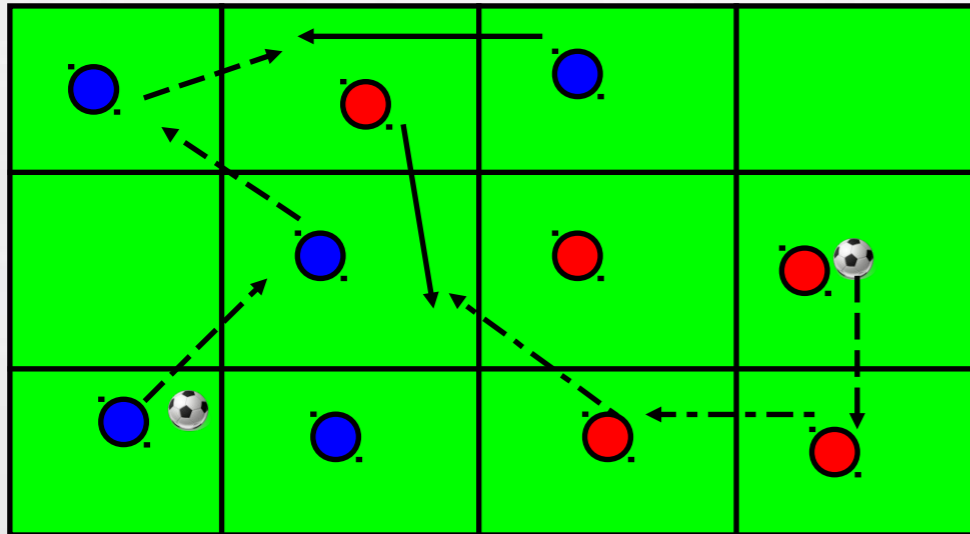
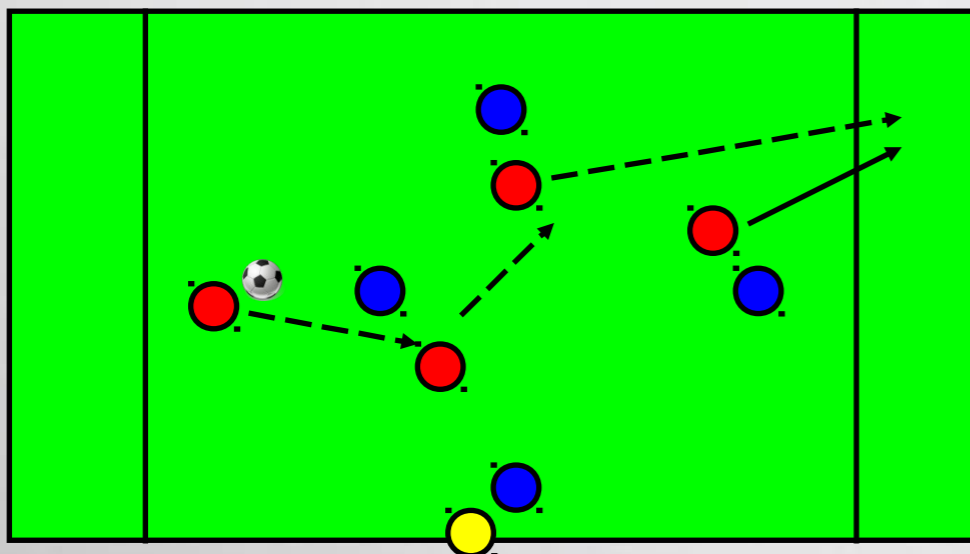


# Short Passing



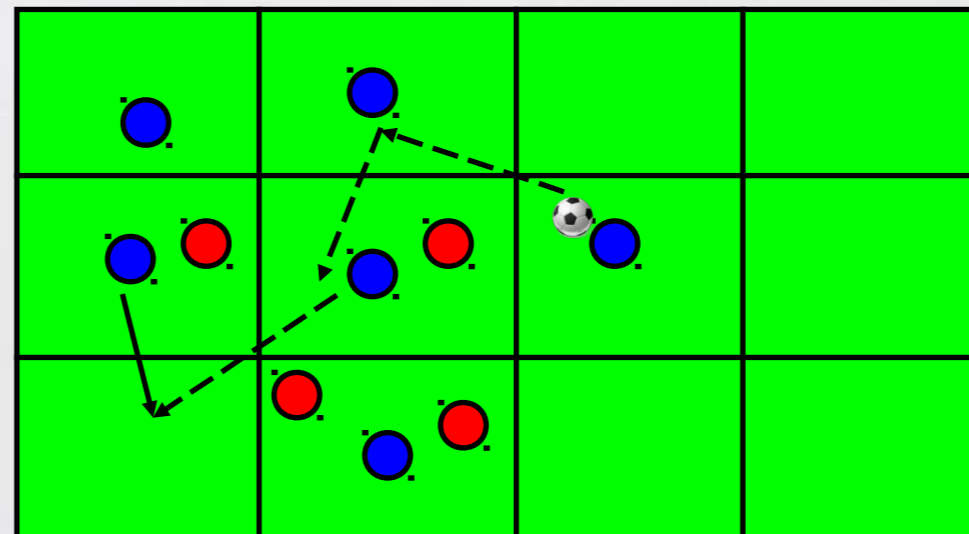
## Skill Practice

1. 6 vs. 4 (or 7 vs. 3)
2. Blues seek to keep the ball from the reds, whom if gaining possession keep themselves
3. For blues, a split pass (played between 2 reds) scores. Blues score every complete pass made.



## Technique Practice

1. 2 teams of 5
2. 1 x ball per team . Maintain possession trying to pass to team-mates in boxes adjacent to yours
3. Encourage use of give and go's and 1-touch play



## Small Sided Game

1. 2 teams of 4 + 2 support players on the side
2. Play into end zone for team-mate to run onto to score - offside can apply in end zone
3. Use yellows to support keeping possession and setting up attacks



**The FA Group**



# Short Passing

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space



**The FA Group**



## Coaching Considerations

### Passing – Selection

- Retain or risk possession?
  - Feet or space
  - Beyond all defenders
- Beyond most defenders
- Beyond some defenders
  - Play square
  - Play backwards

## Coaching Considerations

### Passing – Execution

- Approach
- Standing foot/weight
  - Striking foot
  - Ball contact
  - Follow through
- One touch or more?
- Time: eliminate defender(s)
  - Weight: easily received
  - Accuracy/disguise

# Defending Outnumbered



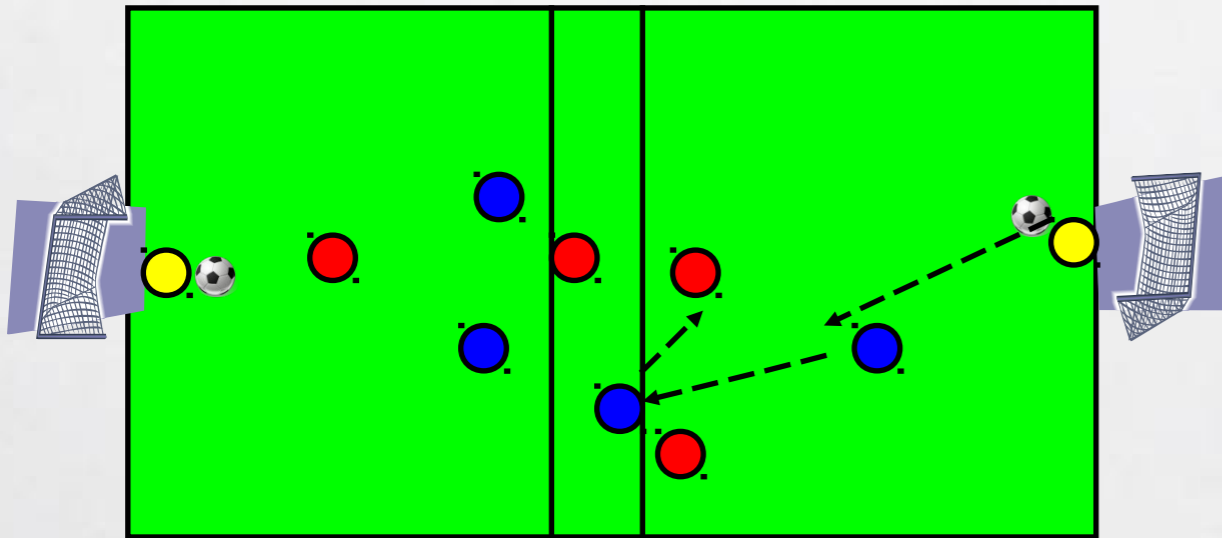
**The FA Group**

## Technique Practice

1.2 teams of 4 + 2 GK's

2. GK serves to defenders who play into target player.. They play to attackers, unopposed, who seek to get ball into GK's hands

3. Re-start as in 1.

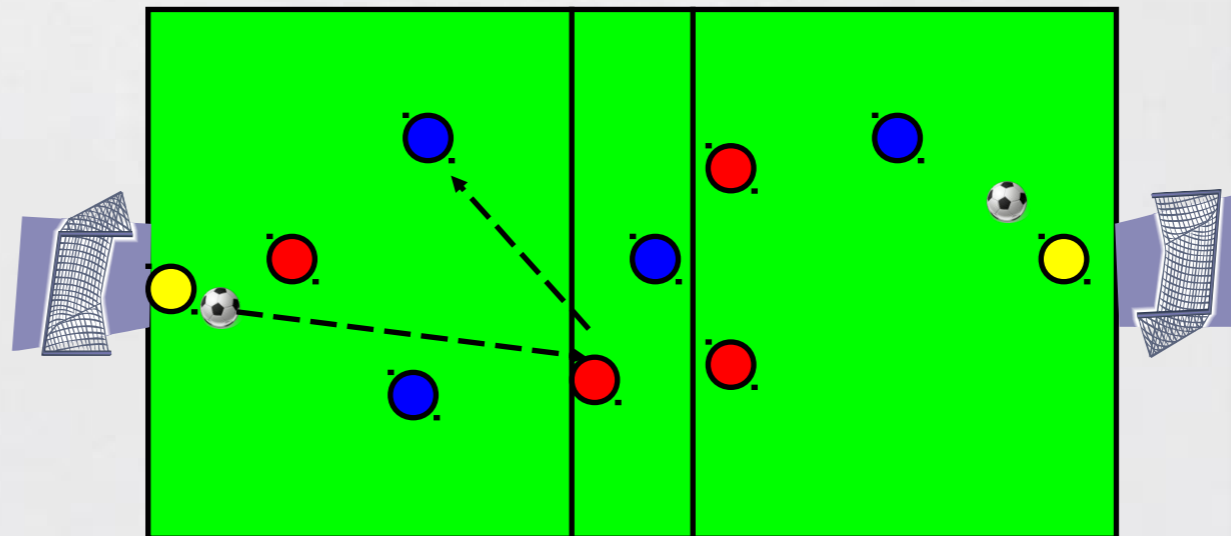


## Skill Practice

1. As in Technique practice, except attacking team seek to score in goal and defender / goalkeeper try not to concede.

2. If defender / goalkeeper re-gain play into target player in middle area

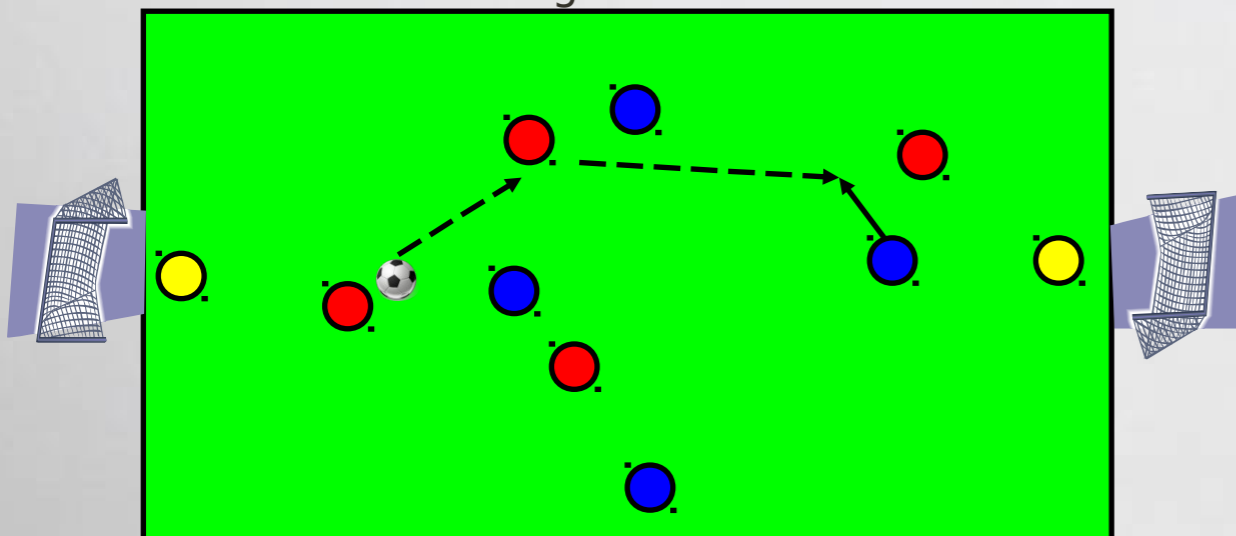
3. Target player after playing into attackers recovers into practice to act as a recovering defender



