

Activity #1:

Set Up:

Players are organised on a half pitch as shown below in Diagram (a). Groups are (B,C) Central midfield players, Groups (A,D) wide midfield players. A supply of balls is placed with the coach as shown. A goalkeeper(s) is positioned in goal.

NOTE: The setup is replicated on the other half of the pitch so that 2 groups are going simultaneously. The assistant coach maintained the flow of this second group.

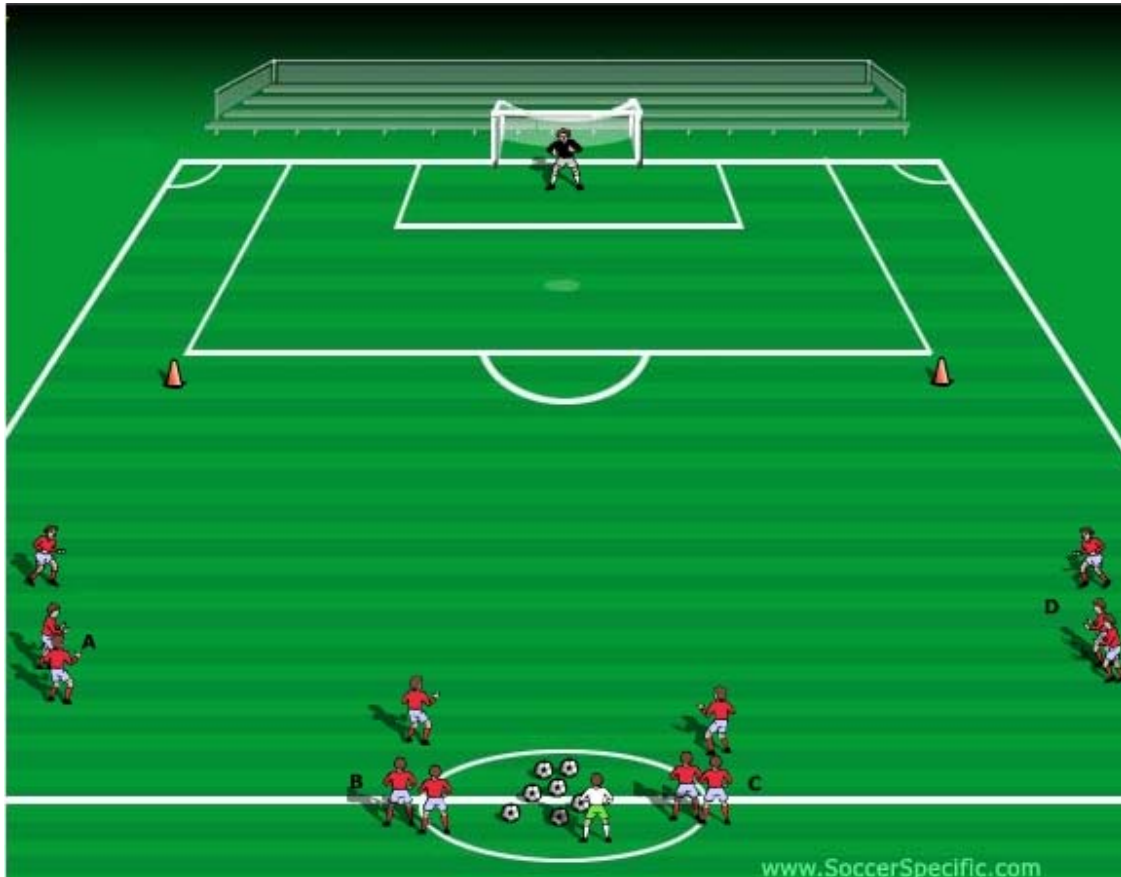


Diagram (a)

Explanation:

The pattern begins with a pass from the coach to either central midfield player. The central midfield player must receive the ball in a half-turn and quickly pass to the wide midfield player. The wide midfield player must “drive” down the line before crossing into the box. The central midfield players and opposite side wide midfield player must attempt to get in the box for the cross. The next group of players begins on a pass from the coach. Alternate sides – play is continuous on coach’s command. This pattern is illustrated in Diagram (b) below.

