

TEAM DEVELOPMENT PHASE (13-16)



BUILD UP FROM THE BACK

1. WARM UP – PASSING EXERCISE

Introduction:

Players follow 2 different passing exercises for building up from the back.

Once players understand patterns then coach give freedom to the players create them self.

Conditions:

- Two touch- one touch if necessary
- Type of passing exercise – After a few min's if players are comfortable with the exercise, request them the freedom to do as they like. Being creative with themselves.

Coaching Point:

- Awareness – before receiving the ball look around(shoulder check)
- Body position – always half turn.
- Right timing to move.
- Create space – Before receiving the ball check in and out to get the ball .
- Communication – Always give eye contact to team mate.
- Quality pass – using inside of the foot.
- Good coordination form

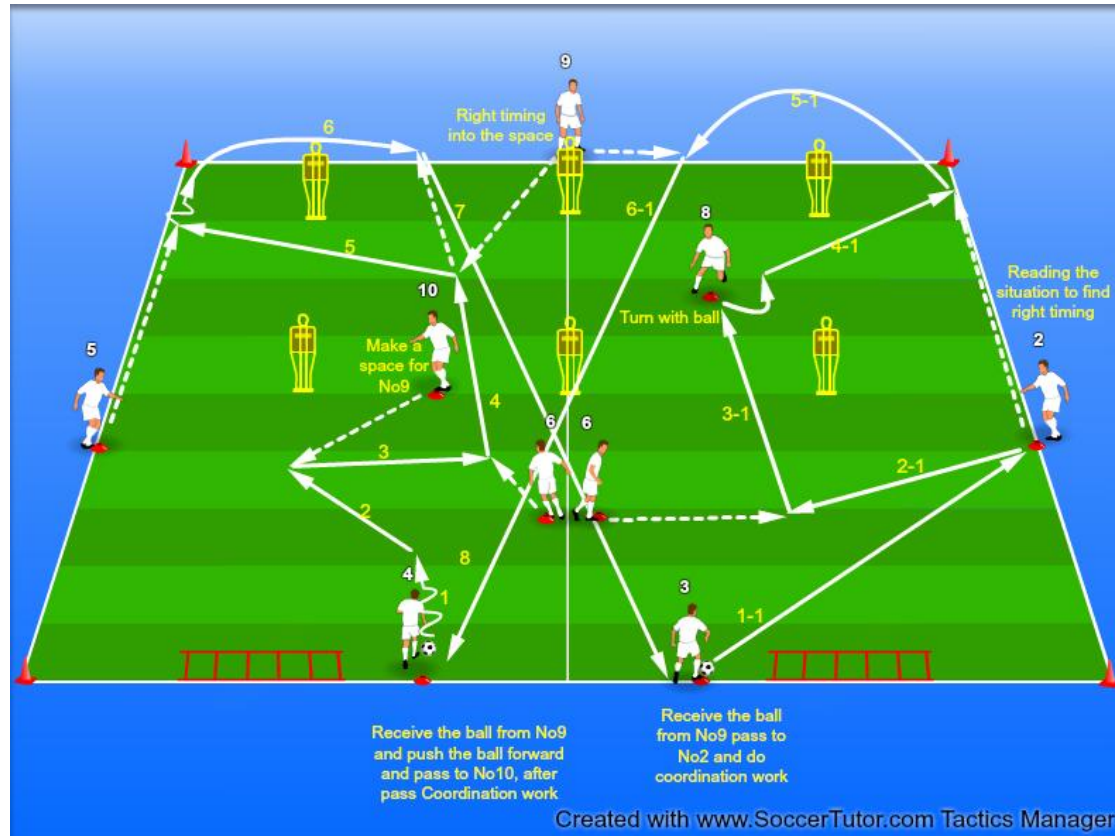
Organization:

Time:7min

Repetitions: 2

Space: 15m x 30m + 15m x 30m

Progression: Give freedom to the players



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TEAM DEVELOPMENT PHASE (13-16)



BUILD UP FROM THE BACK

2. TACTICAL GAME: 4v4+4N+1GK

Introduction:

2 teams consisting of 4 players (white and red) building up from the back supported by 4 neutral players (blue).

Team with ball possession score to two mini goals.

Conditions:

- Max 3 touch
- Condition to score (1)– Player N2 and N5 must touch the ball then can score.
- Condition to score (2)– Either players N2 or N5 must touch the ball then can score.
- When defender wins ball possession, must pass to the Goalkeeper (1) and start again with the same condition of play.
- The team that lost the ball possession, they must try to give pressure immediately to the opponent in order to prevent pass to the goalkeeper and regain the ball.

Coaching Point:

- Always in triangle or diamond shape.
- Communication- Talking and eye contact.
- Good body position when supporting (right time).
- Face to face with all attacking players from the ball.
- Right decision making – when to pass, where to pass.
- No 8,9,10 to be in between the defenders.
- Good weight of the pass.
- Third man move to receive the ball from N9.

Organization:

Time:15 min

Repetitions: 2 x 7min.

Space: 40m x 30m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



BUILD UP FROM THE BACK

3. TACTICAL GAME: 7v7+1N+1GK

Introduction:

2 teams consisting of 7 players (white and red) building up from the back, supported by 1 neutral player (blue) and GK. Team with ball possession score to two mini goals.

Conditions:

- Max 3 touch
- Not allowed GK to pass between free man (1,6)
- Condition to score (1)–Player No2,9,5 or 5,9,2 must touch the ball then can score.
- When defender wins ball possession must play with attacking side Goalkeeper(1) first then continue
- Team that lost ball possession must try to press immediately on opponent to regain the ball.

Coaching Point:

- Good body position when supporting.
- Right timing when supporting.
- Every attacking players has to face to face.
- Right decision making – when to pass, where to pass.
- No 8,9,10 to be in between the defenders.
- Good speed of the pass.
- Third man moves to receive the ball from N9.
- Awareness.

Organization:

Time:15 min

Repetitions:2 x 7min.

Space: 50m x 45m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



BUILD UP FROM THE BACK

4. GAME: 8v8+1GK

Introduction:

2 teams (white and red) play building up from the back like a real game 8v8 + 1GK.

Conditions:

- Max 3 touch
- Attacking team trying to score the two small goals and defending the big goal.
- When ball possession is lost, try to press opponent immediately to avoid counterattacks.

Coaching Point:

- Wide and deep to start.
- Right timing to move.
- Create space.
- With third man movement to supporting
- Rotate position 6,8,10 and 8,10,9.
- Switch game.
- Right after lost ball possession immediately pressure the opponent.
- Awareness.

Organization:

Time: 25 min

Repetitions: 2 x 10min.

Space: 2/3 pitch



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Progression: 11v11

TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

1. WARM UP – PASSING EXERCISE

Introduction:

Players in groups of 6, each player should pass the ball under the game system shape in the midfield.