## Small Sided Game

1.2 teams of 4 + GK's

2. Look at opportunities for attacking from re-gains to support team to practice defending outnumbered



# Defending Outnumbered

## Coaching Considerations

### Defending When Disorganised

#### Deny

- Body stance, weight, prepared to act
  - Win ball from poor touch/pass
- Do not track poor forward runs e.g. offside
  - Step up/in and eliminate overload
- GK to protect goal and space behind last def

#### Delay

- Body stance, weight neutral
  - Drop and narrow
- Remain between ball and goal
  - Threaten ball if/when possible
- Wait for recovery runs to eliminate overloads
- GK to protect goal and space behind last def

#### Deflect

- Not able to prevent quick forward play
  - Prioritise risks
- Allow play to wide rather than central areas
- Do not leave opponents unmarked centrally
  - Be patient – opposition must bring ball central to score
- Press ball when shooting becomes an option
- GK to protect goal and space behind last def

#### Defend

- Last resort – a defender must commit
  - Distance from goal?
    - Who presses?
    - Line of pressure
- Adjustment of other defenders based on prioritising risk
- GK prepared for shot stopping and protecting the reduced space behind defenders

## Simple Defending Principles

Deny....  
Restrict.....  
Predict.....

Space

## Coaching Considerations

### Recovery Runs

- How deep?
- What line?
- Apply Pressure
- Supply Cover
- Destroy Support
- Available to Counter



The FA Group



# Creating Space

## Technique Practice

1. 2 teams of 5 – one inside area, other on perimeter – 4 balls
2. Receive ball from outside and play to an available player on the perimeter – go and receive a different ball
3. Swap roles

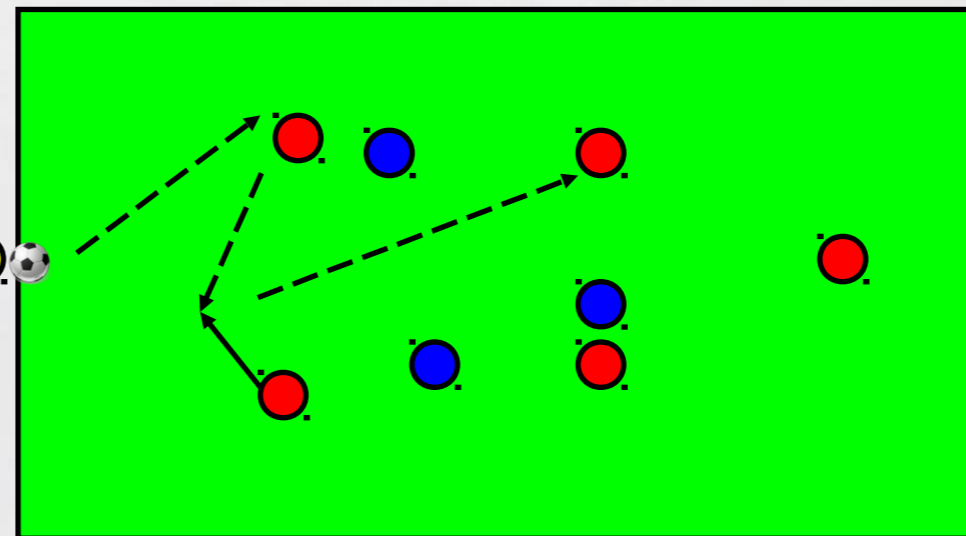


**The FA Group**



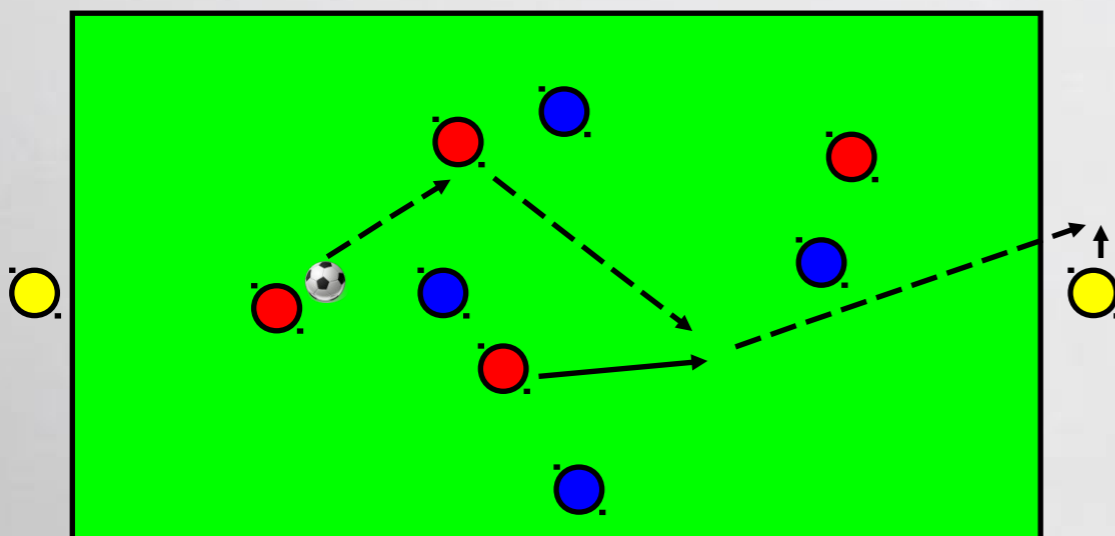
## Skill Practice

1. 5 vs. 3 + 2 servers
2. Red's seek to work it end to end (ball to one end and back is 1 goal)
3. Blues to spoil and break up play to score



## Small Sided Game

1. 2 teams of 4 + 2 targets
2. Directional – play to targets to score – they return to opposition who play other way



# Creating Space

## Coaching Considerations

### **Create Space as a unit without the ball**

- Spreading long and wide
- Create space between defenders: ind/units
  - Destroy cover/support
- Create opportunities beyond/around and between opponents
  - Gives time/space to receive

### **Create Space as an individual without the ball**

- Movement off the ball
- Movement to lose tight markers
  - 'Blind side' Movements
- Move against the flow of the play
  - Stand still

### **Create Space as an individual with the ball**

- First touch
- Tricks & Feints
  - Turns
  - Dribbling
- Running with the Ball
  - Disguised passes

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

Space

- Constantly adjust support
  - Rotation
- Interchange of position
- Play away from pressure
  - Stand still



**The FA Group**



# Defending When Organised



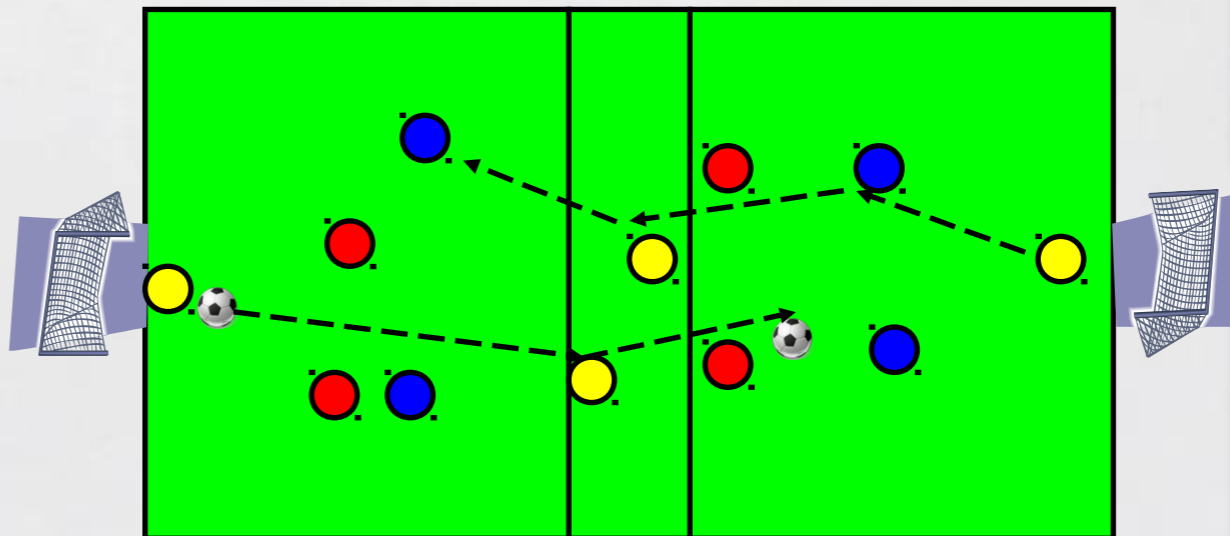
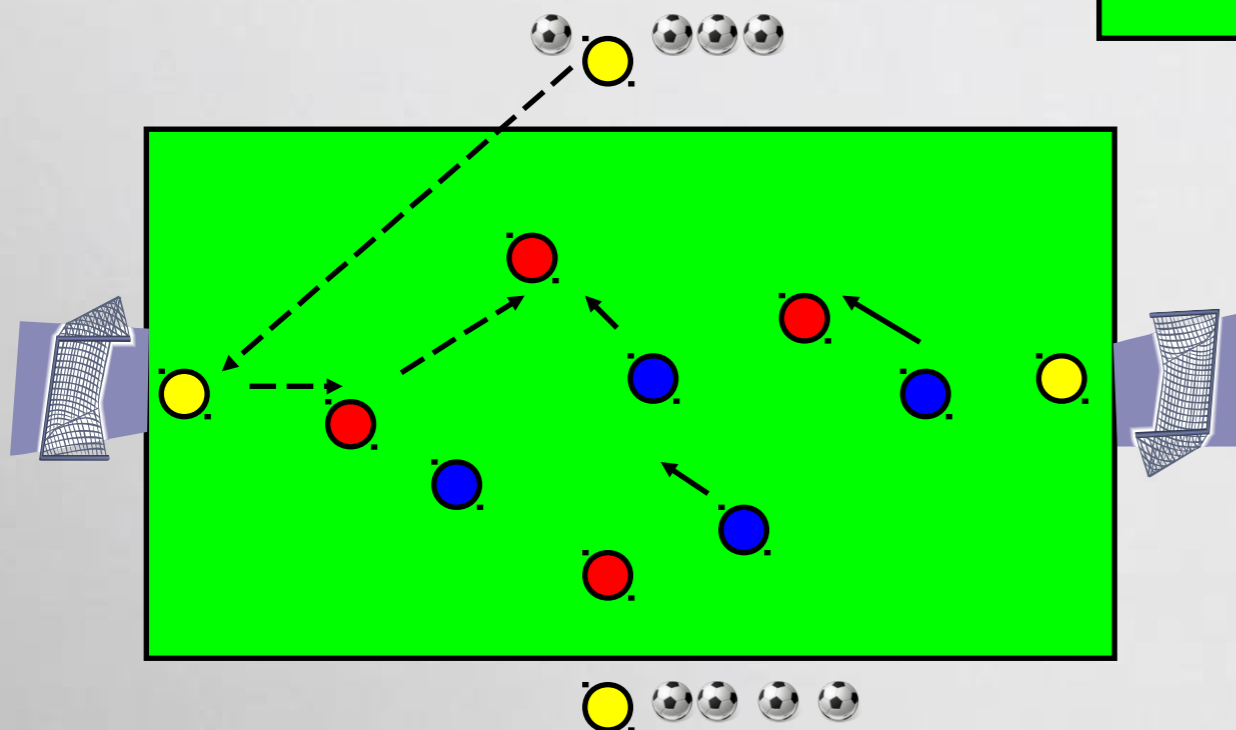
**The FA Group**

## Technique Practice

1. 2 teams of 4 + 2 GK's + 2 servers
2. GK serves to defenders who play into target player.. They play into attackers on other pitch who, unopposed, seek to get ball into GK's hands
3. Re-start as in 1.

