

Game Training Phase Model Sessions

Defending/recapturing Model Session 2 (long ball - 2nd ball)

3. Game training component:

Organisation:

- A 50m x 50m pitch divided by a 'halfway line'
- Two teams of 6 outfield players plus a goalkeeper each
- Plenty of balls on the edge of the far end of the centre circle
- The yellow team consists of the defenders (#1-2-3-4-5) plus the midfielders (#6-8)
- The orange team is made up of the attackers (#7-9 & 11) and midfielders (#10-16-18)
- The orange goalkeeper has a 'dual' role
- Orange #1 starts the exercise with a long aerial pass to the attackers (the pass must go across the 'halfway line')
- Orange tries to win possession (1st and 2nd ball) and score.
- Yellow must defend their goal and, when they win the ball, pass it into the hands of the orange goalkeeper who must stand in the back half of the centre circle (one attempt only: if yellow loses the ball the action has ended, and orange #1 restarts)
- Offside rule applies



The coaching focuses on the yellow team:

- Marking/duelling (1st ball)
- Positioning/timing (2nd ball)
- Communication (covering/offside)
- Transitioning (BPO>BP)

Defending/recapturing Model Session 2 (long ball - 2nd ball)

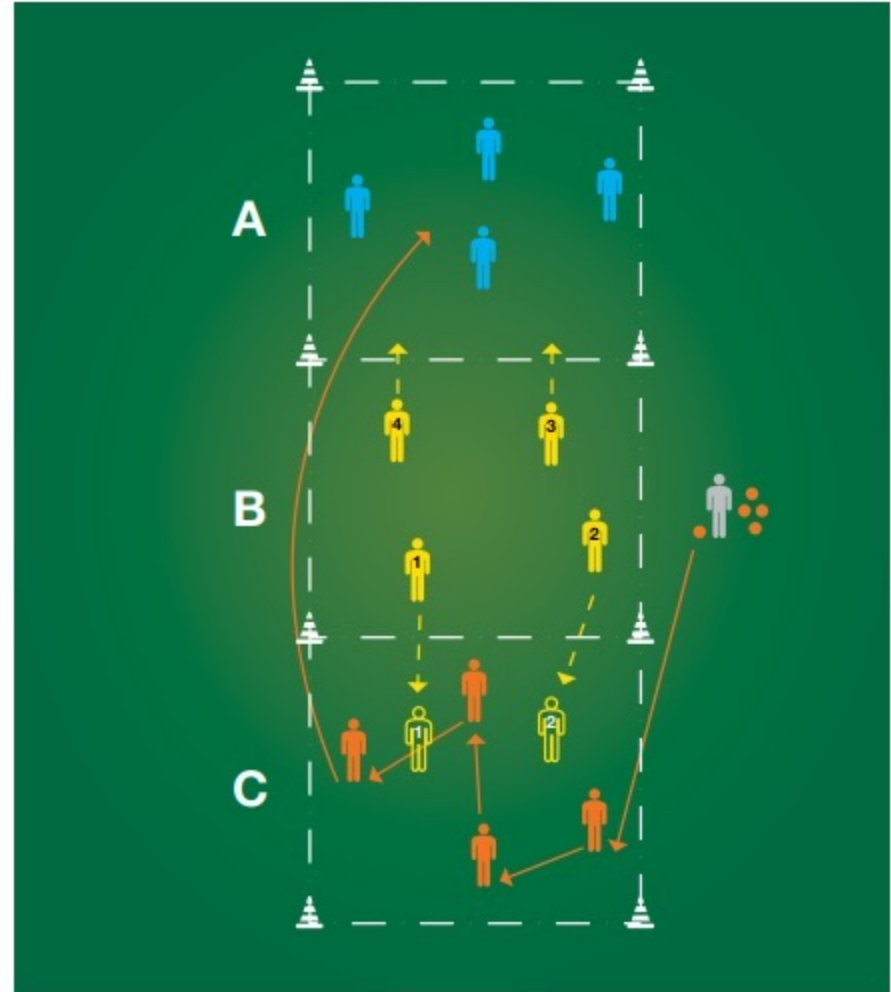
2. Positioning game: 4 v 2 with 12 players

Organisation (see diagram):

- 3 adjacent squares (A-B-C) of 15m x 15m/20m x 20m (depending on player's ability)
- 3 groups of 4 players with different colour bibs position themselves in one of the grids
- The coach with sufficient balls next to grid B
- The coach starts the game with a pass to the orange team in grid C (or blue in A)
- At that moment players #1 and 2 from the yellow team in grid B immediately start defending in grid C: 4 v 2
- Orange must try to play a pass across grid B to the blue team in grid A. Then yellow players #3 and 4 start defending in grid A and yellow #1 and 2 go back to grid B
- If the orange or blue team makes a mistake (lose possession or a pass out of the grid) they must change with yellow and defend

If too easy or difficult:

- Bigger/smaller grids
- Free/limited touches
- 3 v 1 (9 players); 2 v 1 (6 players)



Defending/recapturing Model Session 2 (long ball - 2nd ball)

4. Training game: 8 v 8

Organisation:

- A pitch of approximately 70m x 50m with two big goals and divided by a halfway line (see diagram)
- Two teams of 7 outfield players plus a goalkeeper
- Orange consists of GK #22, DF #14, MF's #16-18-20 and FW's #7-9-11 (formation 1-1-3-3)
- Yellow consists of GK #1, DF's #2-3-4-5, MF's #6-8-10 (formation 1-4-3)
- Offside rule applies

Special rule:

- **Every time the orange GK #22 gets the ball (also in open play), they must start with a long ball to the strikers (across the halfway line)**
- For the rest it's a normal 8 v 8 game, but the coaching focuses on **defending the long ball and 2nd ball by the yellow team**



Game Training Phase Model Sessions

Defending/recapturing Model Session 2 (long ball - 2nd ball)

1. Warm-up: passing exercise A

- Players in the positions as shown in diagram A
- Three or more players at the starting position (a) and two players at the next position (b). At least one player at the other positions (c & d)
- The players pass the ball in the order 1-4 and move to the next position (a-b-c-d)
- The player who receives pass 4 dribbles back to the starting position (5)
- Alternate from left to right

Possible Coaches Remarks:

- "Pass precision and ball speed"
- "Gradually increase your running speed"

Progression:

- The next step is moving back the players/cones of positions (c) (see diagram B)
- Pass 3 now becomes a lofted pass that player (c) must head or volley to player (d)

