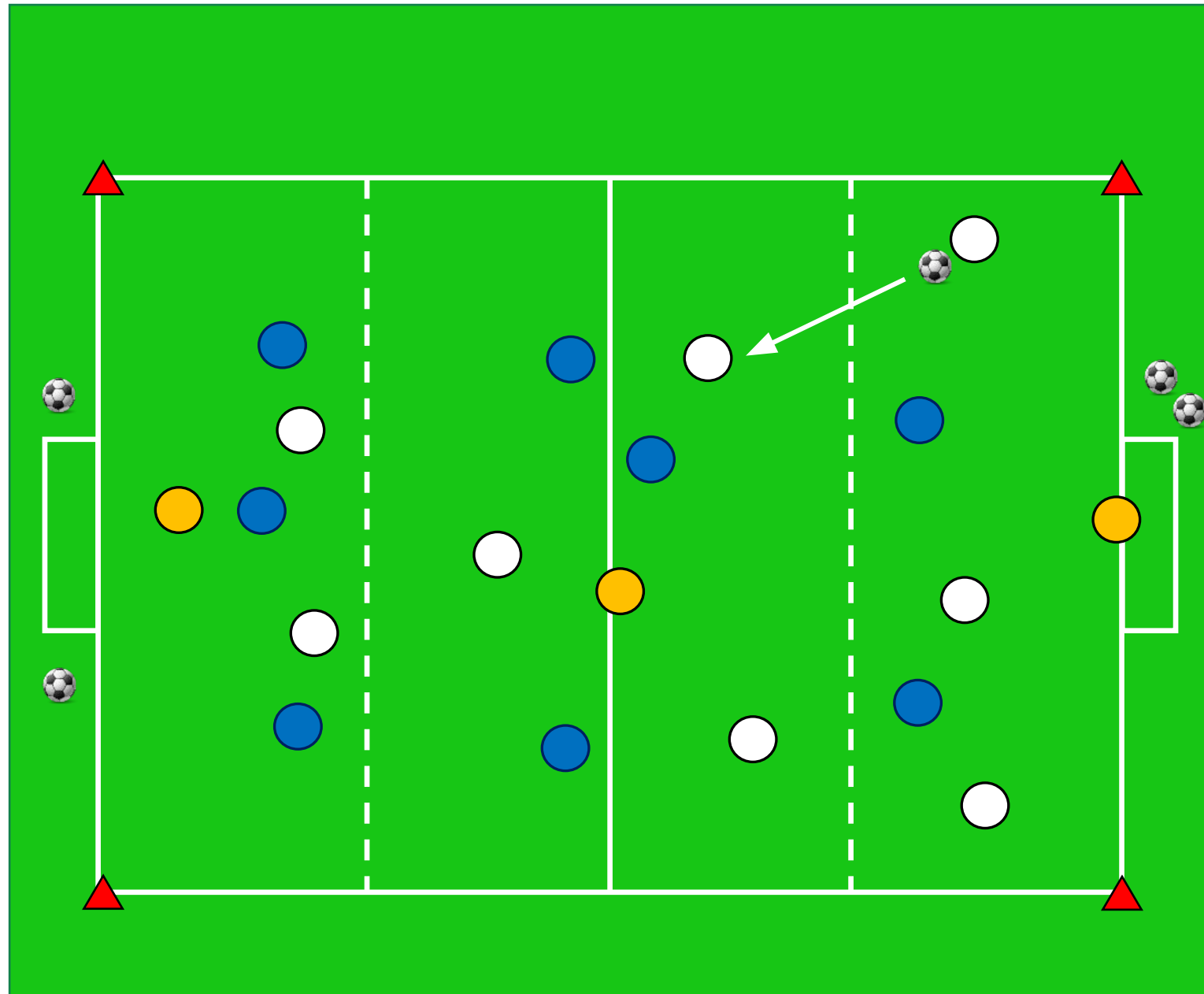
- Opposition player can also drop-in when a player looks to receive the ball from a target player.
- The defender can enter the free zone when the striker does.