## Skill Practice

1. As in Technique practice, except attacking team seek to score in goal and defender / goalkeeper try not to concede.
2. If defender / goalkeeper re-gain play into target player in middle area.



## Small Sided Game

1. 2 teams of 4 + GK's + 2 servers
2. Server starts game and plays into GK who commences game – servers not to be used in play



# Defending When Organised

## Coaching Considerations Defending When Organised

### 1. Deny Space

#### Team/Unit

- Pressure first touch
  - Reduce options
- Encourage mistakes
  - Stay compact
  - Squeeze as a unit
- Deny space behind
- Remain between ball/goal
  - Outnumbered
- Pressure not possible

#### Individual

- Start position in relation to: area of field, ball, goal, team mates, opponents and pressure on the ball
- Decision: Can they intercept, spoil or delay?
  - What factors will affect their actions?

#### First Defender

- Start position
  - Shut down
  - Sit down
  - Slow down
  - Stay down
  - Show down

### Deny Space (continued)

#### Around The Ball

Support/Cover  
Start position  
Angles  
Distances  
Communication  
Job and a half

#### Away from the Ball

- Balance the team
  - Start positions
  - Mark players?
  - Cover space?

### 2. Restrict Space

- Eliminate best options for opponents
  - Encourage mistakes by opponents
    - Execution of opponents hurried
    - Exclude individual opponents
- Ensure one or two touch maximum by opponents

### 3. Predict Space

#### How:

- Team shape/policy
- Set up/start positions
- Angle distance of pressure

#### Why:

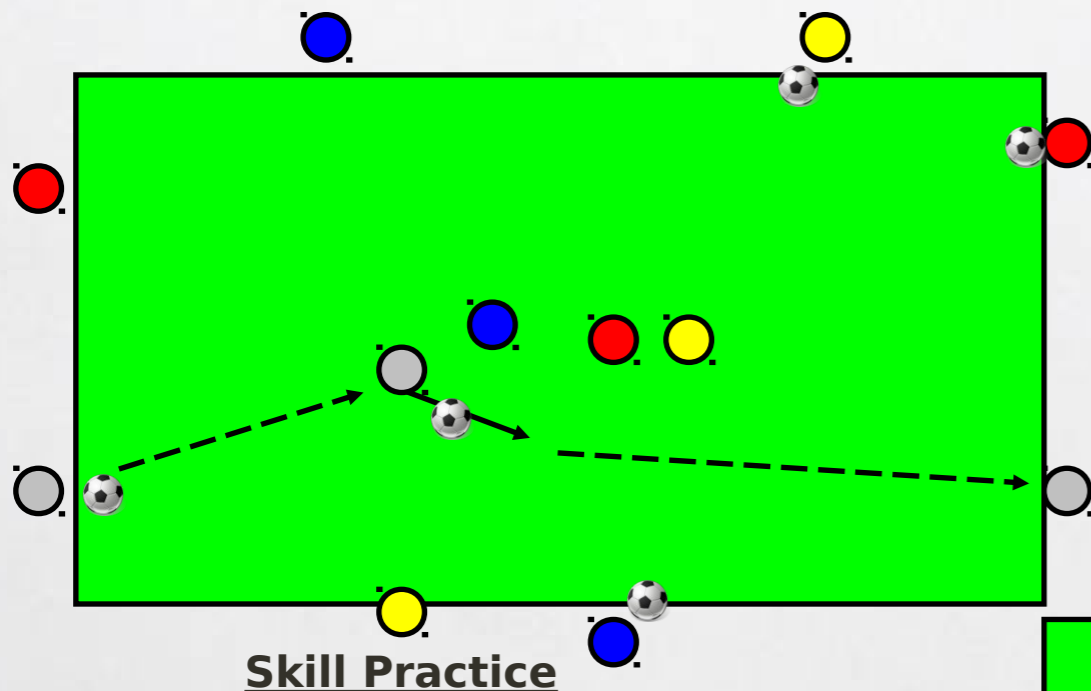
- Force direction of play
- Numerical advantage in certain area of field
  - Defenders can be pro-active
  - Angle/distance of pressure



The FA Group

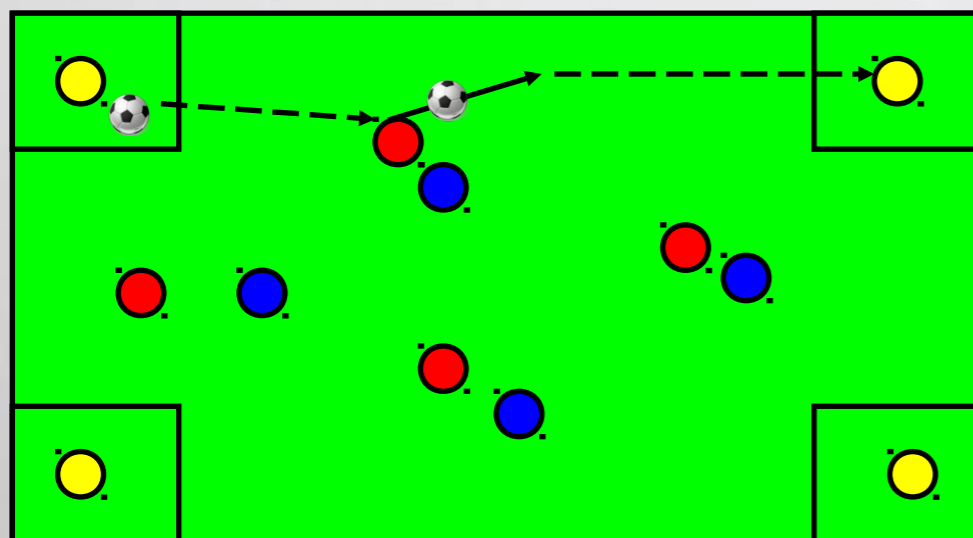


# Turning



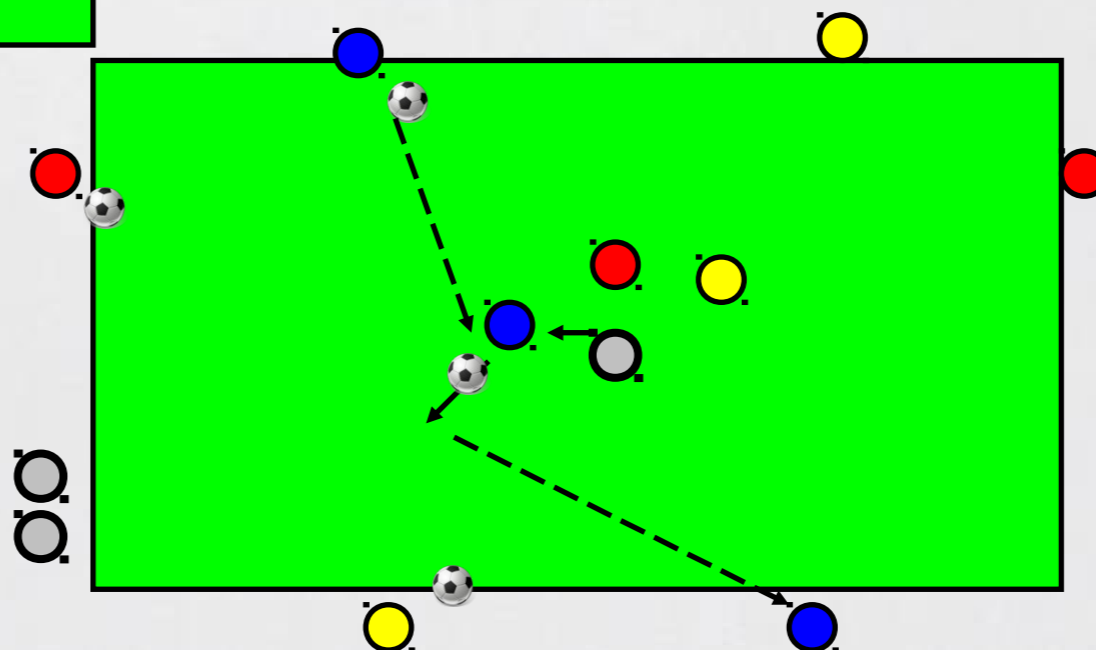
## Skill Practice

1. As technique practice but grey team defend. One defender active, the other two are target for active player if he wins possession (swap places)
2. Turning player s score every time they play across to third player and back
3. Rotate defending team



## Technique Practice

1. 4 groups of 3 – 1 ball per group
2. Receive ball from outside, turn and play to third player – repeat five times and then change central player
3. Third player in sequence can be on the move



## Small Sided Game

1. 2 teams of 4 + 4 target players in boxes
2. Directional – play to either target to score – target plays ball to opposition who attack



## The FA Group



# Short Passing

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Turning Turn No-Touch

- Use space available and pace/angle of pass to allow ball to run across body

### Turn One-Touch

- Use pace/angle of pass to receive ball on back foot,
- OR use pace/angle of pass and movement of defender to turn around opponent one touch

### Turn Two-Touch Plus

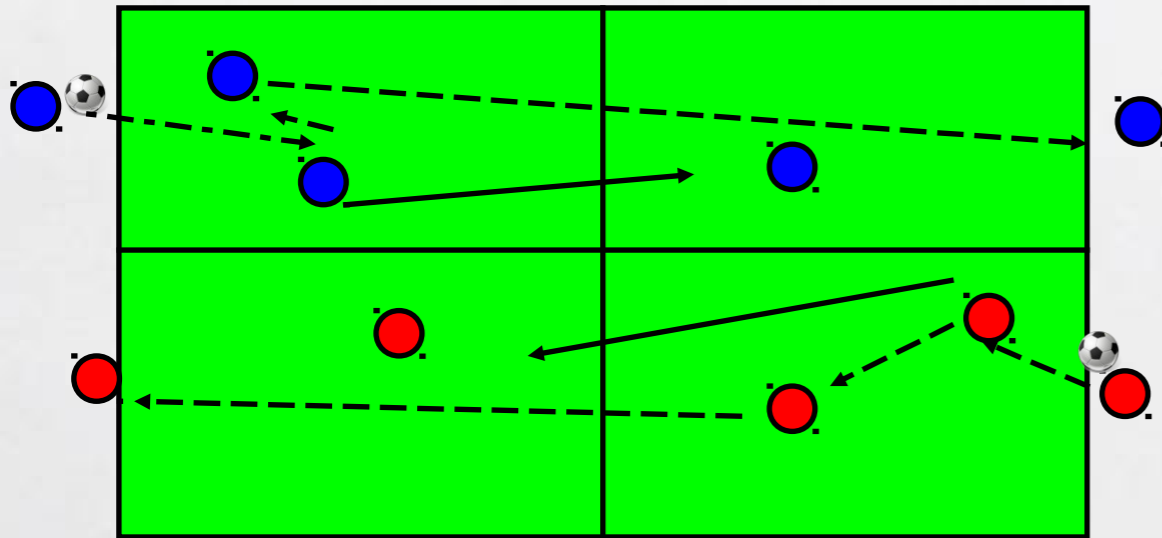
- Little space available so requirement to Manipulate the ball in a confined area
  - Utilise multiple-touch turn to allow opportunity to play forward or to play away from pressure (e.g. Cruyff turn)