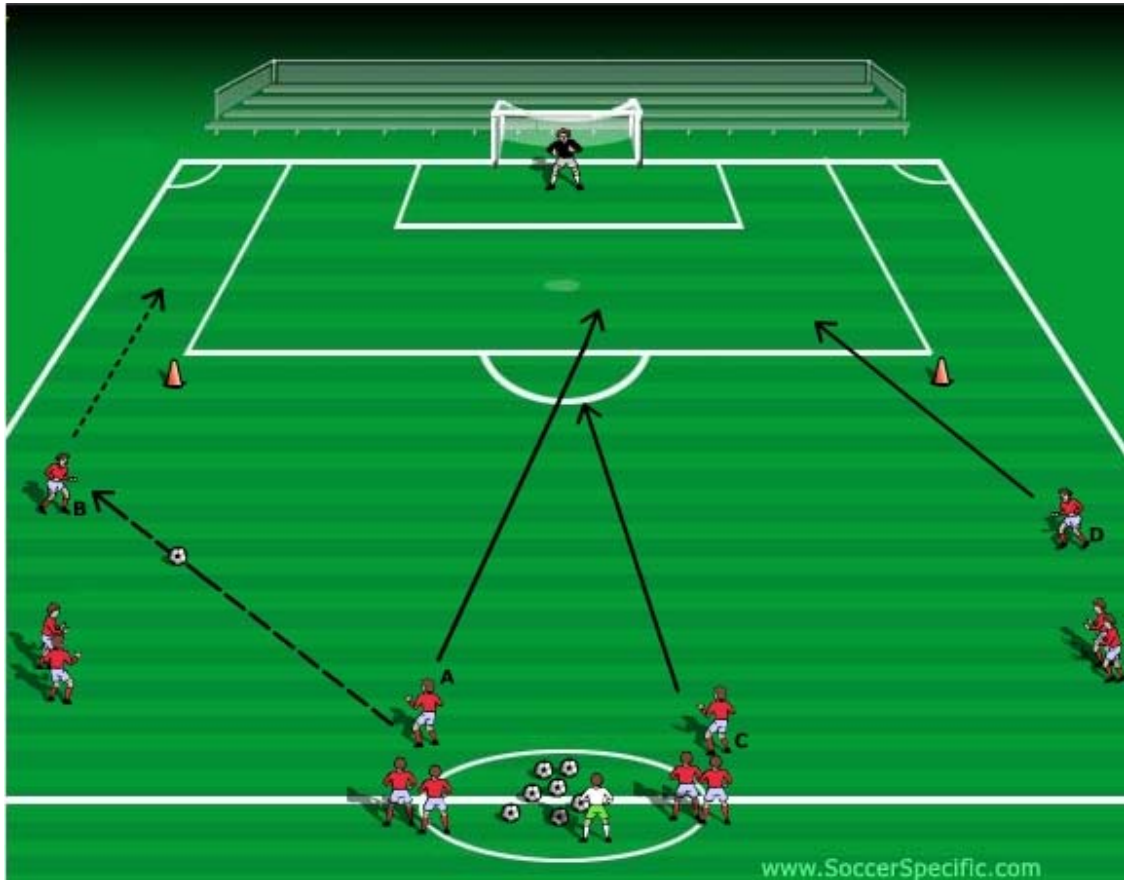


Diagram (b)

Coaching Points:

- Sharp accurate passing in build-up play.
- Movement to receive ball must be realistic – game speed.
- Wide midfield players are encouraged deliver balls with pace into the box.
- Finishing must be of high quality.

Progression #1:

Same setup as above but 2 cones have been added slightly outside the corners of the 18-yard box as shown below in Diagram (c).