Change of Focus

- Supporting Runs: Players are locked in their zones (middle zone 2v2 and 1v1) apart from when the ball is transferred into the second middle area, when this is done 1 player from the first area can join in to make a 2 versus 1.

One Player Less or Extra

- Eighteen Players: No support player in the central area
- Twenty Players: No support player in the central area and it is eight versus eight or keep as seven versus seven with two support players.



Overview

20
Players

Description

- Players are working in groups of 4 across the pitch. As demonstrated by 1 group, the 2 in the middle work as the 2 on the outside feed and after a set time rotate the middle players.
- Using the players highlighted to demonstrate what all groups are doing. The green throws a ball in the air to the blue who controls and sets to play a longer pass to the opposition green. The yellow then moves towards that player to receive a throw in the air for this to repeat. Receive, switch long into the hands of the other outside player for the blue to go and receive from them – again in the air.

Focus

- Control from the air, long pass.
- Movement to receive.

Possible Progressions

- Depending on the ability of the group, the outside players can stop catching the ball and control it from the air before picking the ball up to throw and start the routine again.

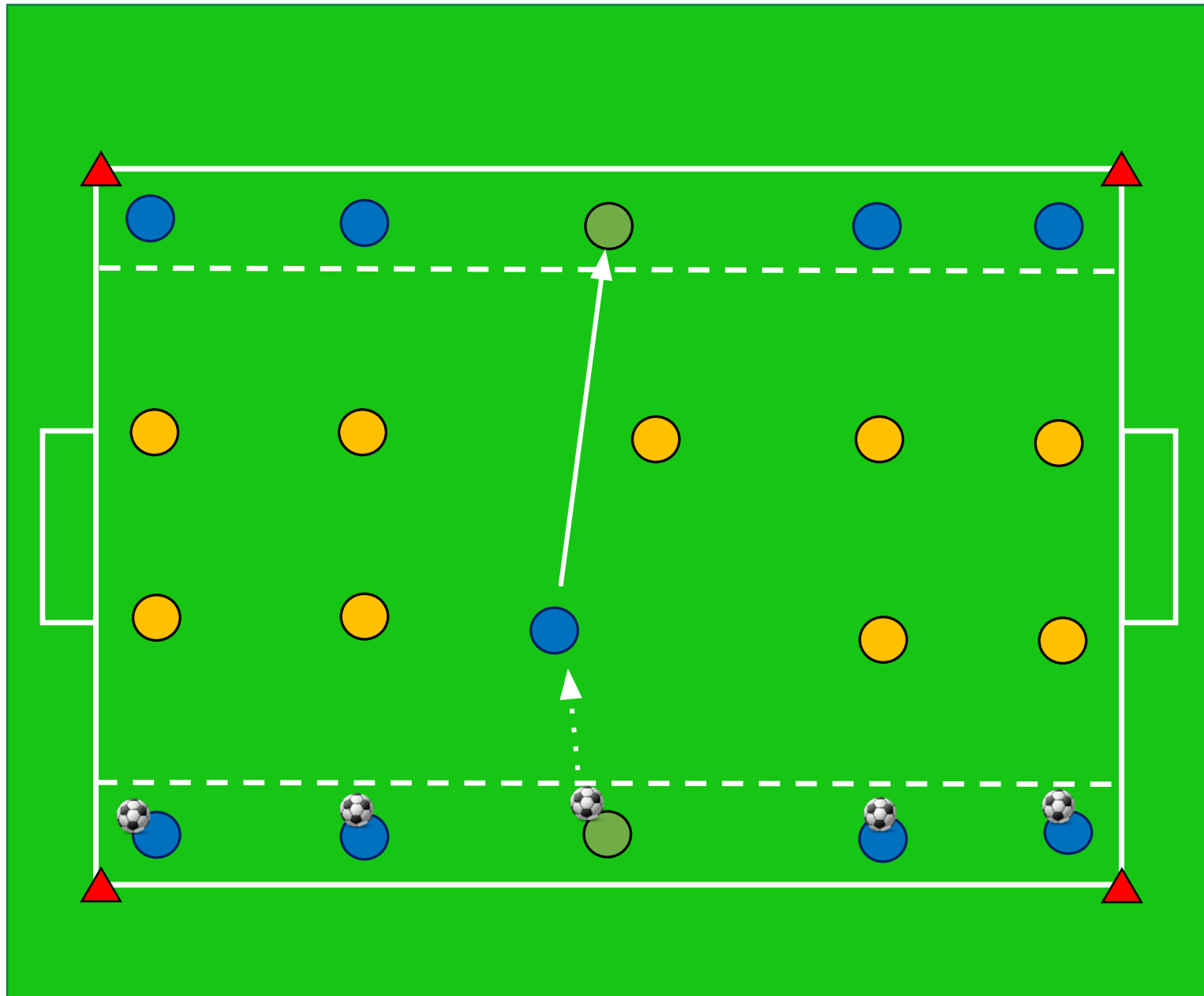
Change of Focus

- Volleys: Control and volley the ball to switch without it bouncing or with it only bouncing once.

One Player Less or Extra

- Nineteen Players: Have a group working as a 3
- Twenty-One Players: Have a group work as a 5 and everyone follows their pass / throw

The above changes Can be used to work with a variety of different numbers. For example if you have 15 players, have 3 groups of 5 all following their throw / pass.



Description