**The FA Group**

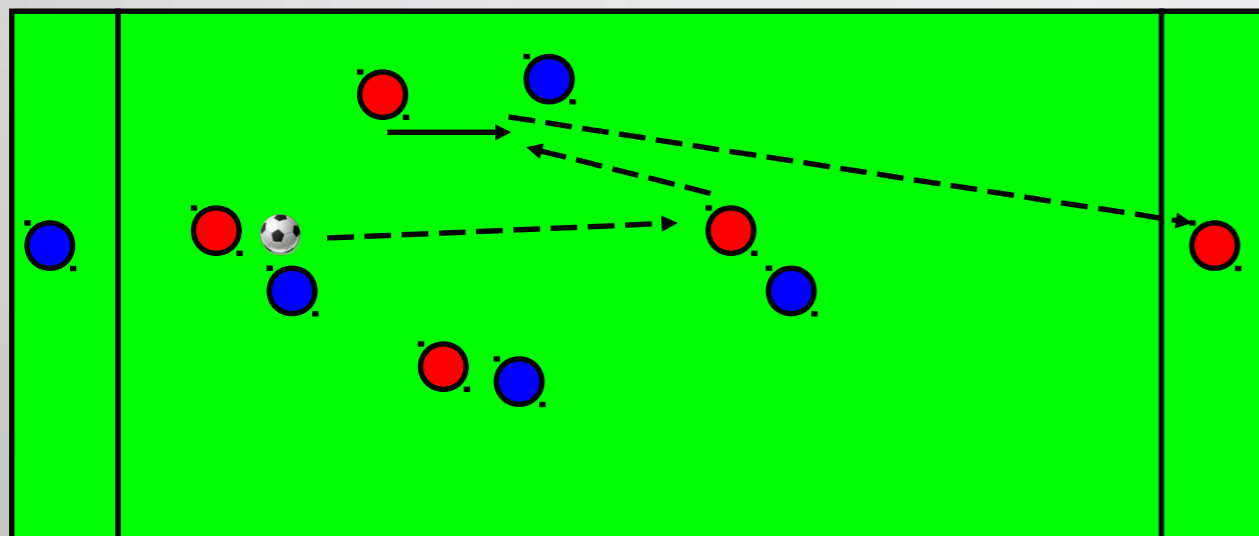


# Long Passing



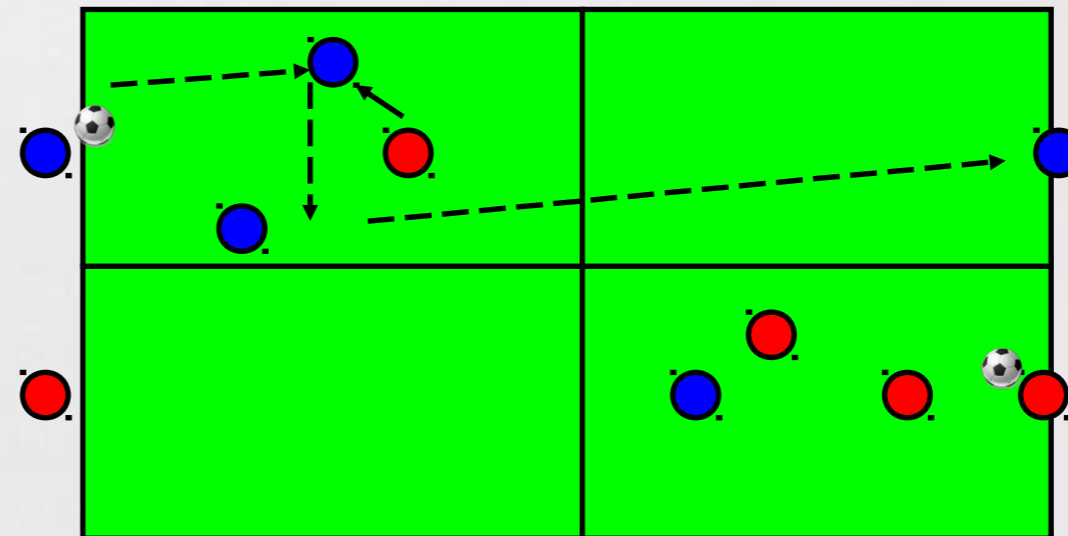
## Skill Practice

1. 2 vs. 1 + 2 servers/targets on each pitch
2. As technique practice but defender seeks to win ball and return to server
3. Attackers work opportunities to play ball into far end target, doing so from the half of the pitch that they received the ball in



## Technique Practice

1. 2 teams of 5 in their own channel
2. 1 x ball per team - server plays into 2 who combine and play longer ball into far target player
3. One of the two moves into other half of the pitch to support player in that half to combine and return the ball to start point.



## Small Sided Game

1. 2 teams of 4 + 2 target players in end zone
2. Play into end zone target to score - try to do so from own half of the pitch
3. Target player plays ball into opposition to re-start game



**The FA Group**



# Long Passing

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space



**The FA Group**



## Coaching Considerations

### Passing – Selection

- Retain or risk possession?
  - Feet or space
  - Beyond all defenders
- Beyond most defenders
- Beyond some defenders
  - Play square
  - Play backwards

## Coaching Considerations

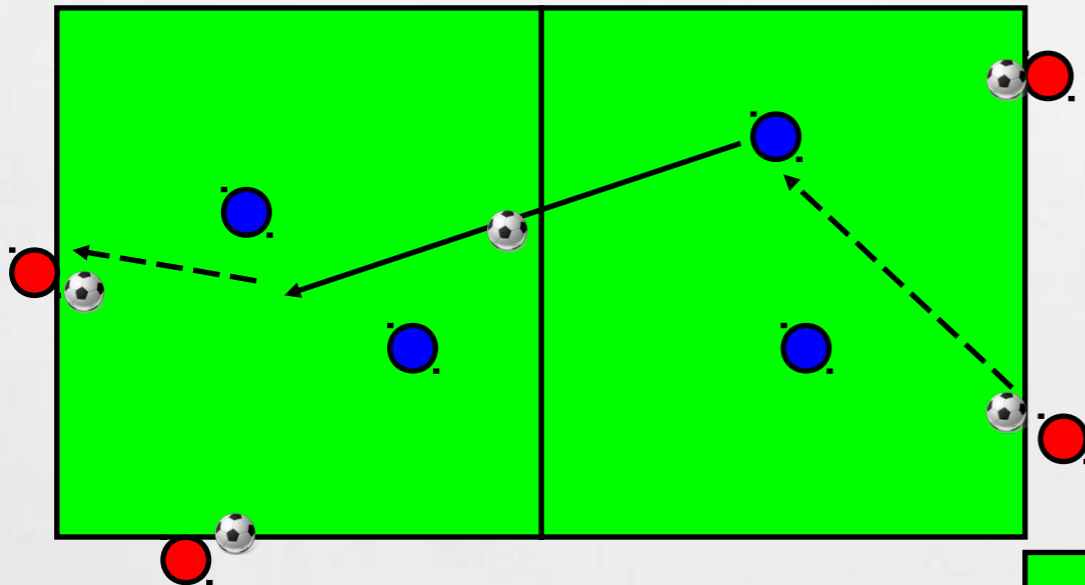
### Passing – Execution

- Approach
- Standing foot/weight
  - Striking foot
  - Ball contact
  - Follow through
- One touch or more?
- Time: eliminate defender(s)
  - Weight: easily received
  - Accuracy/disguise

# Running With The Ball

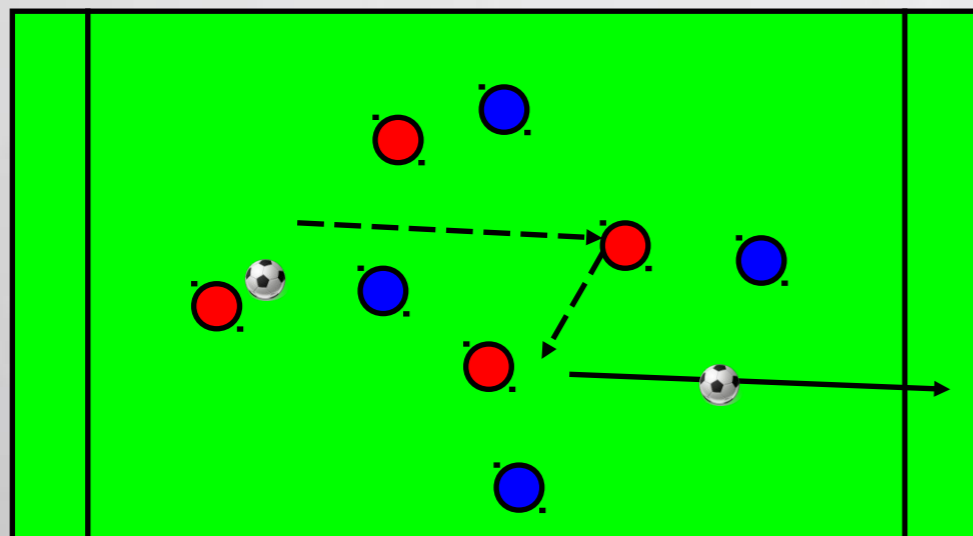
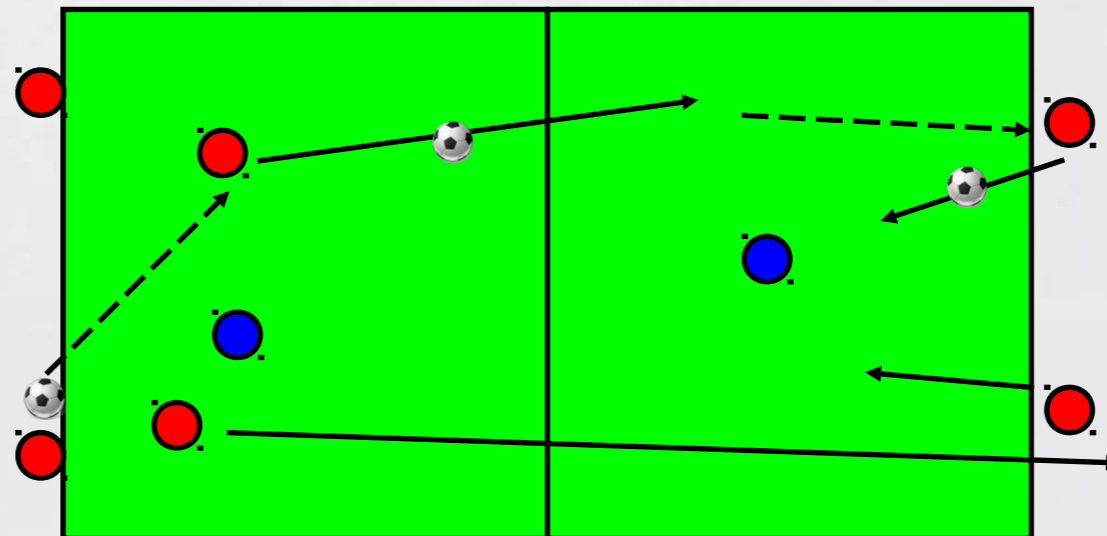
## Technique Practice

1. 2 teams of 4 – one inside area, other on perimeter – 4 balls
2. Receive ball from outside and run with it into other half of the pitch before passing to available player on the outside - receive back and repeat four times.
3. Swap roles with a red.



## Skill Practice

1. Waves practice. Reds serve into two on field players who seek to run ball into other half and play through to reds at far end. Receiving reds enter pitch and play 2 vs. 1 coming back the other way - repeat
2. If def' wins they score by running ball over nearest end line



## Small Sided Game

1. 2 teams of 4.
2. Directional – run ball into end zone and stop it to score. Opposition collect ball and attack back opposite direction.