Conditions:

- Two touch –one touch if necessary
- Type of passing exercise – After few min's if players are comfortable with the exercise then ask them to create plays among themselves.

Coaching Point:

- Awareness – before get the ball look around.
- Body shape – always half turn and shoulder check.
- Communication – face to face having eye contact and talking
- Quality pass – using inside of the foot.

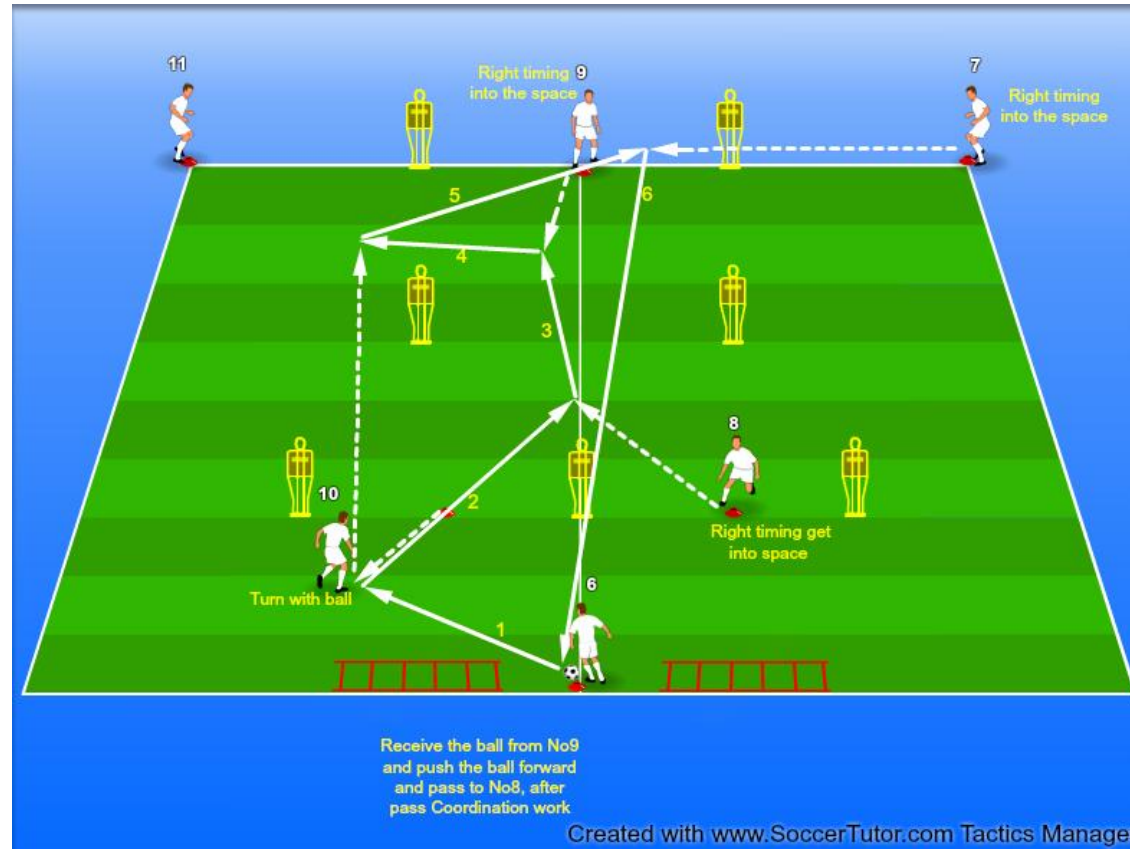
Organization:

Time: 10 min

Repetitions: 2 x 5min

Space: 15m x 30m + 15m x 30m.

Progression:



TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

1. WARM UP – PASSING EXERCISE

Introduction:

Players in groups of 6. Each player should pass the ball under the game system shape in the midfield.

Conditions:

- Two touch – one touch, if necessary
- Type of passing exercise – After few min if players are comfortable with the exercise, ask them to create plays among themselves.

Coaching Point:

- Awareness – before receiving the ball look around.
- Body shape – always half turn and shoulder check.
- Communication – face to face, having eye contact and talking
- Quality pass – using inside of the foot.

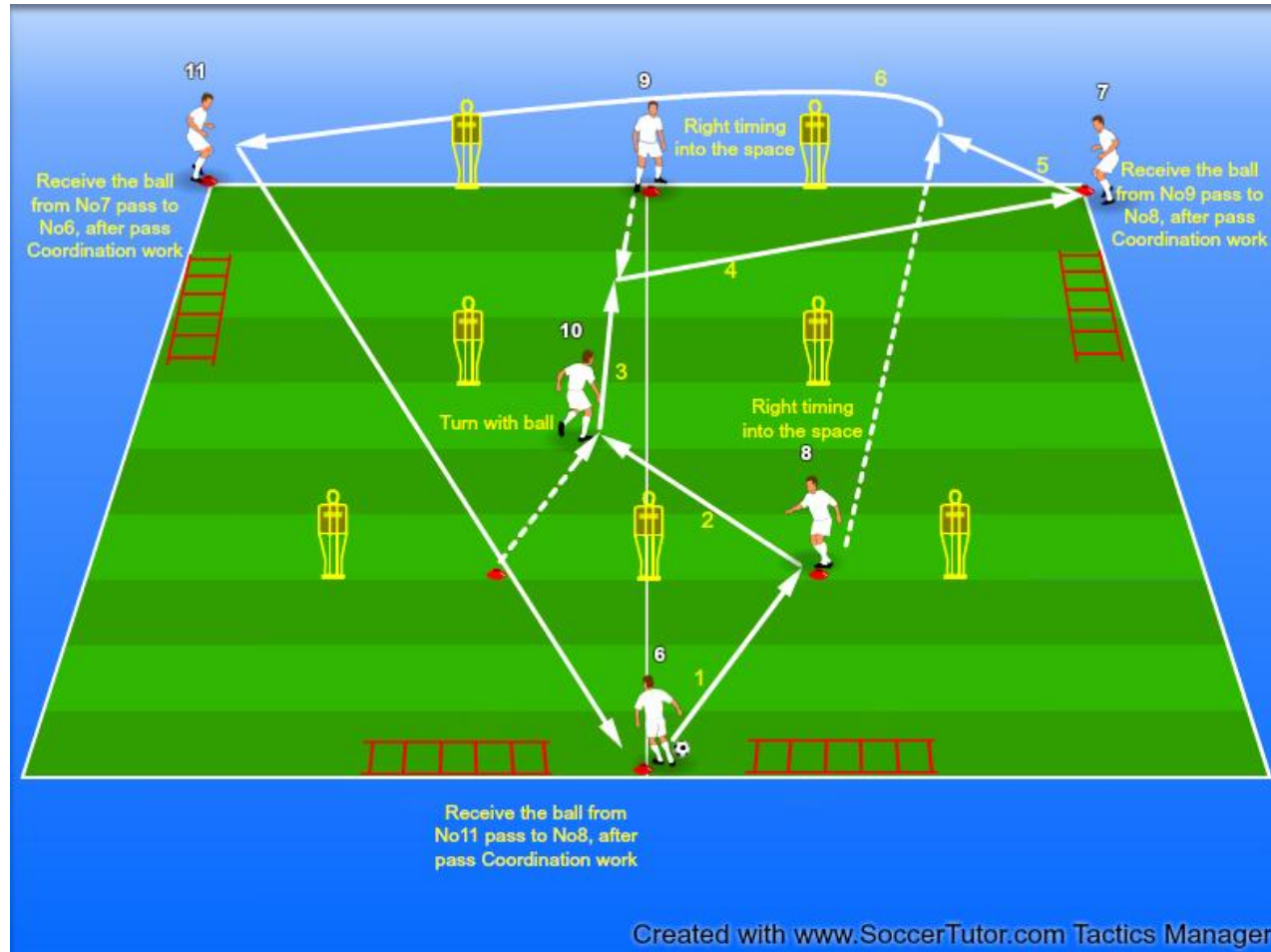
Organization:

