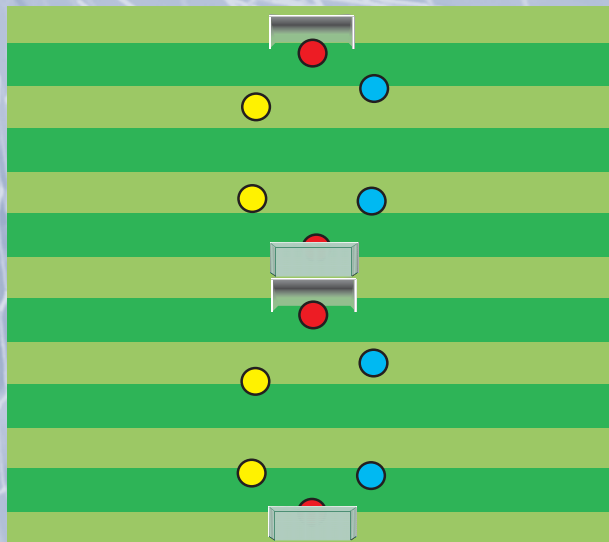




1 v 1



Organization:

- 4 teams
- Play 1v1
- With goalkeepers
- 4 goals
- $\frac{1}{4}$ of a field per match (as illustrated)

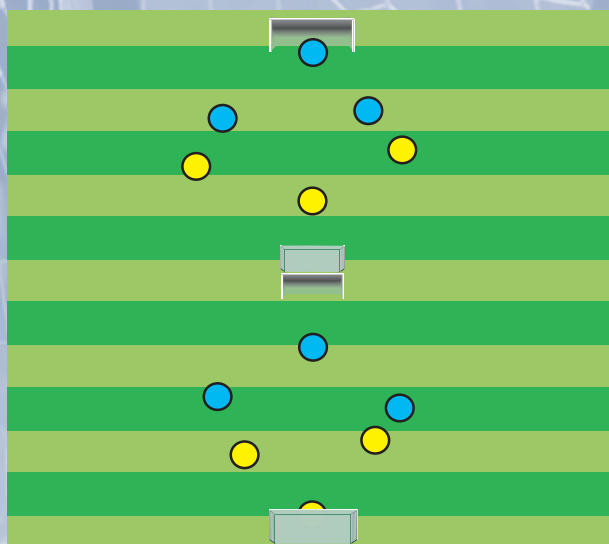
Progression:

- Play 1v1 for 3 minutes (x3)
- Every player will be on goal once
- Goalkeepers are the referees
- Players try to score as many goals as possible
- Teams can go everywhere on the field (no lines)

Variation:

- Use smaller ball; good for ball control and problem solving

3 v 3



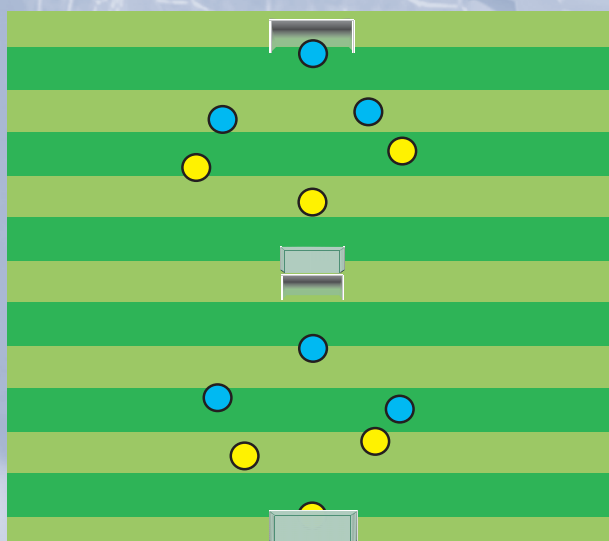
Organization:

- 4 teams
- Play 3v3
- With goalkeepers
- 4 goals
- $\frac{1}{2}$ a field per match (as illustrated)

Progression:

- Goalkeeper in the big goal must stay in goal
- Teams defending the small goals may all play as field players, but 1 player must always be on his own half
- Duration: 5 minutes then change

6 v 6



Organization:

- 2 teams
- Play 6v6
- With goalkeepers
- 2 goals
- Full field (as illustrated)