**The FA Group**



# Running With The Ball

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Running With The Ball

- **Recognise space/opportunity/defenders**
  - **Adjust body to receive**
    - **First touch**
  - **Travel quickly/effectively**
    - **Head up where possible**
      - **Leading foot**
- **Execute outcome: pass, shot, dribble**



**The FA Group**



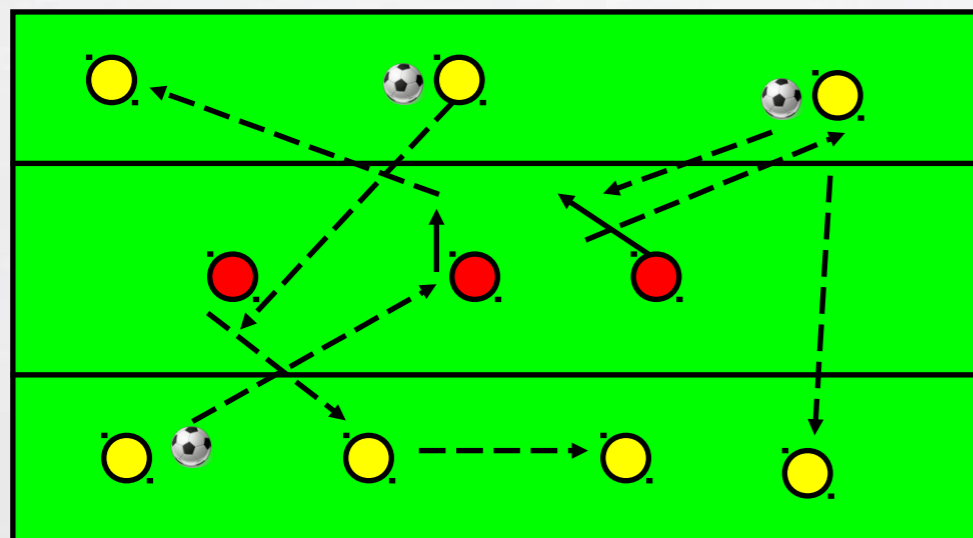
# Switching Play



**The FA Group**

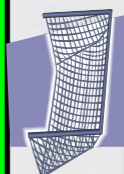
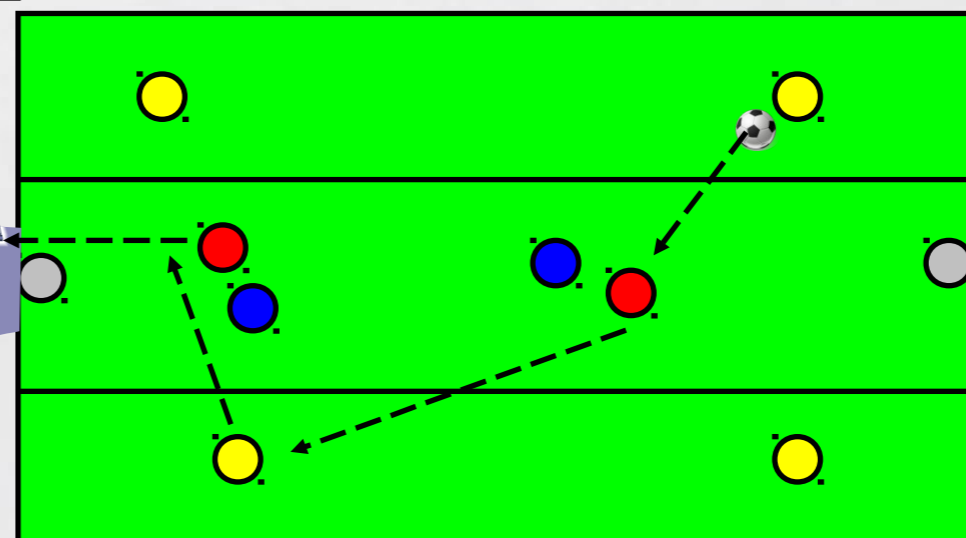
## Technique Practice

1. 8 players. 3 in middle channel and five shared between two wide channels. 3 balls.
2. Red players receive a ball from one side of the pitch and seek to play to a free player on the opposite side of the pitch
3. Rotate 3 reds



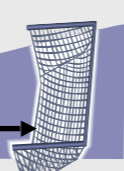
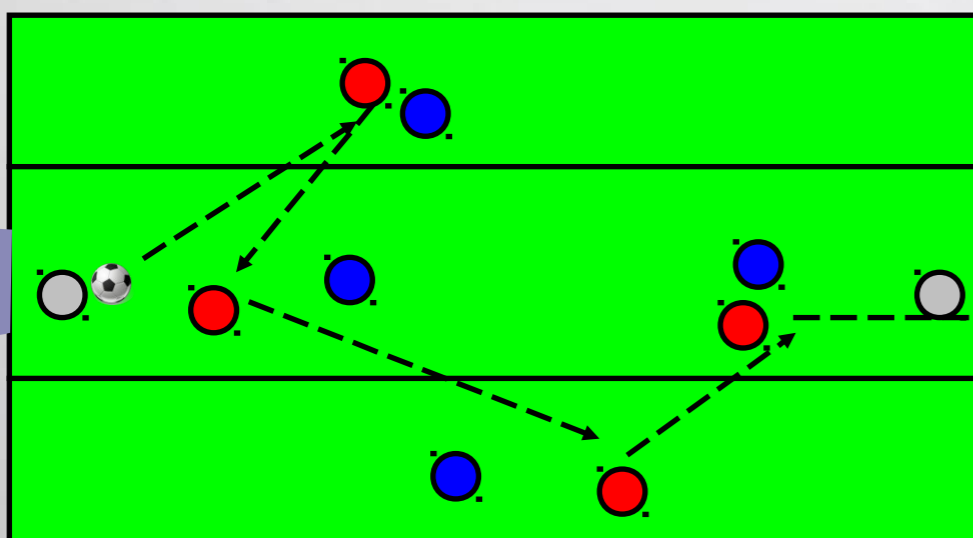
## Skill Practice

1. 2 vs. 2 + GK's + 4 servers
2. Try to score having gone from one side of the pitch to the other. Can use GK to achieve.
3. GK can serve ball into yellow servers



## Small Sided Game

1. 2 teams of 4 + 2 GK's
2. Directional game - maintain markings of thirds



# Switching Play

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Switching Play

#### When

- Route forward blocked

#### Why

- Get to the back of the defence

#### How

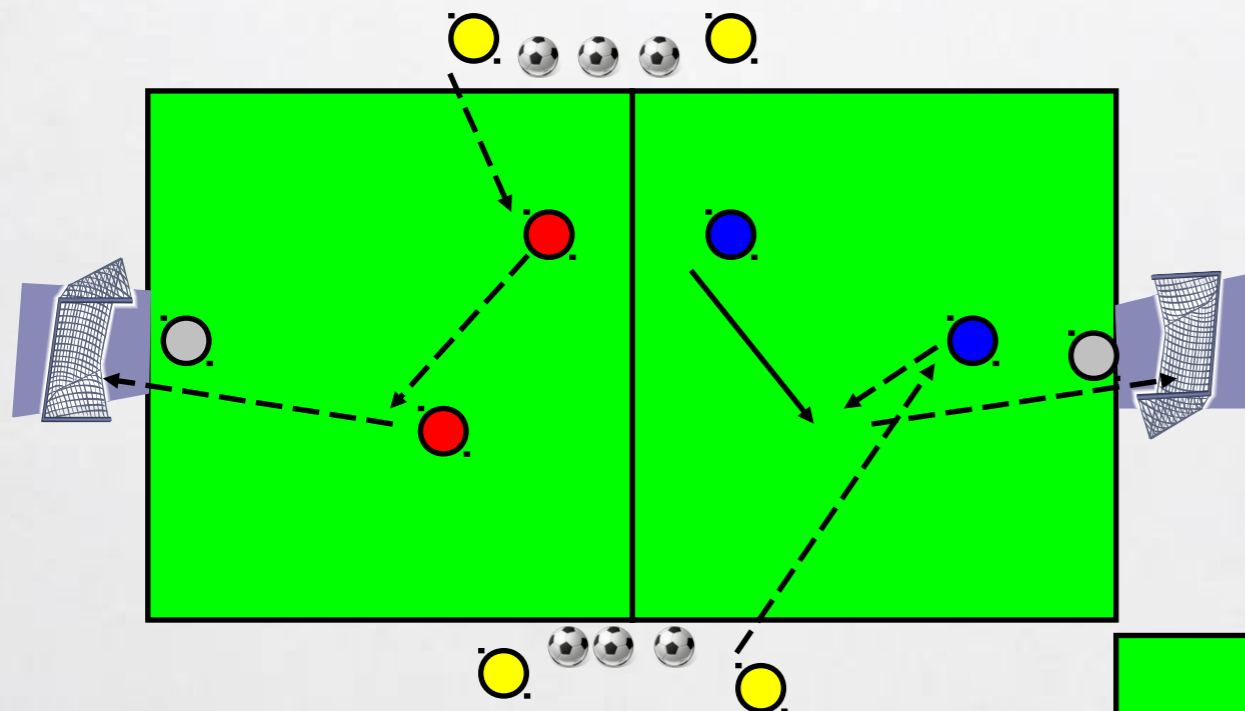
- One pass
  - Up, back, out
  - Dish or play round
- Cross over, turn, reverse pass



**The FA Group**

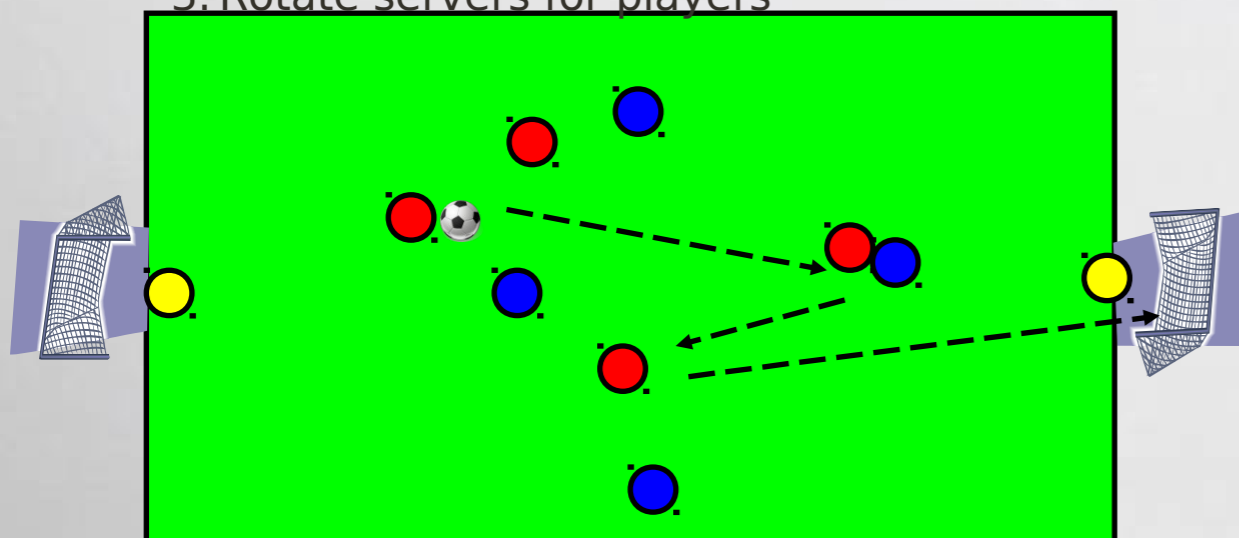


# Finishing



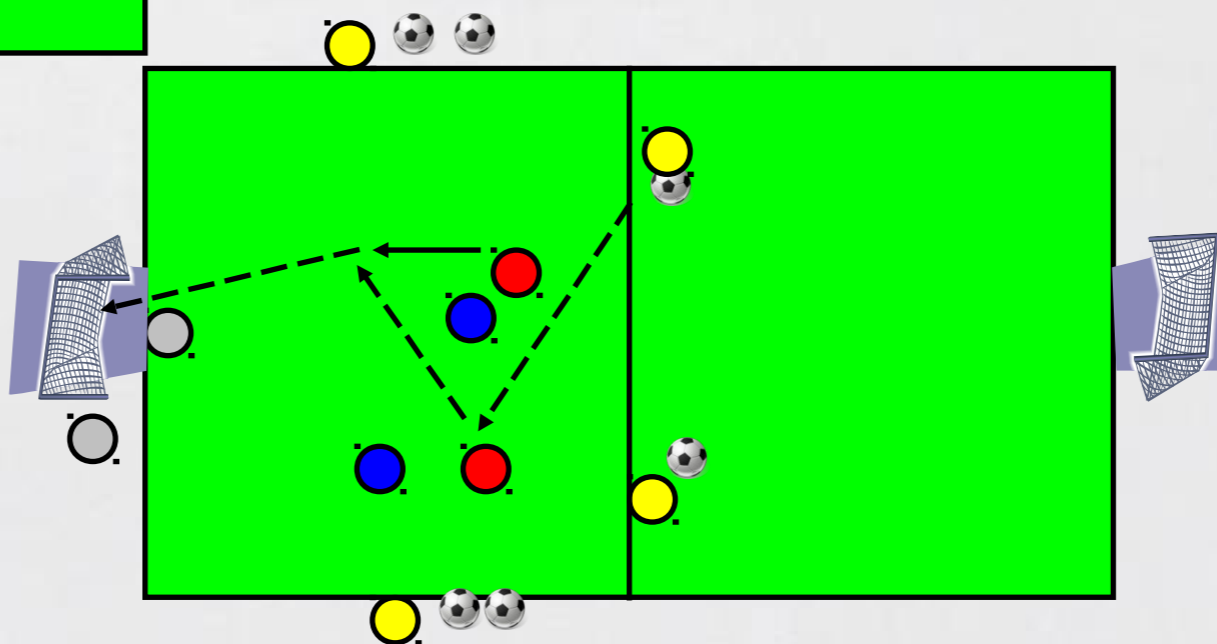
## Skill Practice

1. 2 vs. 2 + 4 servers + GK's
2. Servers play into area and reds attack to score (can use servers to help if required). If blue's win the ball, play back to server and swap roles - if reds score, they get another go
3. Rotate servers for players



