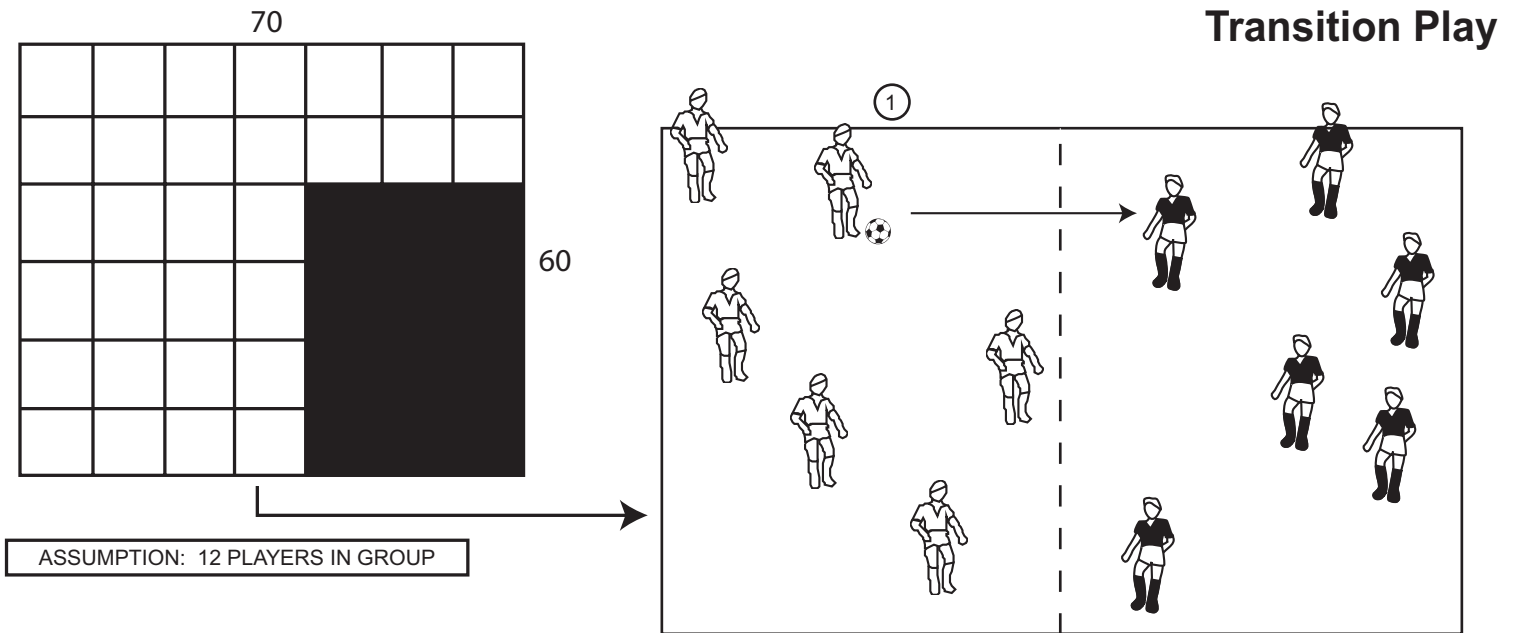


TEAMS TRAINING SESSION - Support Play



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

The Light team has possession of the ball. Light player #1 passes the ball into the opposing area. The Light team sends three players into the opposing area to defend. A goal is scored when the Dark team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