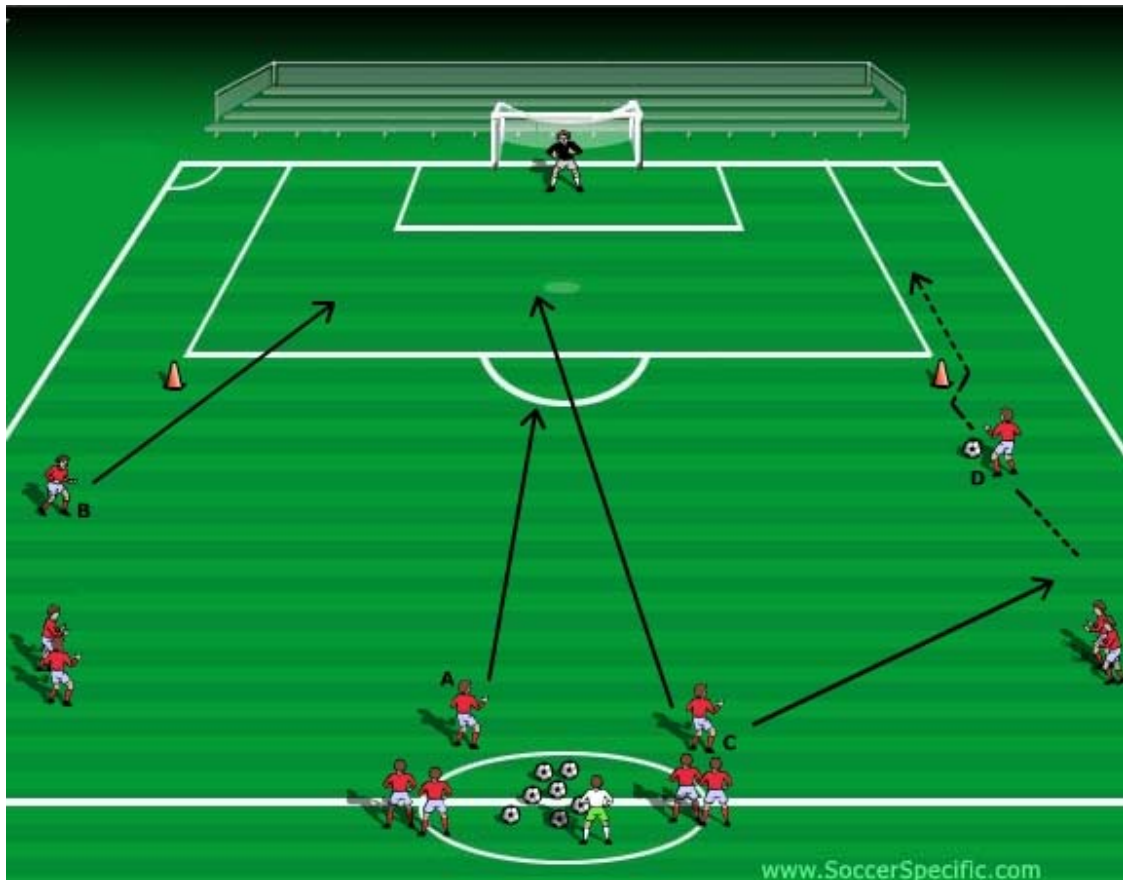


Diagram (c)

Explanation:

The pattern begins with a pass from the coach to either central midfielder (A,C). The central midfielder player must receive the ball in a half-turn and quickly pass to the wide midfielder player. The wide midfielder player must “drive” inside at the cone (imaginary opponent) before cutting back down the line to deliver a cross into the box. The central midfielder players and opposite side wide midfielder player must attempt to get in the box for the cross.

Coaching Points:

- Wide midfielder must be encouraged to be “positive” – drive at the cone with pace!
- Sharp accurate passing in build-up play.
- Movement to receive ball must be realistic – game speed.

Progression #2:

Same setup as above with the addition of 2 centre forwards (B,F) and 2 central defenders as shown in Diagram (d) below.