Time: 10 min

Repetitions: 2 x 5min.

Space: 30m x 30m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

3. TACTICAL GAME 1: 3v3+2N

Introduction:

2 teams consisting of 3 players (white and red) building the play in the midfield and trying to score in either of the 2 small goals supported by 2 neutral players (blue).

Conditions:

- Max 3 touch
- Condition to score (1)– NO9 Must touch the ball then can score.
- No one can enter into the 10m x 30m box if NO9 does not have the ball.
- 10m x 30m box is an imitation of the “crucial area” like the real game. So must enter with right timing into the empty space.
- When the defending team gains ball possession, they need to pass back to player NO4 to start attacking.

Coaching Point:

- Create space with right timing for support.
- Pass and support
- Three of the players must face each other in order to have a good supporting play.
- Find right timing to gain a third man support.

Organization:

Time: 15 min

Repetitions: 2 x 7min.

Space: 30m x 20m + 30m x 10m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

4. TACTICAL GAME 2: 5v5+2N

Introduction:

2 teams consisting of 5 players (white and red) building the play in midfield and trying to score, supported by 2 neutral players (blue).

Conditions:

- Max 3 touch
- Ball possession team must try to score.
- When defending team gains ball possession, then they need to pass back to N1 to start attacking.
- Team the lost ball possession must try to press immediately for avoid pass to N1.

Coaching Point:

- Keep the position – right timing to move to create space and run into space.
- Find right timing to pass to No9 – No8,10 by playing the passing game and waiting for right time to get into the space.
- Always to be a good supporting third man.

Organization:

Time: 15 min

Repetitions: 2 x 7min

Space: 30m x 50m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

5. TACTICAL GAME 3: 6v6+3N

Introduction:

2 teams consisting of 6 players (white and red) building the play in midfield area and trying to score, supported by 3 neutral players (blue).

Conditions:

- Max 3 touch
- Condition to score (1)– No 6,8,10 must touch the ball in order to score.
- Condition to score (2) – players N7 or N11 must touch the ball before scoring. (When N7 or N11 touch the ball NO8/10 request to try and get into space)
- In front of No9 the “crucial area” is set like in real game. So make it empty and then with right timing get into the space (9,8,10)
- When defending team gains ball possession, pass back to N1 to start attacking.
- Team that lost ball possession they must try to press immediately to avoid pass to goalkeeper.

Coaching Point:

- To be in between the opponent – right timing to move to space
- Find right timing to pass to No9 – No8,10 and keeping a passing game, waiting for right time to get into the space.
- Always to be a good supporting.

Organization:

Time: 10

Repetitions: 1

Space: 40m x 70m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

6. GAME 1: 6v6+2GK

Introduction:

2 teams consisting of 6 players (white and red) building the play in midfield and trying to score.

Conditions:

- Max 3 touch
- Normal game

Coaching Point:

- Create space to turn with ball, attacking forward.
- Find right timing to attack behind the defender.
- Always keep the triangle or diamond shape.
- Player No 3 and 4 running with ball to make 2v1 situation in the middle and No 6 to cover No 3 or 4 position.
- Good timing of rotation – No 6, 8, 10.
- Transition from attacking to defending, strongly pressure to the ball.

Organization:

Time: 25 min

Repetitions: 2x10min.

Space: 40m x 70m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



MIDFIELD PLAY

7. GAME 2: 8v8+2GK

Introduction:

2 teams consisting of 8 players (white and red) building the move in midfield and trying to score.

Conditions:

- Max 3 touch
- Normal game

Coaching Point:

- Create space to turn with ball to attacking direction
- Find right timing attacking behind defenders.
- Always keep the shape with triangle or diamond.
- No 3 and 4 running with ball to make 2v1 situation in the middle and No 6 cover No 3 or 4 position.
- Good timing to rotation – No 6, 8, 10.
- Transition attacking to defending moment strongly pressure to the ball.

Organization:

Time: 25 min

Repetitions: 2 x 10min.

Space: 50m x 70m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



ATTACKING IN FRONT THIRD

1. WARM UP – PASSING AND FINISHING EXERCISE 1

Introduction:

Players in 2 groups (red and white), each group has to follow one passing pattern finishing the exercise by crossing the ball from both sides in the box.

Conditions:

- No one touch is allowed - one touch if necessary

Coaching Point:

- Right timing
- Good communication.
- Give some options but let the players play themselves. Deciding where to pass and let them create themselves.