- Both sides are doing the same working to goal, but to explain using the group highlighted. Blue passes to their partner who then passes the ball out either right or left. The receiving player sets themselves to cross or cut back while the 2 original blues plus the wide player who did not receive the ball make runs forward to receive the cross / cut back and attempt to finish the move off. The yellow player shown is a defender who should be swapped frequently.
- Rotation when the ball is finished is simple. The 2 central blues quickly move to wide areas while the original wide blue join the line.

Focus

- Dangerous ball out wide, quick decisive supply to the middle and striker movement / finishing in the box.
- Second balls and rebounds. Ruthless in front of goal.

Possible Progressions

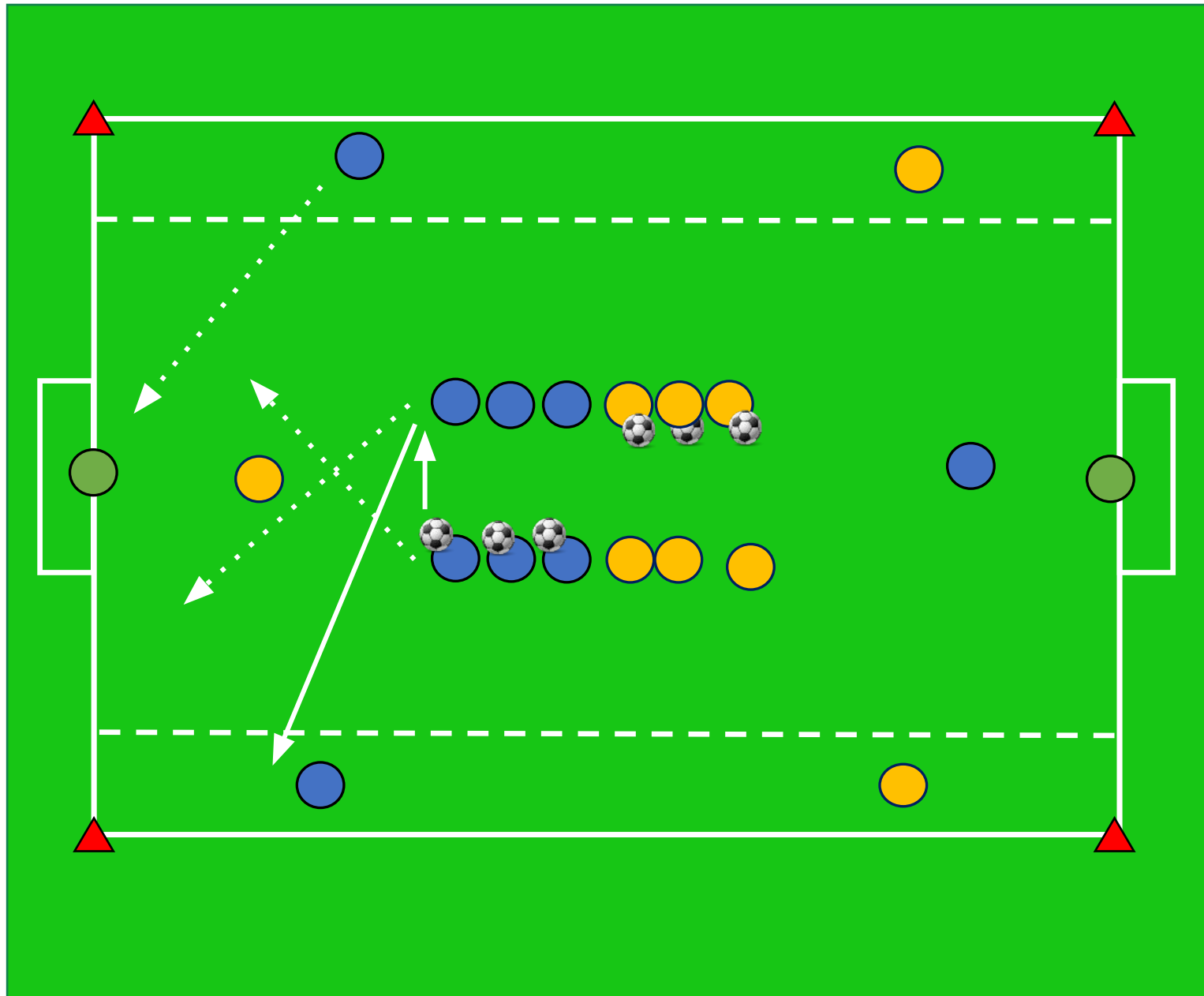
- Add 2 defenders which will make for an easy rotation. Be the central pair, then the crossing pair, then the defending pair and then join the line.