## Technique Practice

1. 4 players, 4 servers + 2 GK's.
2. 1 server serves a ball onto each pitch and two attackers create a shot on goal - repeat
3. Rotate - vary service



## Small Sided Game

1. 2 teams of 4. + 2 GK's
2. Directional - score in oppositions goal



**The FA Group**



# Finishing

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Finishing

#### A - Adjustments

- No time to shape body
- Any contact to direct ball on goal

#### B - Basics

- Time to adjust
- Shape body for recognised technique
  - e.g. header, driven

#### C - Clever

- Time to adjust
- Utilise unexpected contact

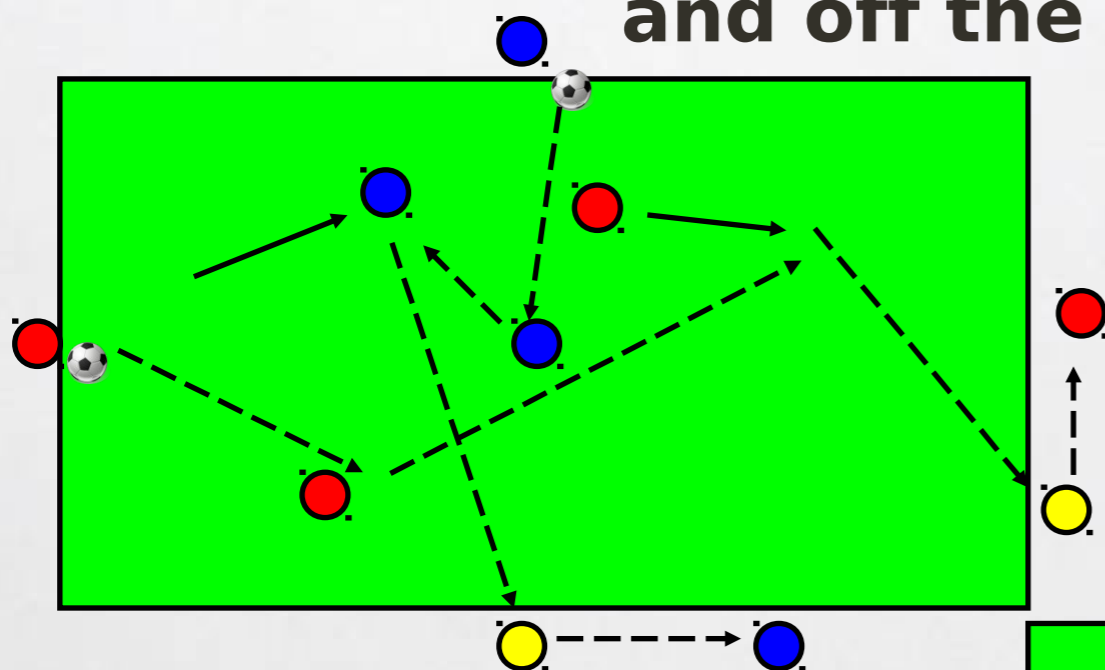
For B & C - assess GK's position, select technique and aim for most vulnerable area of the goal



The FA Group



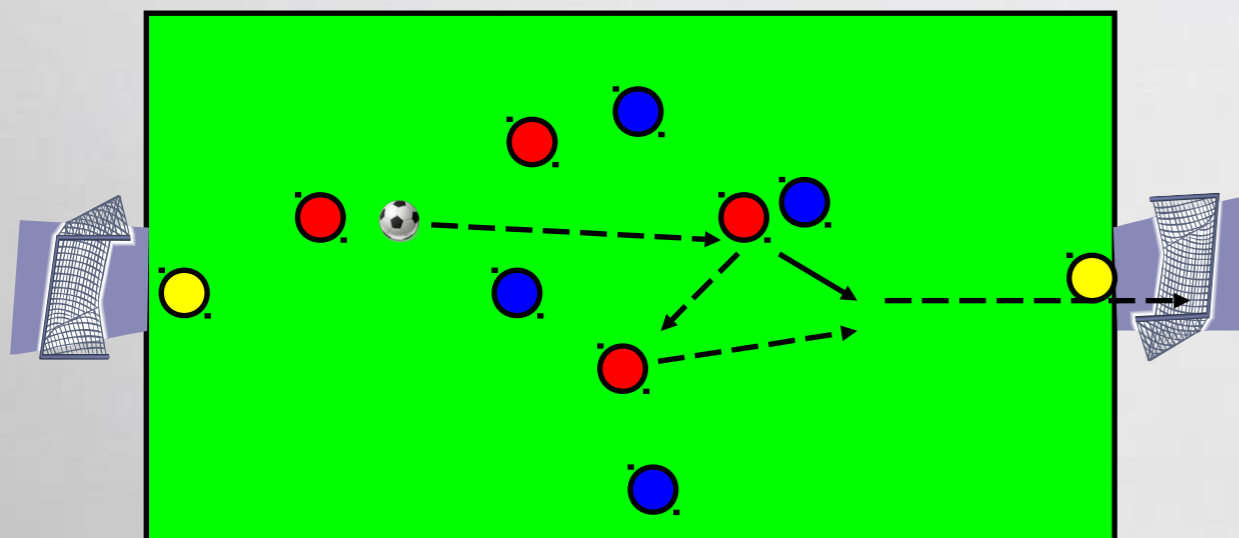
# Support Play (incorporating runs on the ball and off the ball)



## Skill Practice

1. 3 reds vs. 2 blues attacking goal.  
Two serving reds set up and play in.  
Red's seek to set up a shot on goal. If blues regain they play to outlet player and then return to red servers.

2. Rotate positions

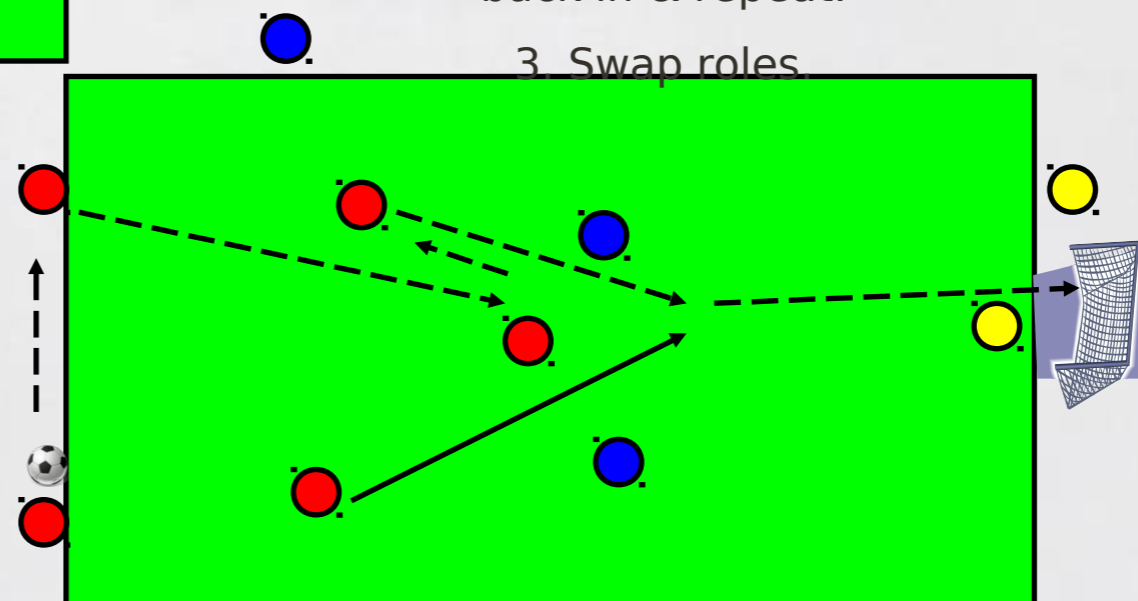


## Technique Practice

1. 2 teams of 4 + 2 GK's. 1 ball per team. 2 players (1 t either end) on the outside and 2 in the middle. GK's on two sides.

2. Ball played into middle two who combine and play out to GK who serves to outside player to play back in & repeat.

3. Swap roles.



## Small Sided Game

1. 2 teams of 4 + GK's

2. Directional - score in oppositions goal



**The FA Group**



# Support Play (incorporating runs on the ball and off the ball)

## Simple Attacking Principles

Create....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

- In advance
  - Behind
  - Angle
- Distance
- Timing
- To do what?
  - a.Receive possession
  - b.Create space for others
  - c.Release pressure on the ball



**The FA Group**



# Defending Heading



**The FA Group**

## Technique Practice

1. 4 players, 6 servers + 2 GK's.  
Servers play a pass from either central to wide or wide to central and ball is then fed into defender aerially for them to defend with their head.

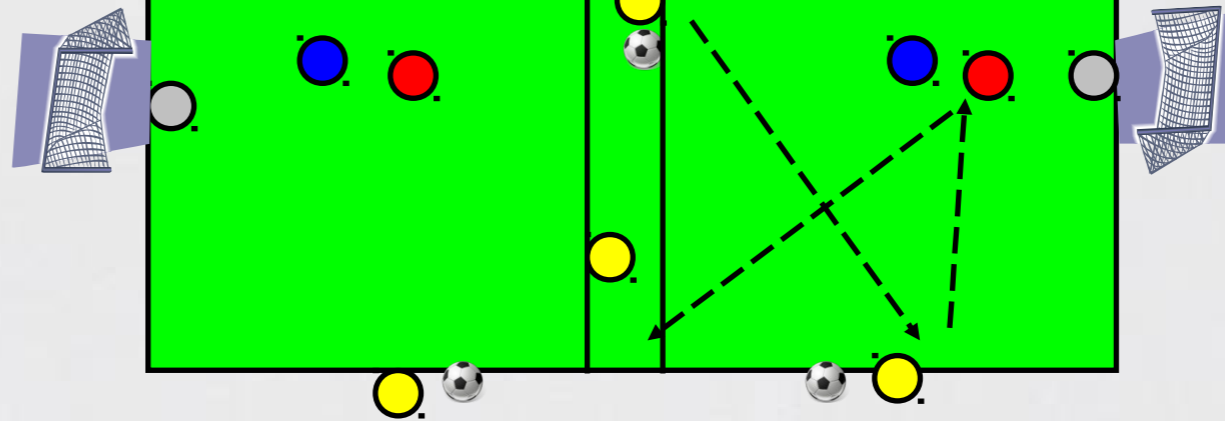
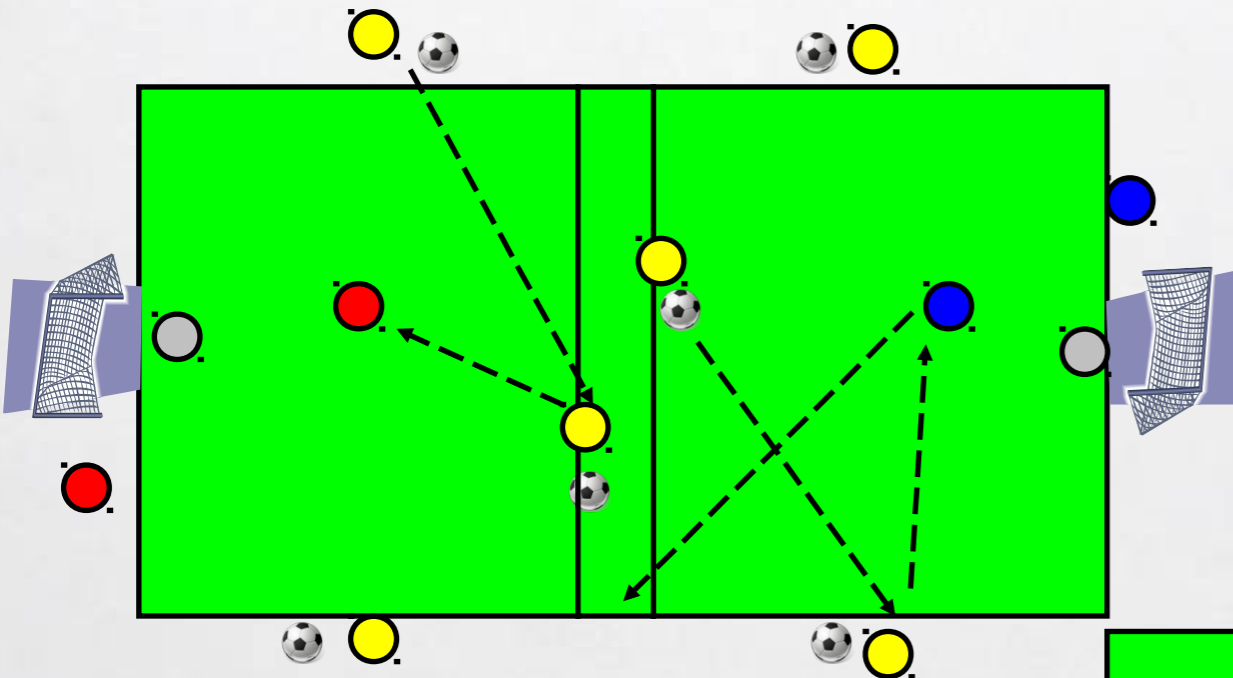
2. After each header swap with partner. Can use thrown serves.