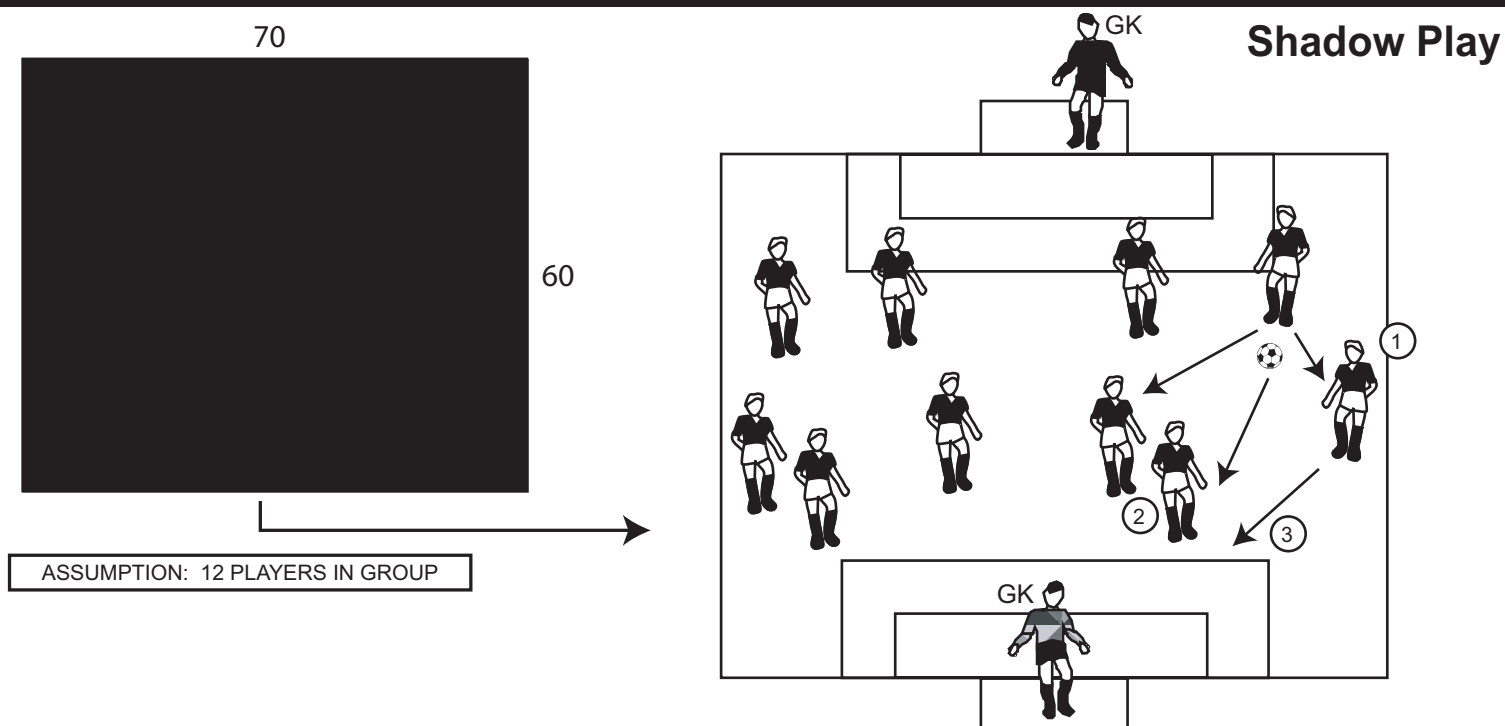
Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Points

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.

TEAMS.WARM DOWN - Support Play



Purpose

To develop possession and position by shadow play.

Organization

Set out a 70 x 60 yard area. Play 10 outfield players + 2 goalkeepers at the ends of the field. Organize outfield players into a 4-4-2 formation.

Game Objective

The goalkeeper rolls the ball to the fullback who can play the ball to either dark player #1 or #2, loft it long to a midfielder player #2 running from deep, or play the ball short to a defensive midfielder player. Play to a strike on goal and try to restrict the receiving players to 3 touches or less. Repeat in the opposite direction and to the opposite side of the field.

Progressions

1. Walk through the practice first and allow passes of no more than 15 yards.
2. Now at a jog, but only passes of less than 25 yards.
3. On coaches whistle, play stops and coach takes an attacking free kick against the team.

Key Coaching Points

1. Does the team keep good defensive shape.
2. Don't use too many square passes.
3. Can we play short and long passes as if stretching the defense.
4. Remember to allow for an offside rule.
5. Keep to your set formation.