Change of Focus

- Dribbling: Keep the option to cross / cut back early but add the option for the wide player to drive in with the ball and allow them to score themselves. Will bring committing defenders and driven passes across goal to the surface as well as the option to cut inside and shoot from a wide area.

One Player Less or Extra

- Nineteen Players: Easy enough to have an odd number in the queue but the next 2 players ready are the 2 who go together.
- Twenty-One Players: Add an extra defender to one side of the practice.



Description

- Blue v Yellow but the extra players who play for the team with the ball (whites) will really help what was worked on previously come to the surface.
- The whites in wide channels can pass to each other and should be utilized to deliver cross / cut backs into the box. Including deeper crosses from the furthest away white.
- Goals can only be scored when assisted by players in white.

Focus

- Quality of balls played from wide areas.
- Timing runs into the box and taking up areas to score goals.
- Use the big numbers advantage to keep the ball if a crossing chance is not on, create moments to get the ball wide and time runs into / around the box.

Possible Progressions

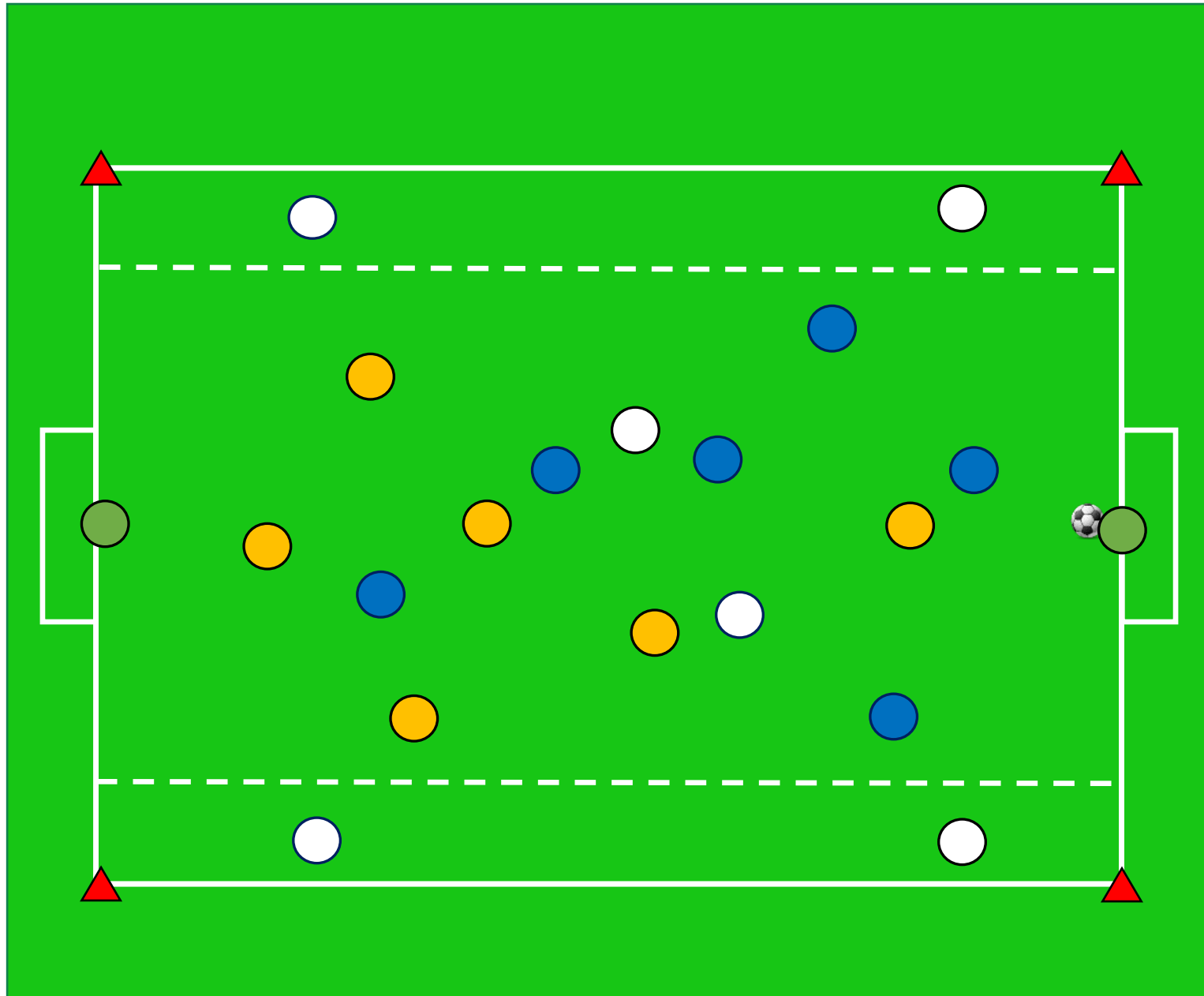
- If the other team just park the bus as they know the ball needs to go wide at some point to score anyway. Add a new condition that another way to score is to make 12 consecutive passes. This will draw them out to the ball.

Change of Focus

- Dribbling: As with previous component, progress to allow the player in white to drive in the pitch. On transition they should return to their channel.

One Player Less or Extra

- Nineteen Players: Play with one white in the middle.
- Twenty-One Players: Play 7v7+1 in the middle.



Description

- As before but each team only has 2 players they can use in the channel not 4. Can progress to allowing the channel players to tackle each other.

Focus

- Attacking in wide areas.
- Striker movement and finishing.

Possible Progressions

- Remove channels and just finish on an all in game.