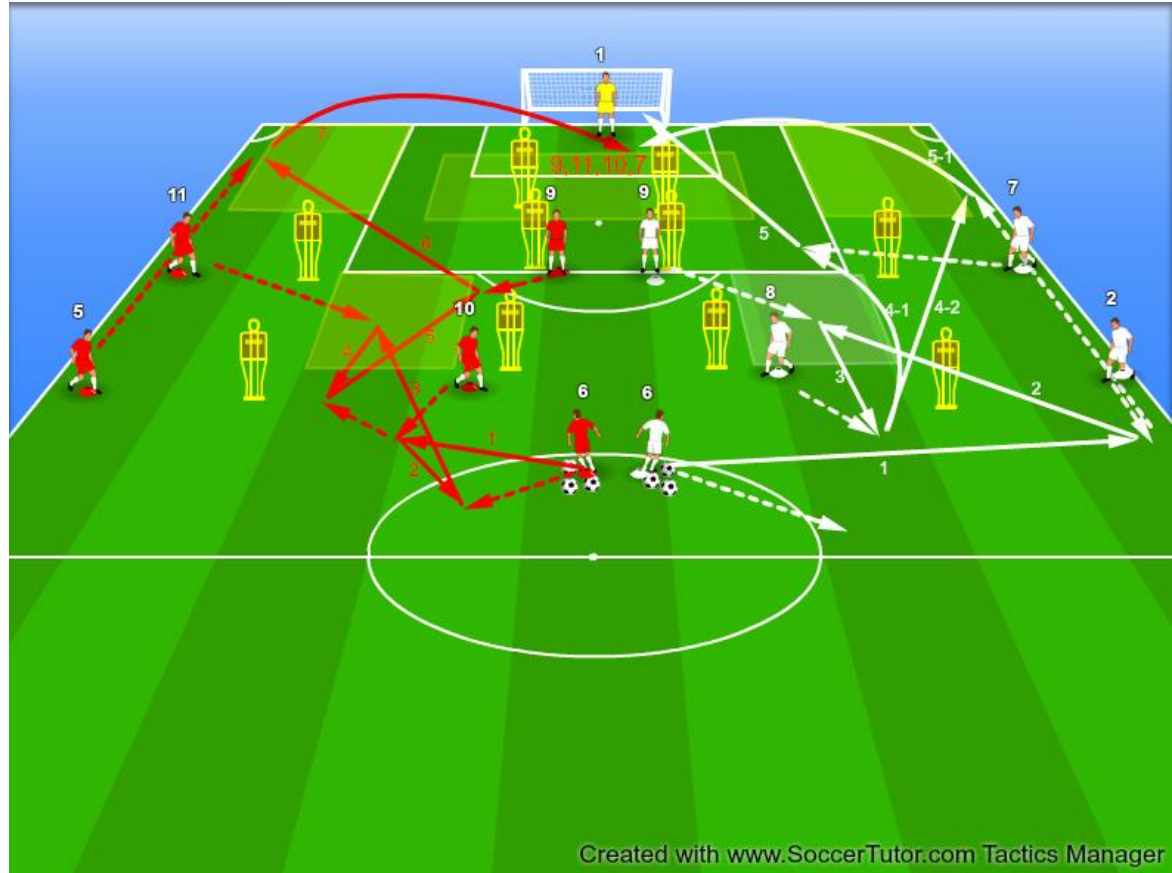
Organization:

Time: 10 min

Repetitions: 2x 5min.

Space: Half Pitch

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ATTACKING IN FRONT THIRD

1. WARM UP – PASSING AND FINISHING EXERCISE 2

Introduction:

Players in 2 groups (red and white), each group has to follow one passing pattern finishing the exercise by crossing the ball from both sides in the box.

Conditions:

- No one touch is allowed - one touch if necessary
- Fullback overlapping inside.

Coaching Point:

- Right timing
- Good communication.
- Give some options but let the players play themselves. Deciding where to pass and let them create themselves.

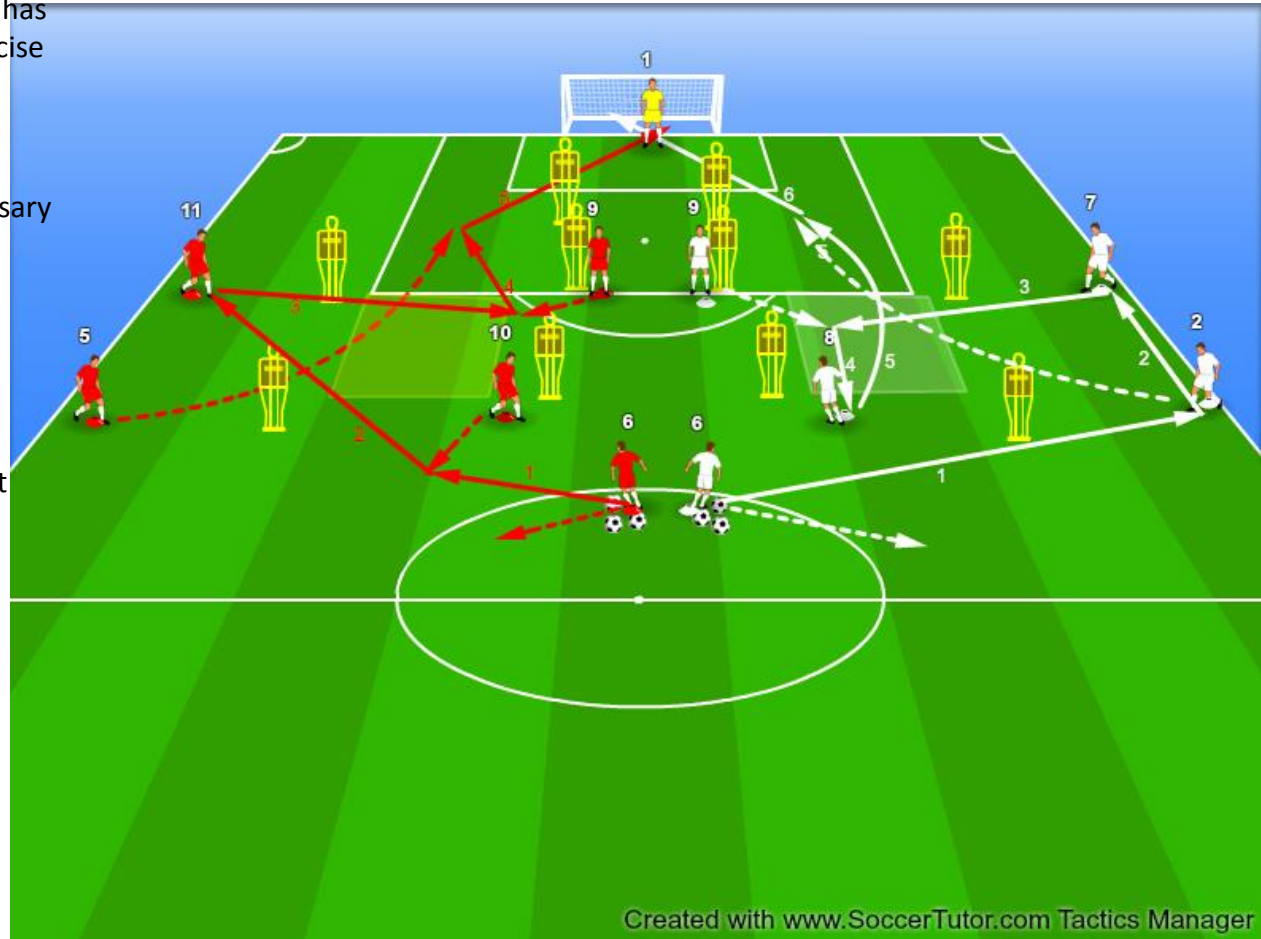
Organization:

Time: 10 min

Repetitions: 2x 5min.