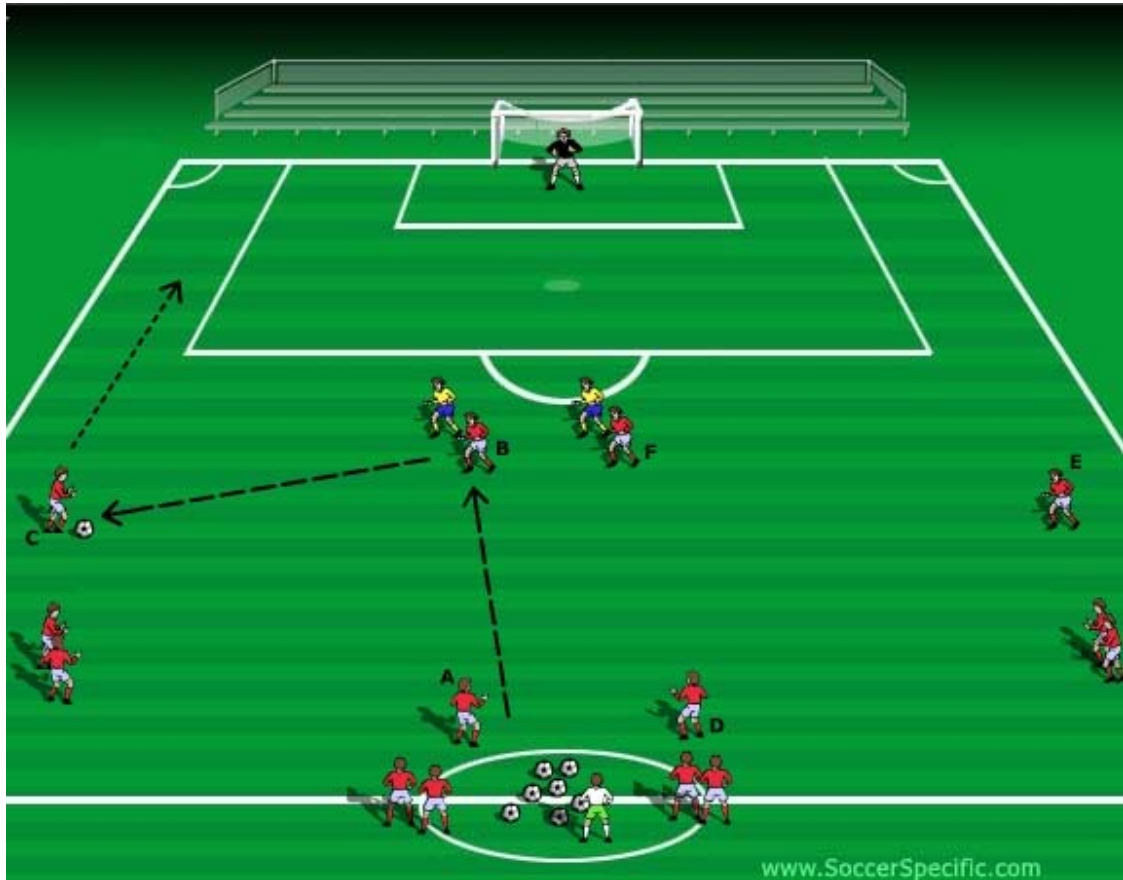


Diagram (d)

Explanation:

Key concept - The ball must be played to either centre forward prior to going wide. Play begins with a pass from the coach to either central midfielder player. The central midfielder player must pass the ball to either centre forward. The centre forward may pass directly to the wide player or lay-the-ball-off for the central midfielder play to pass it wide. Wide players are encouraged to take a limited number of touches before crossing – cross early. Diagram (d) above illustrates the centre forward passing directly to the wide midfielder player. Both centre forwards, opposite side midfielder and 1 central midfielder player must get in the box for the cross. The other central midfielder player can “hold” outside the box.

Diagram (e) below illustrates the movement and the runs into the box for the cross. Central midfielder player (A) can be seen "holding" outside the box.