3. Rotate with servers



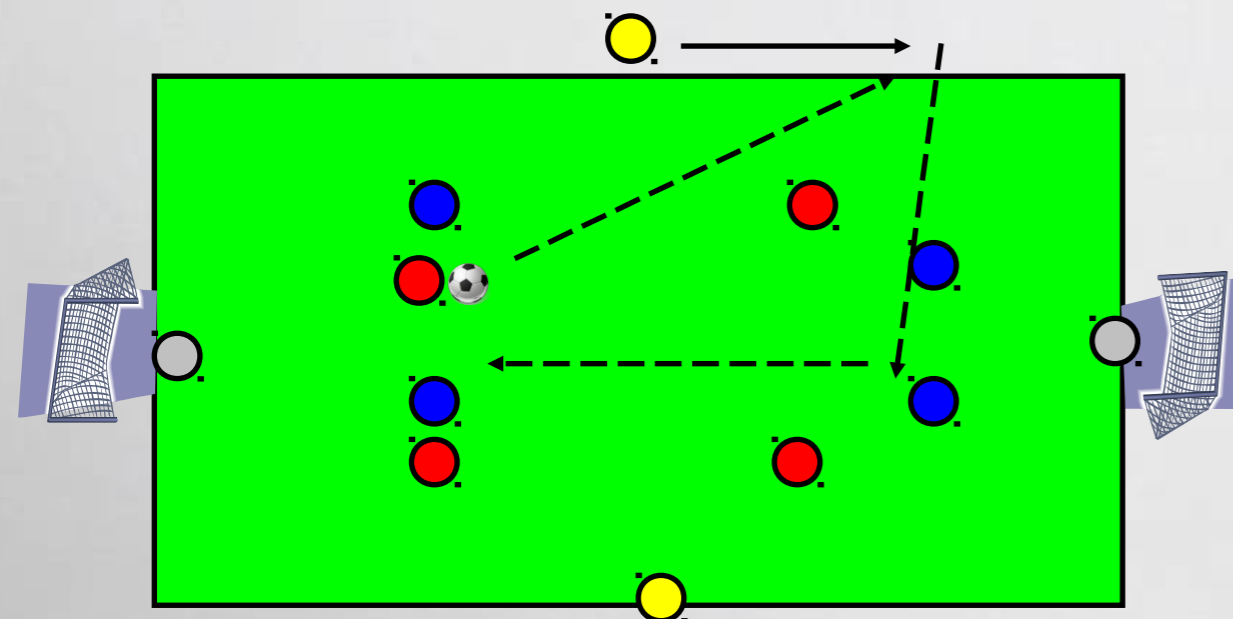
## Skill Practice

1. As technique practice but add an attacking opponent.
2. Rotate servers for players and attackers with defenders
3. Can use thrown serves



## Small Sided Game

1. 2 teams of 4 + 2 servers + 2 GK's
2. Directional - score in oppositions goal. Use servers to provide aerial balls into box from a variety of angles/positions and from both sides of the pitch
3. Can use thrown servers



# Defensive Heading

## Simple Attacking Principles

Deny.....  
Restrict.....  
Predict.....

Space

## Coaching Considerations

### Generic Factors

- Adjust to the flight
- Attack ball at optimum point
  - Head contact
  - Ball contact
- Generate power - how? Neck, back, legs, body weight

### Defending

- Often straight down the line of the ball returning it in same general direction
- Can be 'far posters', using pace on ball to alter flight and clear danger



The FA Group



# Attacking Heading



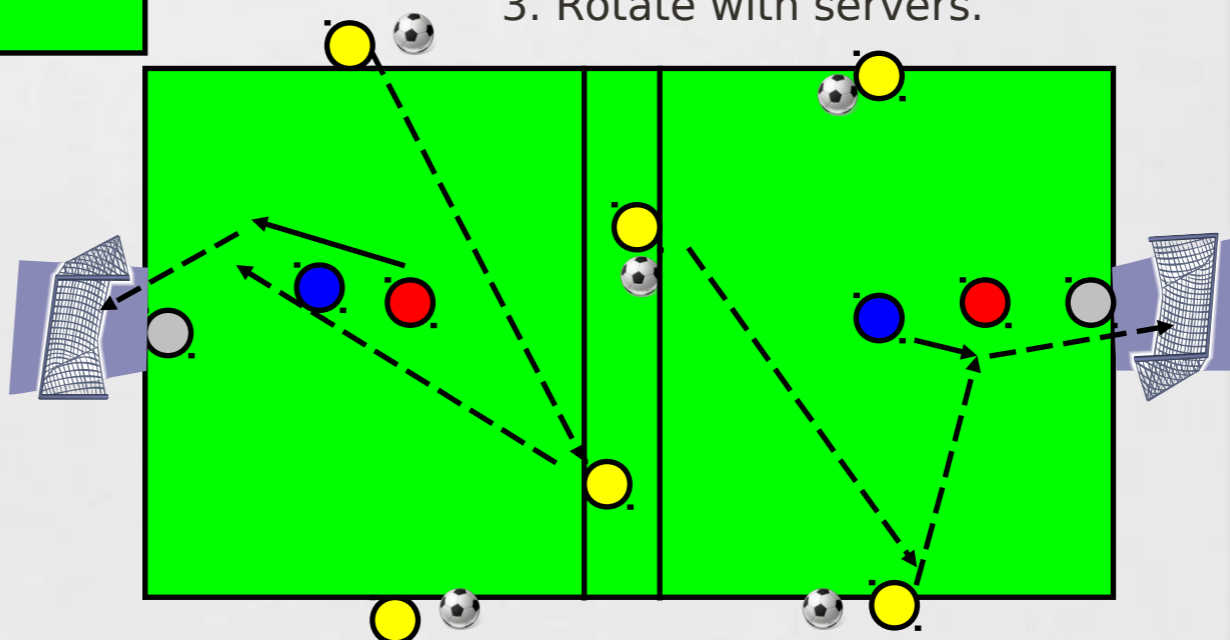
**The FA Group**

## Technique Practice

1. 4 players, 6 servers + 2 GK's. Servers play a pass from either central to wide or wide to central and ball is then fed into attacker to head past GK
2. After each header swap with partner. Can use thrown serves.
3. Rotate with servers.

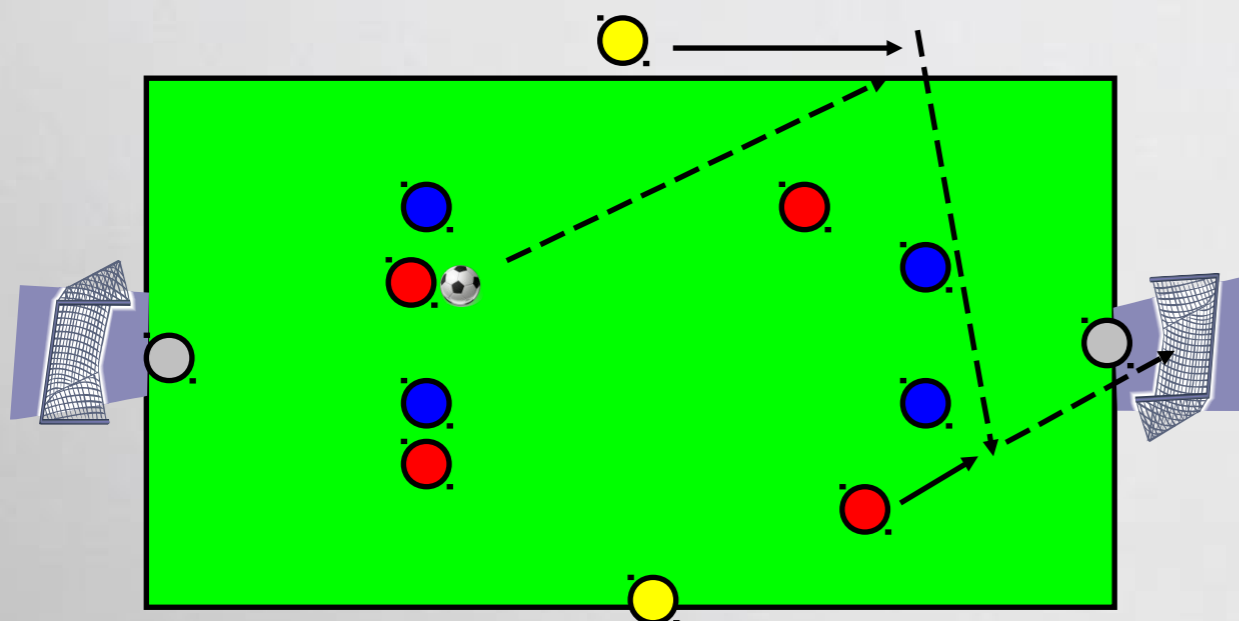
## Skill Practice

1. As technique practice but add a defending opponent.
2. Rotate servers for players and attackers with defenders
3. Can use thrown serves



## Small Sided Game

1. 2 teams of 4 + 2 servers + 2 GK's
2. Directional - score in oppositions goal. Use servers to provide aerial balls into box from a variety of angles/positions and from both sides of the pitch
3. Can use thrown servers



# Attacking Heading

## Simple Attacking Principles

Create.....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Generic Factors

- Adjust to the flight
- Attack ball at optimum point
  - Head contact
  - Ball contact
- Generate power - how? Neck, back, legs, body weight

### Attacking

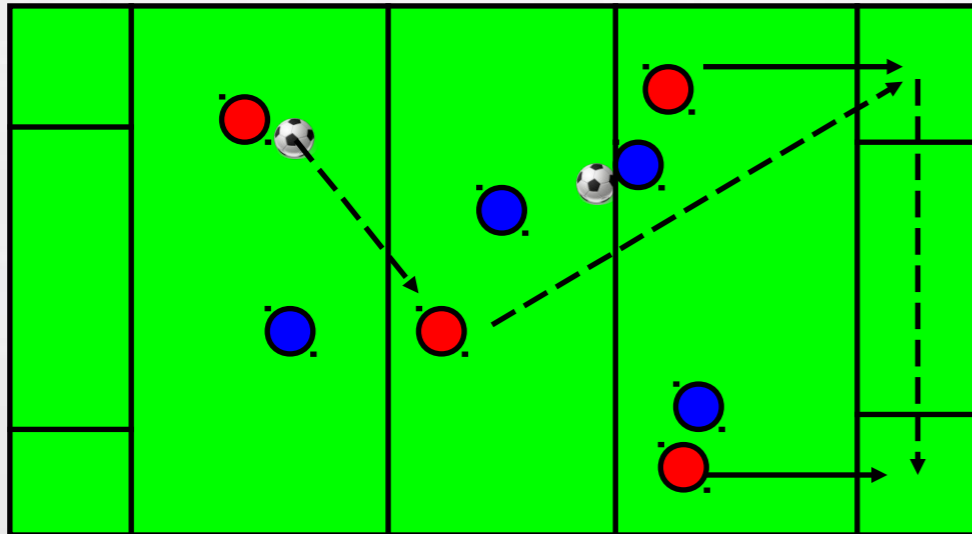
- Usually involves redirecting the ball towards goal with the attacker going across or down the line of the flight of the ball
- Aim for the most vulnerable area of the goal or goal mouth area