Space: Half Pitch

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ATTACKING IN FRONT THIRD

2. WARM UP – PASSING AND FINISHING EXERCISE 2. 5v5+3N+1GK

Introduction:

2 teams consisting of 5 players (white and red) creating and finishing the play in the attacking third, supported by 3 neutral players (blue).

Conditions:

- Max 3 touch
- White trying to score the large goal but red trying to score two small goal.
- Both team use players N6,2,5 to create goal scoring chance.

Coaching Point:

- Players N6 with NO 10,8 keep the ball and find right timing to pass to No11,9,7.
- Players No11,7 always staying deep and with right timing come to ask for the ball.
- Rotation with No 10,8 to make 3v2 in the middle and create space for No7,11.

Organization:

Time: 10 min

Repetitions: 2x 5min.

Space: 40m x 30m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ATTACKING IN FRONT THIRD

3. TACTICAL GAME: 6v6+4N+2GK

Introduction:

2 teams consisting of 6 players (white and red) building the play, creating and finishing the move in the attacking third supported by 4 neutral players (blue).

Conditions:

- Max 3 touch
- To use players N2,5,8,10 to create chance in attacking third.
- Two option – 1) crossing finishing. 2) combination play 3 top with N8,10.
- When defenders win the ball, same method to attack.

Coaching Point:

- In crossing situation No 11,9,7 and one of attacking mid-field have to get into the penalty box.
- Right timing to move in order to create the space for other players
- In the penalty box every thing is for the shooting (first touch, dribble, run into the space etc.)

Organization:

Time: 15 min

Repetitions: 2 x 7min.

Space: 16m x 40m + 20m x 40m + 16m x 40m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



ATTACKING IN FRONT THIRD

4. GAME: 8v8+2GK

Introduction:

2 teams consisting of 8 players (white and red) creating and finishing the move in front third.

Conditions:

- Free touch
- White attacking the big goal and defending two small goals
- Red defending big goal and attacking the two small goals

Coaching Point:

- In crossing situation No 11,9,7 and one of attacking mid-field have to get into the penalty box.
- Right timing to move in order to create the space for other players.
- In the penalty box every thing is for the shooting (first touch, dribble, run into the space etc.)
- Transition from attacking to defending, must be strong and quick to react to stop them from counterattacking.

Organization:

Time: 25 min

Repetitions: 2x 10min

Space: Half Pitch

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



DEFENDING vs BUILD UP – PRO ACTIVE STYLE

1. WARM UP – PASSING EXERCISE 1

Introduction:

Players in red team (2,3,4,5,6) stay in a position for passing and players in white team (7,9,11) as well, staying in position for to defending movement according to ball movement.

Condition:

- The red team player position No3 pass to No2. follow the diagram presented.(three touch – two touch – free touch)
- The white team keeps the shape and move according to red team's pass.
- Organize defending shape from the ball.
- Progress - Increase the passing speed
- Progress - Change passing direction
- Prepare the other defending group rotation.

Coaching Point:

- Anticipate opponent's player what attempts they are going to do – where he pass.
- Force defender to our pressing point – No2,5.
- Avoid middle pass.

Organization:

Time: 5 min

Repetitions: 1

Space: Half Pitch

Progression:



TEAM DEVELOPMENT PHASE (13-16)



DEFENDING vs BUILD UP – PRO ACTIVE STYLE

2. WARM UP – PASSING EXERCISE 2

Introduction:

Players in red team (2,3,4,5,6) stay in a position for passing and players in white team (7,8,9,10,11) as well as staying in position for to defending movement according to ball movement.

Condition:

- The red team player position No 3 pass to No 2 and follow the diagram.
- The white team keep the shape to move according to red team pass.
- From the ball organize defending shape.
- Progress - Increase the passing speed
- Progress - Change passing direction
- Prepare the other defending group rotation.

Coaching Point:

- Anticipate opponent player what attempt to do – where he pass.
- Force defender to our pressing point – No2,5.
- Avoid middle pass.

Organization:

Time: 5 min

Repetitions: 1

Space: Half Pitch

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



DEFENDING vs BUILD UP – PRO ACTIVE STYLE

3. TACTICAL GAME: 6v8+1GK

Introduction:

Red team keep the ball possession game in 40m x 20m box and another team (white) defending cut the way to prevent ball through the middle. Once white team gain the ball go to attacking to score a goal(use size of pitch)

Condition:

- Red team try to pass to No 9 and 10.
- White team try to cut the pass way to red No 9,10.
- White team pressure red No 2,5,6,8.
- Red team are only allow ground passes.

Coaching Point:

- Force them to our pressing point.
- DMF-6, anticipate to intercept the pass way to go No 9, 10.
- Force them get into our channel.
- Avoid opponent's team from switching to other side.
- Disciplined in order to follow the coach instruction.
- Consistently moving and communicating.
- Strong determination to challenge the ball and cover with good balance.

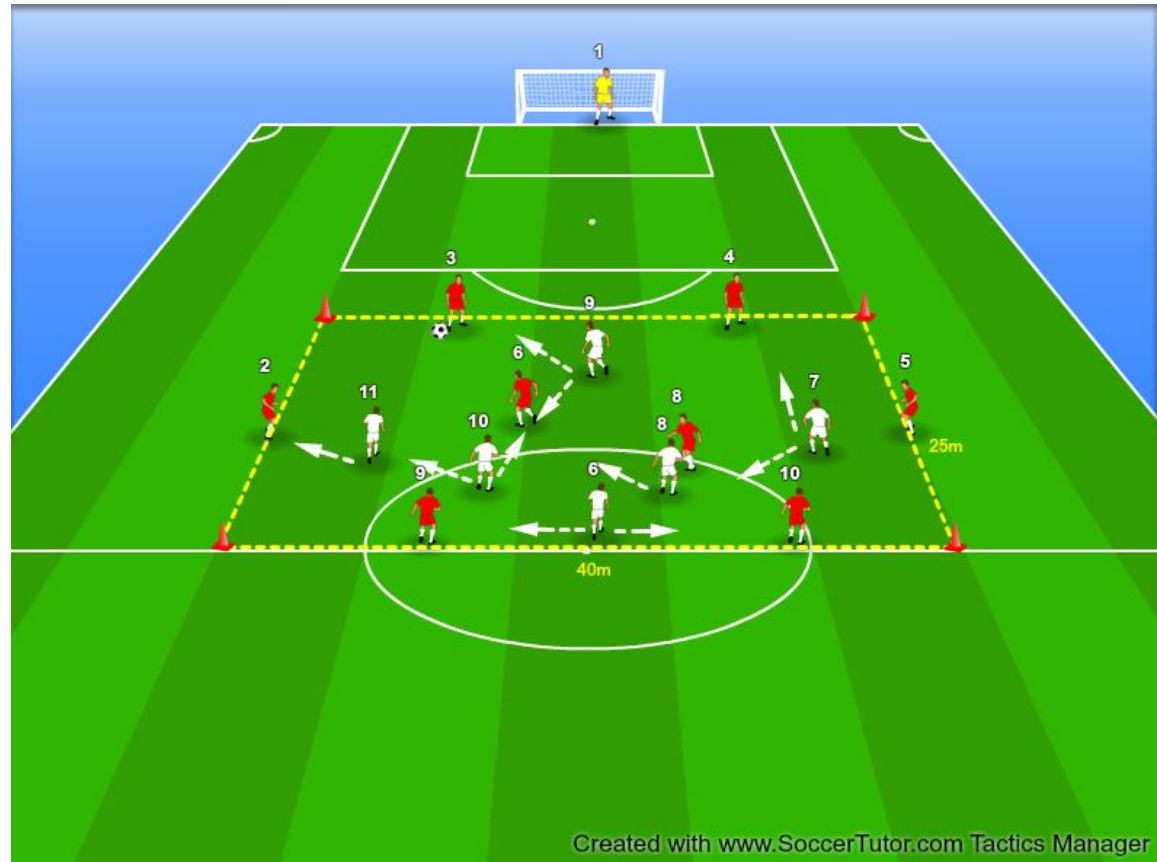
Organization:

Time: 7 min

Repetitions: 2

Space: 40m x 25m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



DEFENDING vs BUILD UP – PRO ACTIVE STYLE

3. TACTICAL GAME: 6v6+1N

Introduction:

Red team building up from behind aiming to score the 2 small goals and another team (white) defending the two small goals. (early pressure – pro active style).

Condition:

- In order for the red team to score, they must pass to the neutral player N10 (blue) first .
- The red team in attacking always get the ball from the GK to start attacking.
- Once white team regain the ball try to score to big goal.
- Red team are only allow ground passes.
- N 10 only play in 10m x30m box.
- Before red score the goal must be pass to N 10 then score.

Coaching Point:

- Force them to our pressing point.
- DMF-6, anticipate to intercept the ball way to go N 10.
- Force them get into our channel.
- Avoid opponent's team from switching to other side.
- Disciplined in order to follow the coach instruction.
- Consistently moving and communicating.
- Strong determination to challenge the ball and cover with good balance.

Organization:

Time: 15 min

Repetitions: 2 x 7min.

Space: 50m x 40m + 40m x 10m.

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

1-2. WARM UP 3 – PASSING EXERCISE 1: 7v8+2N + 1GK

Introduction:

7 players defending (white) making zone out of the box and 8 players passing (red) with N (blue).

Condition:

- Defenders- 2,3,4,5,6 ,8,10 keep the shape according to ball position.
- Attackers- try to pass one side to the other side.
- Progress – change passing direction.
- Progress– Red team try to pass to GK-1.

Coaching Point:

- Defenders must approach players with the ball and on the other side defenders covering and balance as a team.
- No8, 10 cover No2 or 5 when opponent fullback doing overlapping.
- Communication
- Anticipation
- Reaction

Organization:

Time: 10min

Repetitions: 2 x 5min.

Space: 50m x 40m



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TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

2. TACTICAL GAME 1: 4v4+2N+1GK

Introduction:

Team (white) defending (screening and covering themselves). Team (red) attacking supported by 2 neutral players (blue).

Condition:

- Defenders- 2,3,4,5 defending the goal and when regained the ball try to score in the two small goals with neutral men N6.
- Attackers- try to score with neutral man N 6,8.

Coaching Point:

- When players N6,8 has ball 4back must keep compact, waiting for next pass then go to press.
- Defenders must approach players with the ball and on the other side defenders covering and balance as a team.
- Give pressure on the ball with right anticipation, right timing to force to one side.
- Drop down as a team when attacking team is going to play behind defenders.
- Push up the defensive line when attacking team passes ball back.
- Communicate and coach each other.

Organization:

Time: 15 min

Repetitions: 2 x 7min.

Space: 50m x 40m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

2-1. TACTICAL GAME 2: 5v5+1N+1GK

Introduction:

One team (white) defending (screening and covering themselves). Other team (red) attacking supported by 1 neutral (blue).

Condition:

- Defenders- 2,3,4,5,6 defending the goal and when regain the ball try to score to two small goal with neutral men N6.
- Attackers- try to score with neutral man N6.

Coaching Point:

- On the ball defender approach and the other defenders covering and balance as team.
- Pressure on the ball with right anticipate, right timing to force one side.
- Drop down as team when attacking team going to play behind defender.
- Push up as team when attacking team pass back.
- Communication and coach each other.

Organization:

Time: 15min

Repetitions: 2 x 7min

Space: 50m x 40m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

2-2. TACTICAL GAME 3: 7v8+1N+1GK

Introduction:

One team (white) defending (screening and covering themselves). Other team (red) attacking supported by 1 neutral (blue).

Condition:

- Defenders- 2,3,4,5,6,8,10 defending the goal and when regain the ball try to score to two small goal with neutral men N4.
- Attackers- try to score with neutral man N4.

Coaching Point:

- On the ball defender approach and the other defenders covering and balance as team.
- Pressure on the ball with right anticipate, right timing to force one side.
- Drop down as team when attacking team going to play behind defender.
- Push up as team when attacking team pass back.
- Communication and coach each other.

Organization:

Time: 15 min
Repetitions: 2 x 7min
Space: 50m x 50m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

3. GAME 1: 4v5+1GK

Introduction:

One team (white) defending (screening and covering themselves). Other team (red) attacking .

Condition:

- Defenders- 2,3,4,5 defending the goal and when ball is regained, try to score in the two small goals.
- Attackers- try to score the large goal. And defending small goal.

Coaching Point:

- Defenders must approach players with the ball and on the other side defenders cover and balance as a team.
- Press the ball with right anticipation and correct timing to force the play to one side.
- Drop down as a team if attacking team is going to play behind defenders.
- Push up as a team when attacking team passes back.
- Communicate and coach each other.

Organization:

Time: 10 min

Repetitions: 1

Space: 50m x 35m

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

3-1. GAME 2: 5v6+1GK

Introduction:

One team (white) defending (screening and covering themselves). Other team (red) attacking.

Condition:

- Defenders- 2,3,4,5,6 defending the goal and when ball is regained, try to score in the two small goals.
- Attackers- 6,7,8,9,10, 11 try to score the large goal

Coaching Point:

- Defender must approach players with the ball and the other defenders covering the other side and balancing as a team.
- Pressure on the ball with right anticipation, right timing to force one side.
- Drop down as team when attacking team is going to play behind the defender
- Push up as team when attacking team passes ball back.
- Communicating and coaching each other.