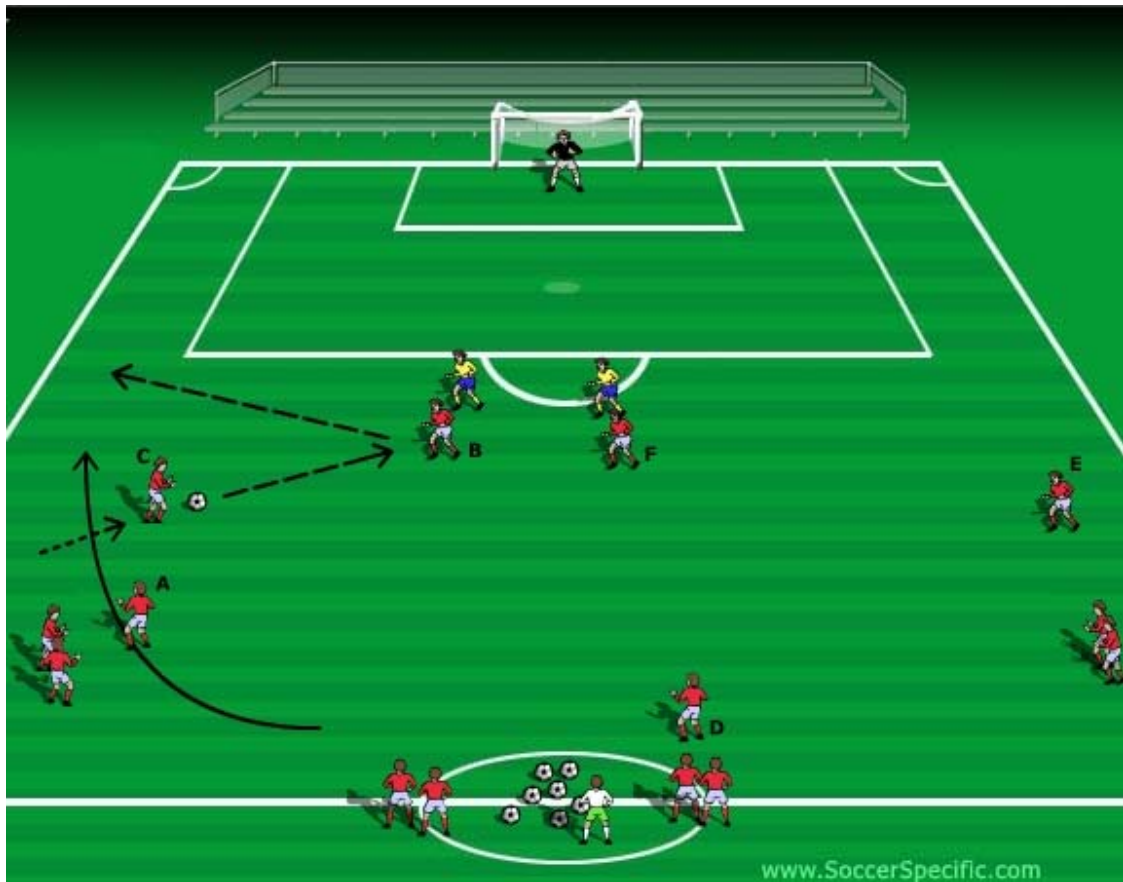


Diagram (f)

Explanation:

Play begins again with a pass from the coach. The central midfielder must pass to either wide player. The wide player must “drive” inside to create a lane for the central midfielder player to overlap. The ball is played to the nearest centre forward who plays it out wide for the overlapping central midfielder player. The central midfielder player now delivers the cross into the box as shown in the above Diagram.

Coaching Points:

- Timing and angle of run inside by wide player must be coordinated with central player.
- Centre forwards must make realistic game-like runs to receive ball.
- Sharp accurate passing on all build-up play.
- Quality crossing/finishing.

Progression #4:

Same setup with the addition of 2 full-backs as shown below in Diagram (g).