The FA Group

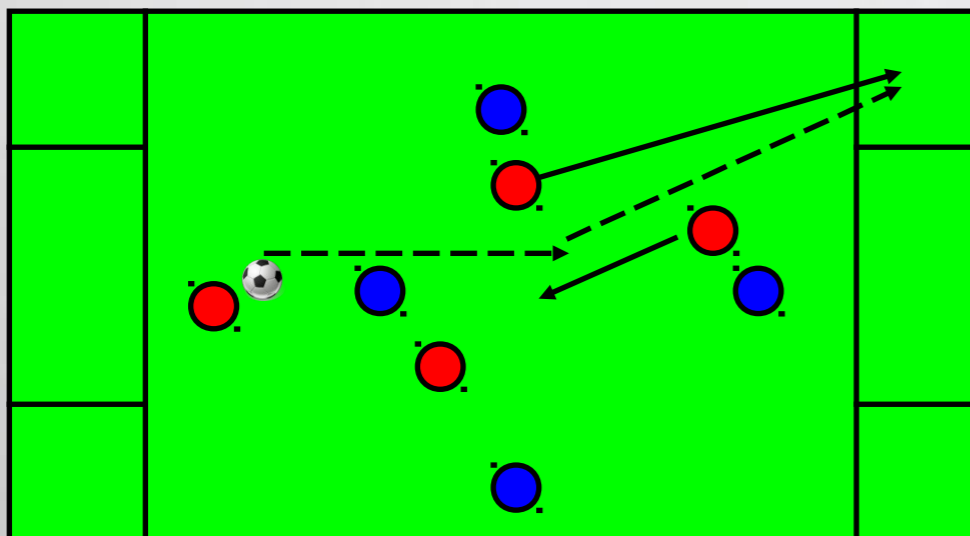


# Receiving



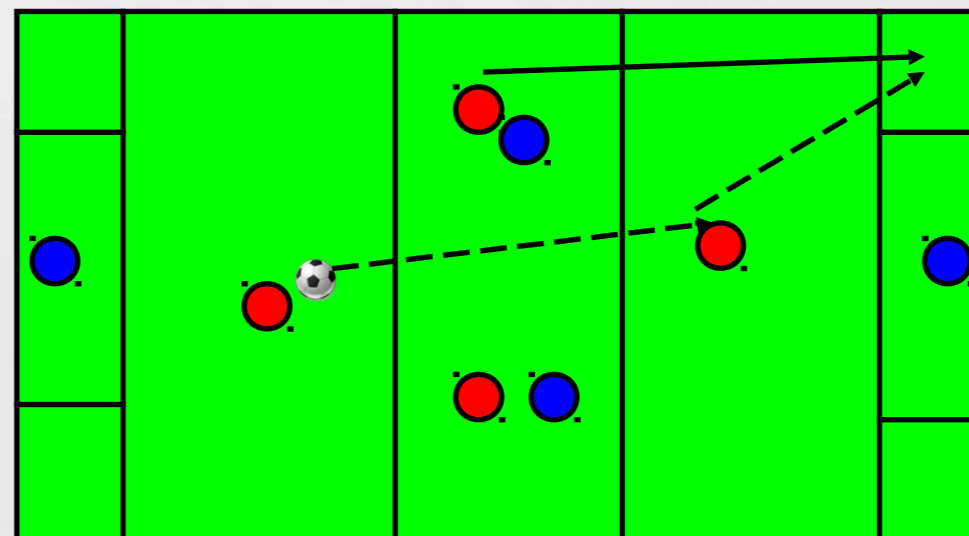
## Skill Practice

1. 4 vs. 2 + 2 blue targets
2. Reds seek to play into one of end boxes before returning through the middle area
3. If blues gain possession score by playing to either end player who makes a move into scoring box to receive



## Technique Practice

1. 2 teams of 4. 1 ball per team.
2. Play into two end boxes before returning through the middle area.
3. Continue to work end to end



## Small Sided Game

1. 4 vs. 4
2. Play into either scoring zone for team mate to receive
3. Directional



**The FA Group**



# Receiving

## Simple Attacking Principles

Create.....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Receiving Priorities

- Beyond opponent
- In front and facing opponent
- In front with back to opponent

### Ball Control

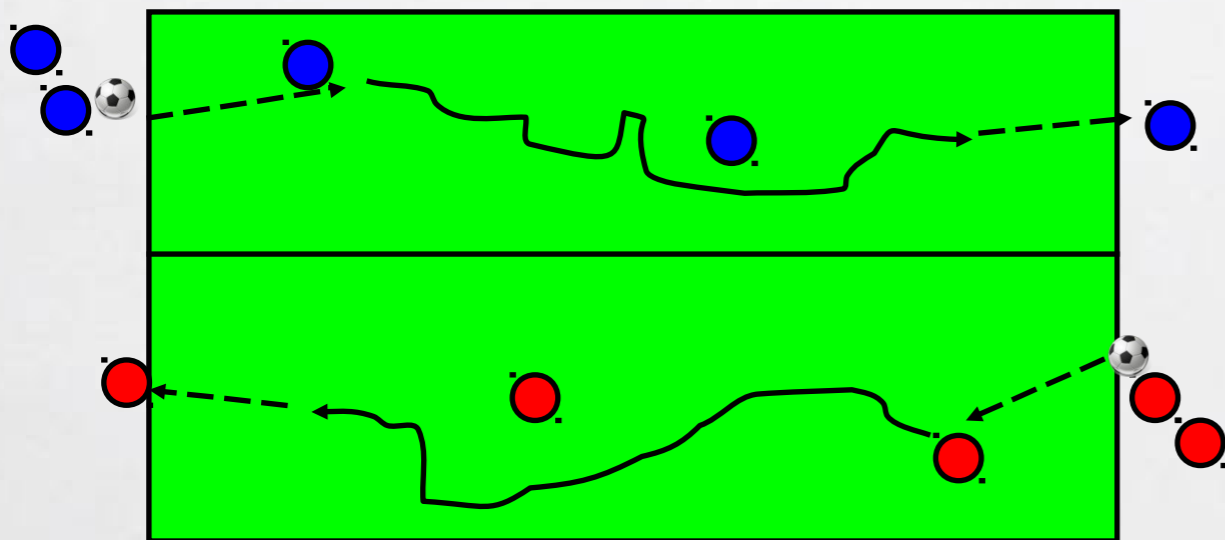
- Observe recognise/options
  - Select surface
- Adjust body/address ball
  - First touch:
    - a. Release
    - b. Move off line
    - c. Travel
    - d. Protect
    - e. Kill



The FA Group

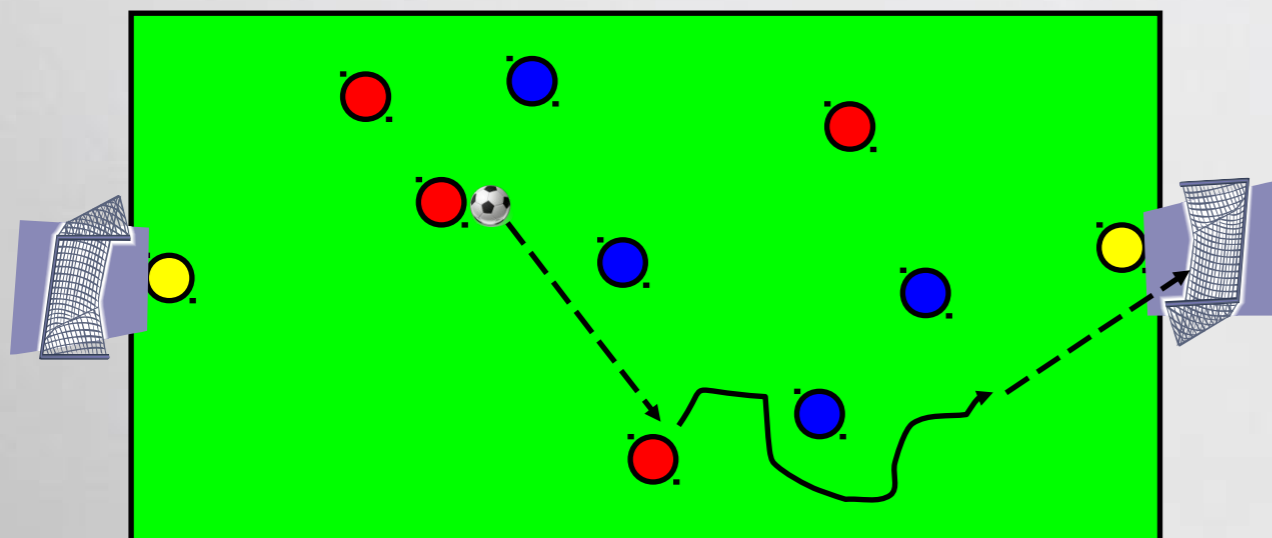


# Dribbling



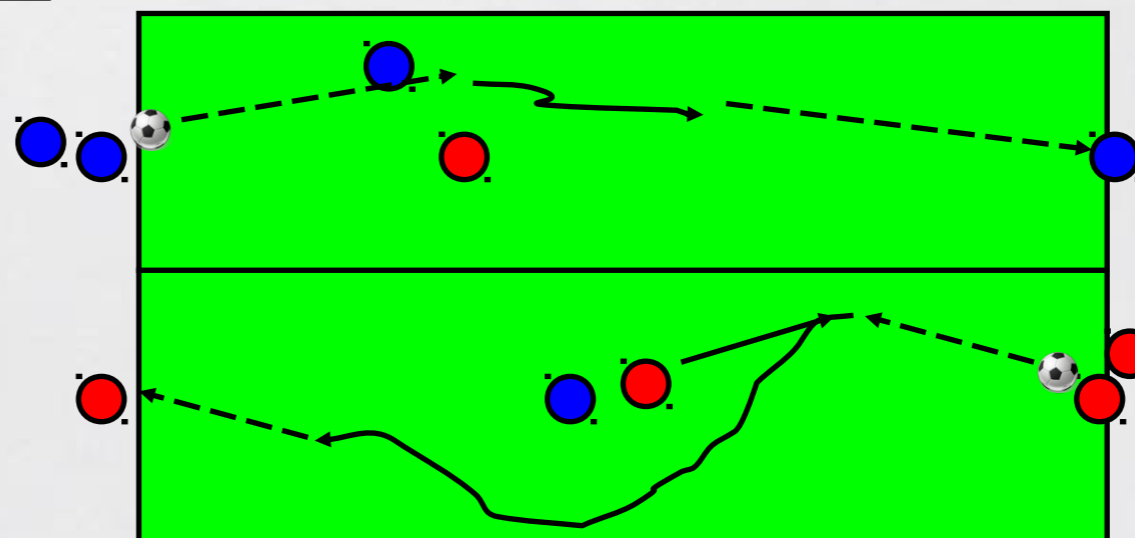
## Skill Practice

1. As technique practice but one defender goes across into oppositions channel to create 1 vs. 1
2. If defender wins they run ball over opposite end line
3. Initial server becomes attacker, dribbler goes in behind player he scores by playing to - repeat



## Technique Practice

1. 2 teams of 5 in their own channel
2. 1 x ball per team - server plays into team mate who dribbles past stationery player and passes to end player
3. Dribble joins behind player he gave the ball to, and initial server comes onto pitch to be the stationery opponent - repeat.



## Small Sided Game

1. 2 teams of 4 + 2 GK's
2. Directional - score past oppositions GK



**The FA Group**



# Dribbling

## Simple Attacking Principles

Create.....  
Maintain.....  
Exploit.....

Space

## Coaching Considerations

### Aims/Thoughts

- Stretch opposition
- Develop 1 vs. 1 situations
- Space behind defender
- Recognise opportunity
  - Positive attitude
  - Execute technique
  - Adjust behind ball

### Technique

- Close control
- Ability to feint and dummy (ball stays on same line)
  - Ability to change pace
- Ability to change direction or height of the ball



The FA Group