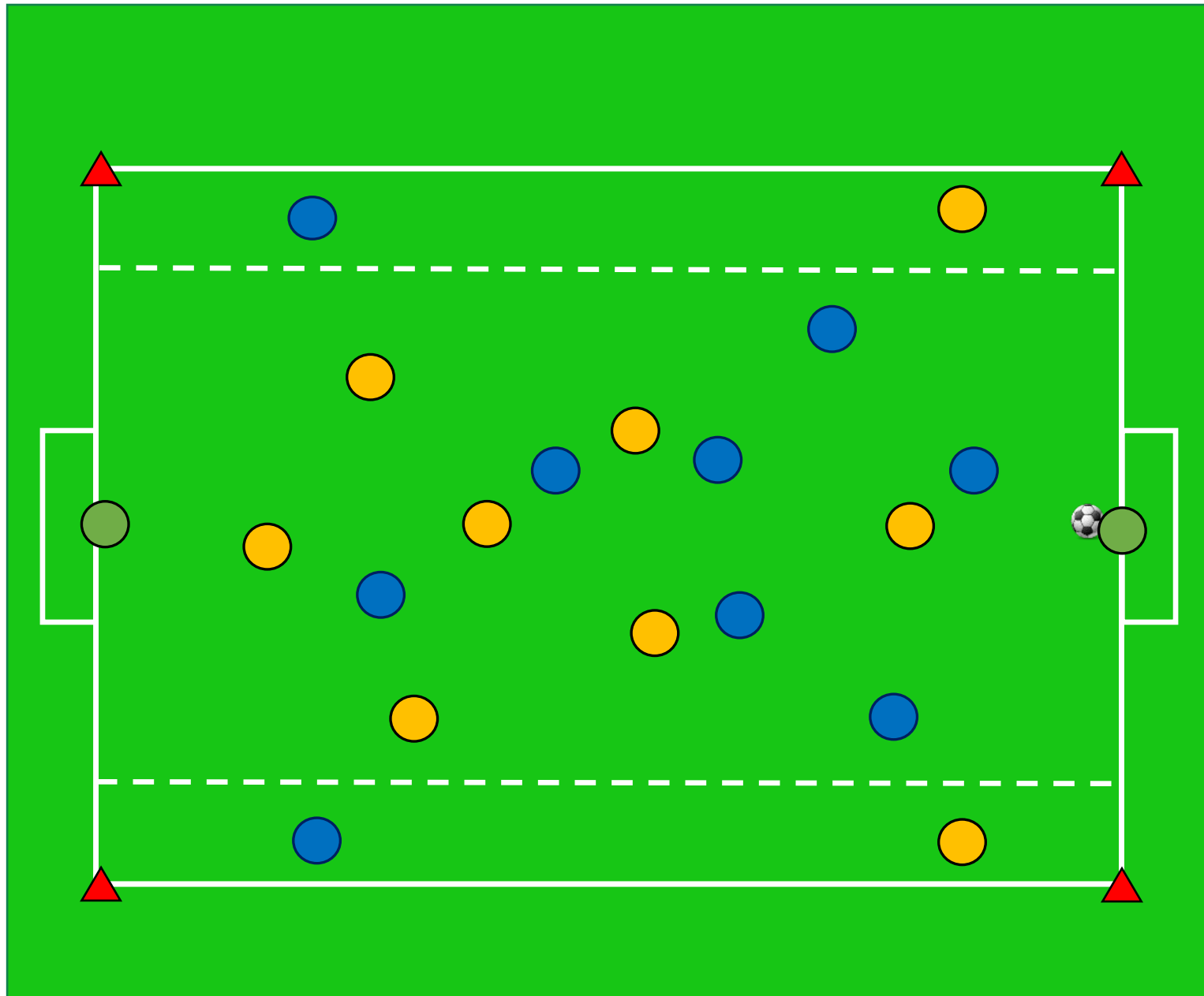
Change of Focus

- Cut backs: The wide players can't tackle each other but must cross 1 touch. Will focus the central players to weight a pass wide for a first time cross.

One Player Less or Extra

- Nineteen Players: All in game, 9v9+1
- Twenty-One Players: All in game, 10v10+1

As with throughout the resource, teams don't always need to be even. Playing uneven teams is fine such as 13 v 8 – it's a great way to challenge those who need it and support those who need it.