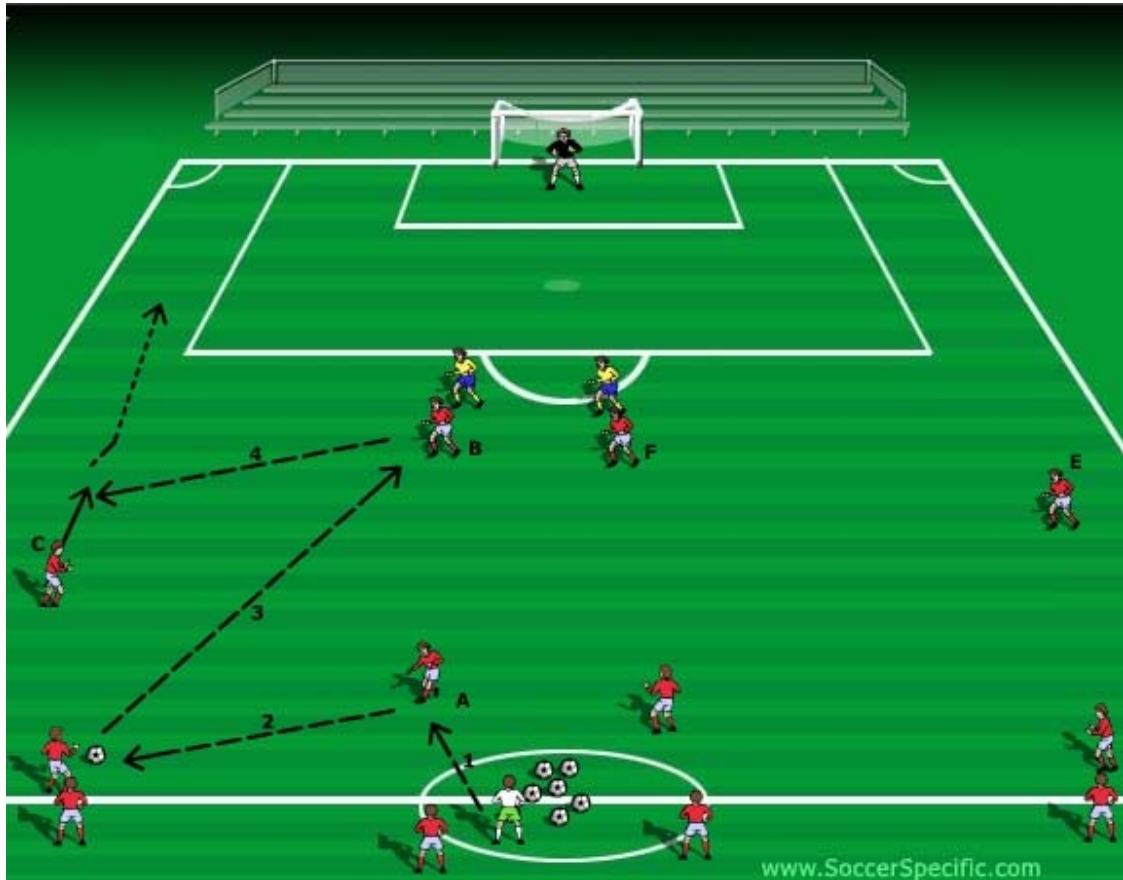


Diagram (g)

Explanation:

The coach begins the pattern with a pass to either fullback. *NOTE* – the coach did not play the ball directly to the full-back. The ball was played behind him forcing him to go back and turn before playing forward. This was to create a game-like situation. The fullback now has the freedom to pass to either the central midfield players, wide player or centre forwards. Once the ball is played to any of the targets the previous patterns are encouraged.

NOTE – At this phase of the session players were told to “play what they see” and don’t force things. The setup of the activity caused the previous patterns to repeat.

Final Activity:

Goals are placed on the 18-yard lines as shown in Diagram (h) below. *NOTE* – for illustration purposes only half the playing area is shown. A 6v6 with 2 channel players (8v8 game) is organised as shown below.



Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Players are encouraged to “get the ball wide” for crossing opportunities. Wide players are encouraged to cross “early” by using a 2-touch restriction. 2 goals are awarded for scoring from a cross. Play is continuous.

Coaching points:

- All previous points and patterns are encouraged.
- Sharp passing in central area to create opportunities to play wide.
- Early delivery into box.
- Quality of finishing must be high.