Organization:

Time: 25 min

Repetitions: 2 x 10min

Space: 50m x 35m



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Progression:

TEAM DEVELOPMENT PHASE (13-16)



ZONE DEFENDING

3-2 GAME 3: BOX DEFENDING 8v7+1GK

Introduction:

One team (white) defending (screening and covering themselves). Other team (red) attacking.

Condition:

- Defending in DF 1/3, defenders- No.2 go to the ball and defenders 3,4,5 must be in good position to defend the penalty box (CDF- 3,4 mark FW-9) and MF- 6,10 cover in 45degree angle
- Attackers- try to score the goal and 2,5 try to over lap for training defenders (White)

Coaching Point:

- Defender must approach the ball as quick as possible and the other defenders covering and balancing as a team.
- Midfielder must not cover wide players but until when the ball is gone wide. Most of the defending area should be in the middle.
- Let the No2,5 cover defending until wide.
- Communicating and coaching each other.
- anticipation

Organization:

Time: 25 min

Repetitions: 2 x 10min

Space: ½ pitch

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



TRANSITION ATTACK - DEFENSE

1. WARM UP 1: 4v2+2N

Introduction:

4 players attacking (white) and keeping ball possession.
4 players defending (red) trying to regain the ball as soon as possible.

Condition:

- 4 white team keeps ball possession
- 2 red defenders try to gain the ball and pass to the other two red in the opposite square.
- White team should try to keep ball possession but when ball possession is lost, immediately press the red team to avoid them passing to the other square.
- When red team regains the ball quickly pass to the other red team in the other square and immediately support so that there are 4 players in the square to keep the ball and with two white go to the other grid to defend.

Coaching Point:

- Good balance during the ball possession game.
- Quick reaction to press the opponent when team loses ball possession.

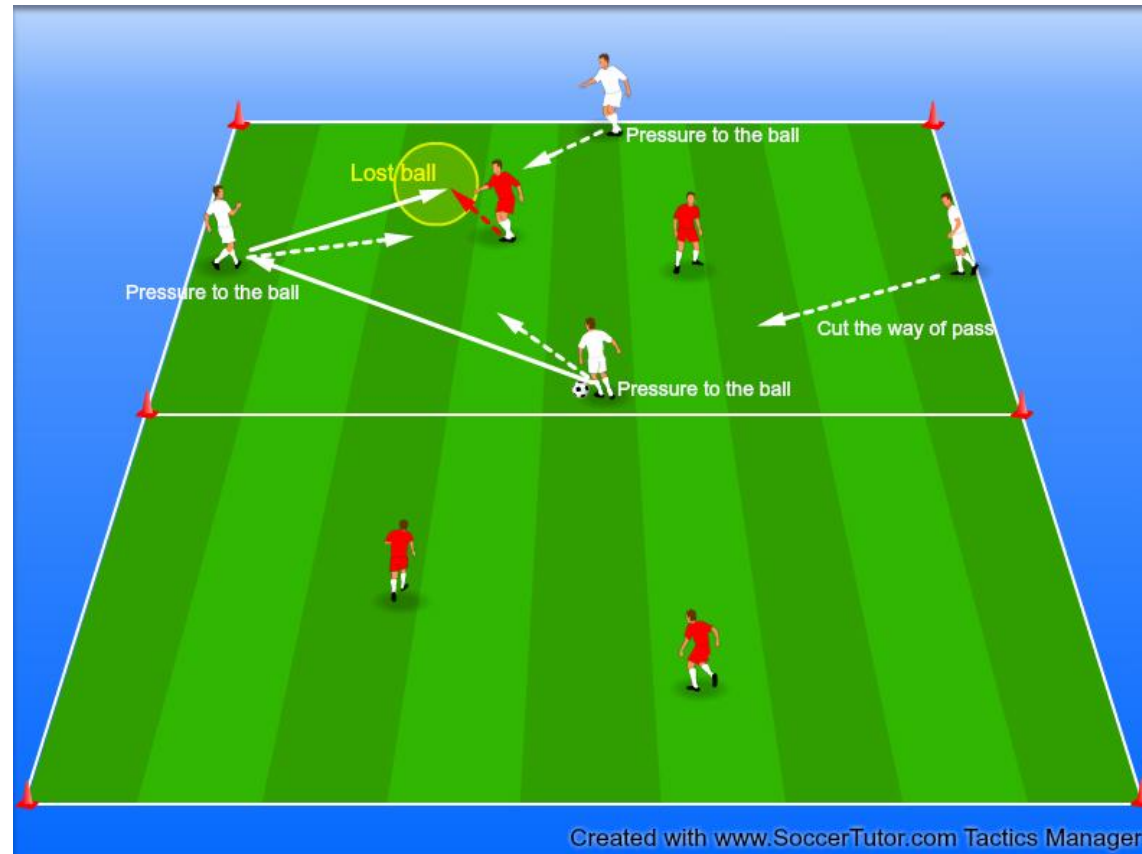
Organization:

Time: 10 min

Repetitions: 2x5min

Space: 10m x 10m + 10m x 10m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



TRANSITION ATTACK - DEFENSE

2. WARM UP 2: 4v3+1v2

Introduction:

5 players attacking (white) and try to score to mini goal. 5 players defending (red) trying to regain the ball as soon as possible

Condition:

- 4 white team players need to score the goal in the mini goal.
- 3 red defenders need to steal the ball and pass it to the other two red in the other square.
- One area should be 4v3 and the other area 2v1.
- White team need to score in the mini goal and when ball possession is lost, immediately press the red team to prevent them passing to the other square
- When red team regains the ball they need to pass to the other red team players on the other side then after a successful pass, go support ball possession with 4 players in the square to score in mini goal

Coaching Point:

- Good balance during ball possession game.
- Quick reaction to press the opponent when team loses ball possession.

Organization:

Time: 10 min

Repetitions: 2x5min

Space: 15m x 15m + 15m x 15m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



TRANSITION ATTACK - DEFENSE

3. TACTICAL GAME 1: 7v7+1v1

Introduction:

7 players attacking and 7 players defending. This exercise is focused on the transition from attack to defense.

Condition:

- White team's objective is to score the goal
- Red team defending the goal
- White team attacking to score and when lost possession, immediately press the ball. Other players should support and organize the defense on the other side.
- Red team starts by defending the goal and when ball is regained, their objective is to pass to striker in 20m x 20m grid with someone coming to receive the ball back from the striker again trying to run through the half line.

Coaching Point:

- Good team balance during the ball possession game.
- Quick reaction to press opponent when team loses ball possession.
- Prevent opponent forward pass.

Organization:

Time: 15 min

Repetitions: 2x7min

Space: Half Pitch + 20m x 20m(center circle)

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



TRANSITION ATTACK - DEFENSE

4. TACTICAL GAME 2: 7v8+3v2

Introduction:

With 7 players attacking and 8 players defending, this exercise is focused on transition from attack to defense.