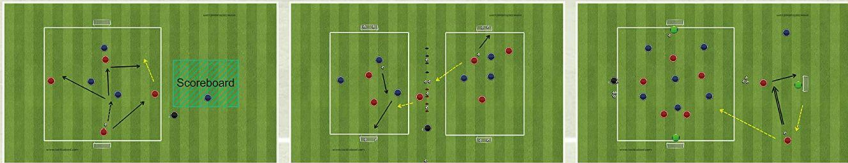
DAVID BAIRD

SCOREBOARD SOCCER



CREATING THE ENVIRONMENT
TO DEVELOP YOUNG PLAYERS

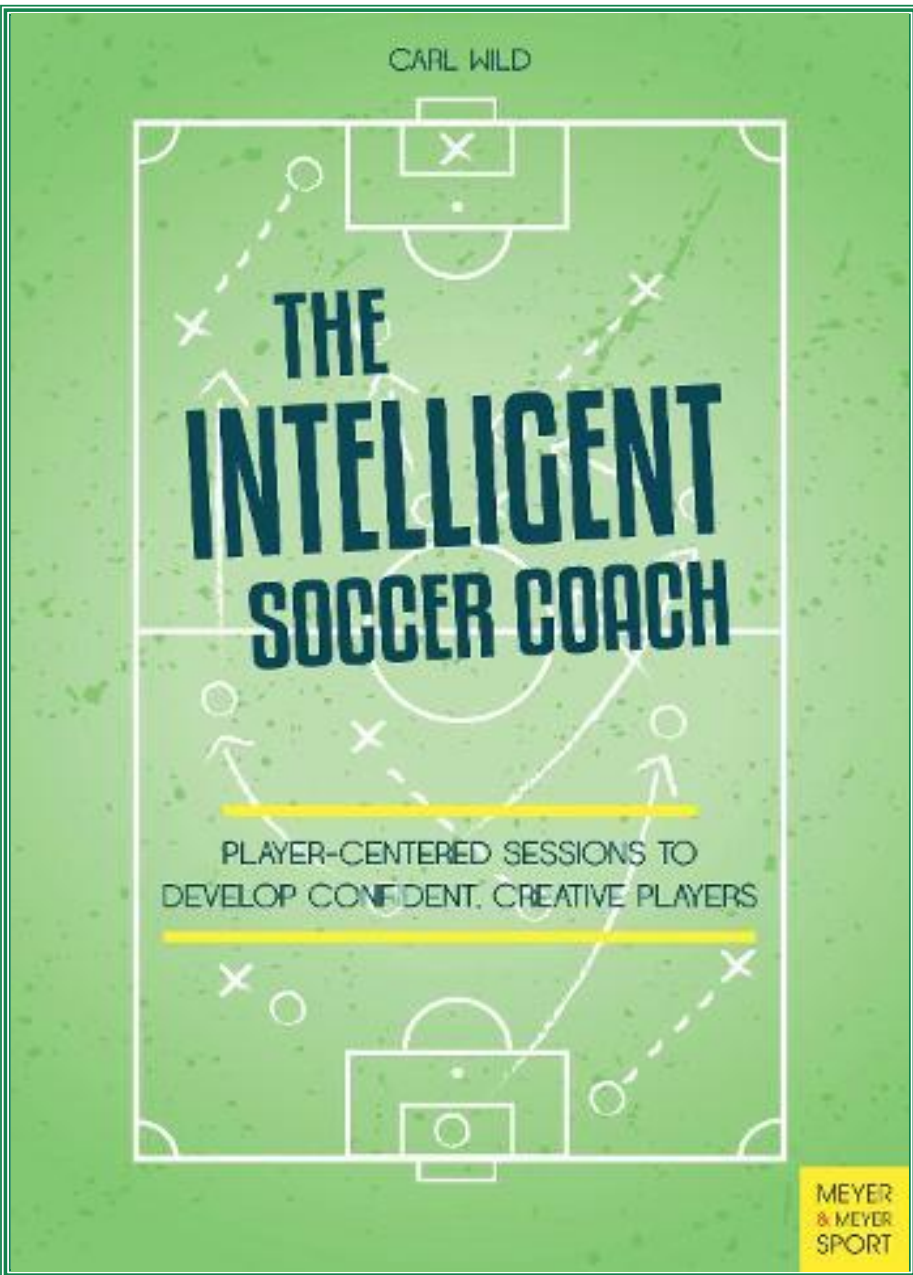
Foreword by
**KEVIN
KEEGAN,**
Two-Time Winner
of the Ballon d'Or



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