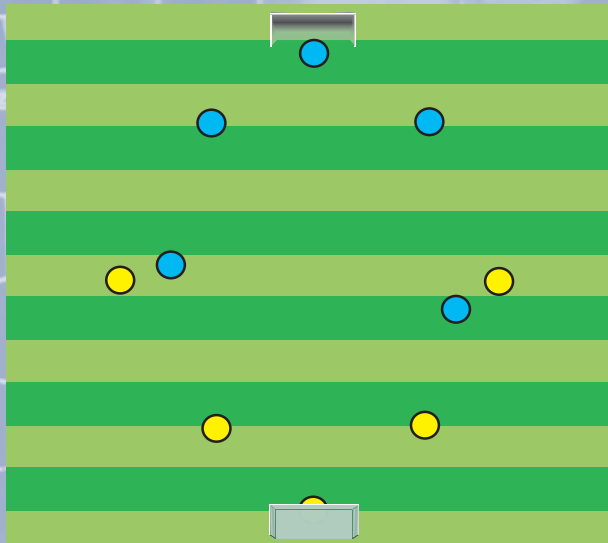
Progression:

- Play on possession
- Movement off the ball, be available to receive the pass ("Can he see you?")
- Duration: 2x 5 minutes

Coaching:

- Think about the space and the difference between good space and bad space

5 v 5



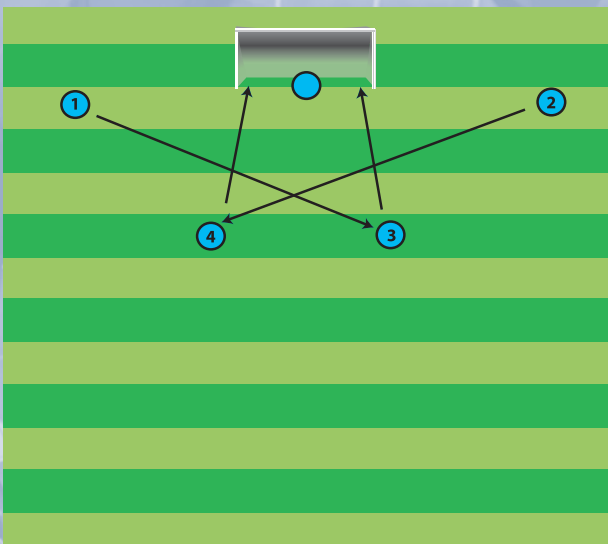
Organization:

- 2 teams
- Play 5v5
- With goalkeepers
- 2 goals
- Full field (as illustrated)

Progression:

- Play on possession
- Drag and push the ball in the build-up
- Duration: 2x 5 minutes

Volley Finish



Organization:

- Field as illustrated
- 4 players with a goalkeeper

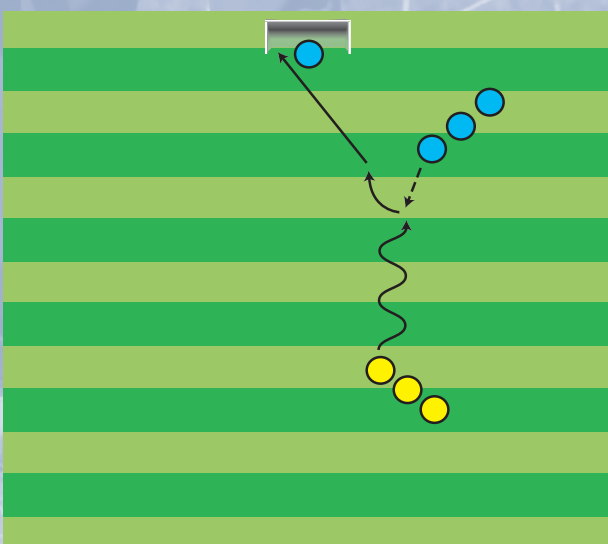
Progression:

- Player 1 bounces a pass into the area
- Player 3 finishes on goal (with a volley)
- Player 2 bounces a pass into the area
- Player 4 finishes on goal (with a volley)

Coaching:

- Shooting position
- Turn open left or right

1 v 1 with finish



Organization:

- 2 lines with players
- 1 with defenders
- 1 with attackers

Progression:

- Attackers dribble towards the defenders and initiate a 1v1 duel
- Attackers try to beat the defenders and score

Coaching:

- Quick approach to defenders
- Try to beat the defenders with speed