Condition:

- White team attacking to score a goal.
- Red team defending the goal.
- White team attacking to score but when ball possession is lost, immediately press the ball. Players on the opposite side of the field should support and balance out defense. No6 of the white team should cover the space and prevent the red from counter-attacking. No6 needs to work with NO3/4
- Red team starts by defending the goal and when ball is regained, try to pass to two strikers in 40m x 20m grid. Someone then has to receive the ball again from two strikers and go through 60m line.

Coaching Point:

- Good balance of players during ball possession game.
- Quick reaction to press opponent when team loses ball possession.
- Decision making from No6 – according to situation players No3/4

Organization:

Time: 15 min

Repetitions: 2x7min

Space: 50m x 60m 7v8 + 40m x 20m 3v2

Progression:



TEAM DEVELOPMENT PHASE (13-16)



TRANSITION ATTACK - DEFENSE

5. GAME : 11v11

Introduction:

In this exercise 11 players are attacking and 11 players are defending. Exercise focused on the transition from attack to defense.

Condition:

- White team always starts with the ball and their objective is to score the ball. Once the ball possession is lost from the white team. They need to focus on the organization the defense from their attacking position to the defending. Keeping the middle compact and tight.
- Red team's objective is to regain the ball start a counter -attack.
- White team only allowed two touch.

Coaching Point:

- Good balance of players during the ball possession game.
- Quick reaction to press opponent when team loses ball possession.
- White No 3,4 always ready to mark red No9,10.
- White No 6 in good position to cover the space and good coordinate with No3,4.

Organization:

Time: 25 min

Repetitions: 2x10min

Space: 2/3 Pitch

Progression:



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TEAM DEVELOPMENT PHASE (13-16)



TRANSITION DEFENSE - ATTACK

1. WARM UP – PASSING EXERCISE

Introduction:

Passing pattern move in groups of 10 players.

Condition:

- 3 players in each group with 3 groups + 1 target men in total.
- 3 group rotation exercise
- According to diagram, forward pass and counterattacking movement to use target man.
- Progression – decide players them self.

Coaching Point:

- Rhythm – When receiving the ball players need to be calm and with right timing, they need to pass accurately with good weight.
- Accurate pass to the feet.
- Concentrating on the weight of the pass.
- Encourage to no back pass – forward pass.

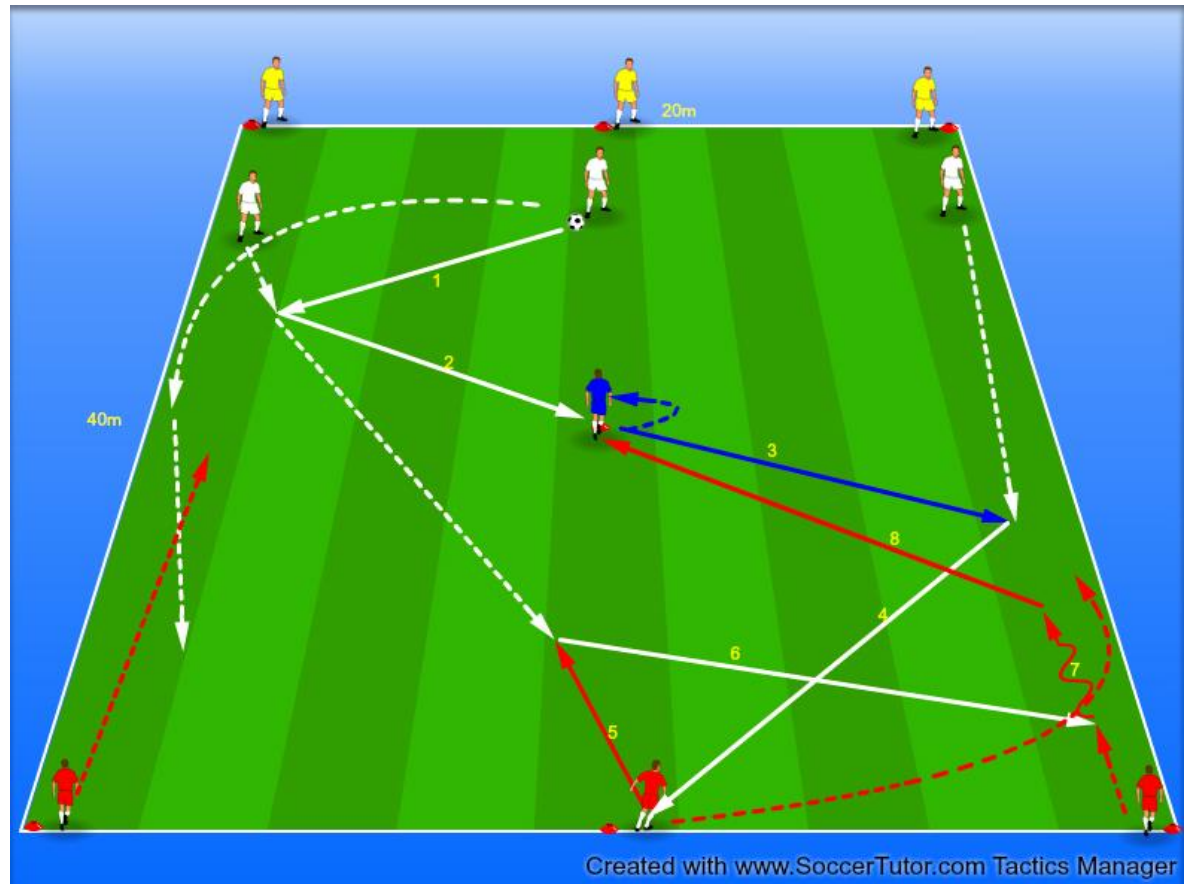
Organization:

Time: 10 min

Repetitions: 2x5min

Space: 20m x 40m

Progression:



TEAM DEVELOPMENT PHASE (13-16)



TRANSITION DEFENSE - ATTACK

3. GAME: 11v11

Introduction:

Game focused on the transition from defense to attack. Start game defending from the defending third.

Condition:

- Red team objective is to score.
- White team starts by defending the goal.
- Red team's condition is to score with only two touch.
- Only ground balls are allowed from the red team.
- When white team regains ball possession, Players No9, No7,11 need to move into space in order to receive a pass from the white team player. No 8,10 need to push up and see the situation whether they need to support to receive the ball or penetrate into space.
- The exercise should always start with players identically positioned shown in the diagram.
- According to coaches –Players red No11 or No8 needs to start with the ball.

Coaching Point:

- Compact and united defending to regain the ball possession.
- 7,9,11,8,10 have to quickly change in order to react to a counter attack.
- Accurate passing and quick decision making.
- If counter attack is not possible, try to keep ball possession to build up play.

Organization:

Time: 250 min

Repetitions: 2 x 10min.

Space: 2/3 Pitch

Progression:



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