

Arrival Games - 4x Different Pitches

Category: Fun Games

Length: 00:10 Rec. Players: 20

Published: November 27, 2014 @ 20:16

Practice Theme/Topic

General Notes

I have left info blank for you to complete if you try it. See what return you get across four corners.

Aims & Objectives

Arrival games to focus attention on set topic within different scenarios

Organisation & Setup

Four pitches different sizes
Footballs, cones and goals.

Can use bibs if required

Coaching Factors & Outcomes

N/A

Adaptation & Progression

Size of goals (can be different at each end)
Number of players
Once they score players might rotate pitches

Technical

N/A

Physical

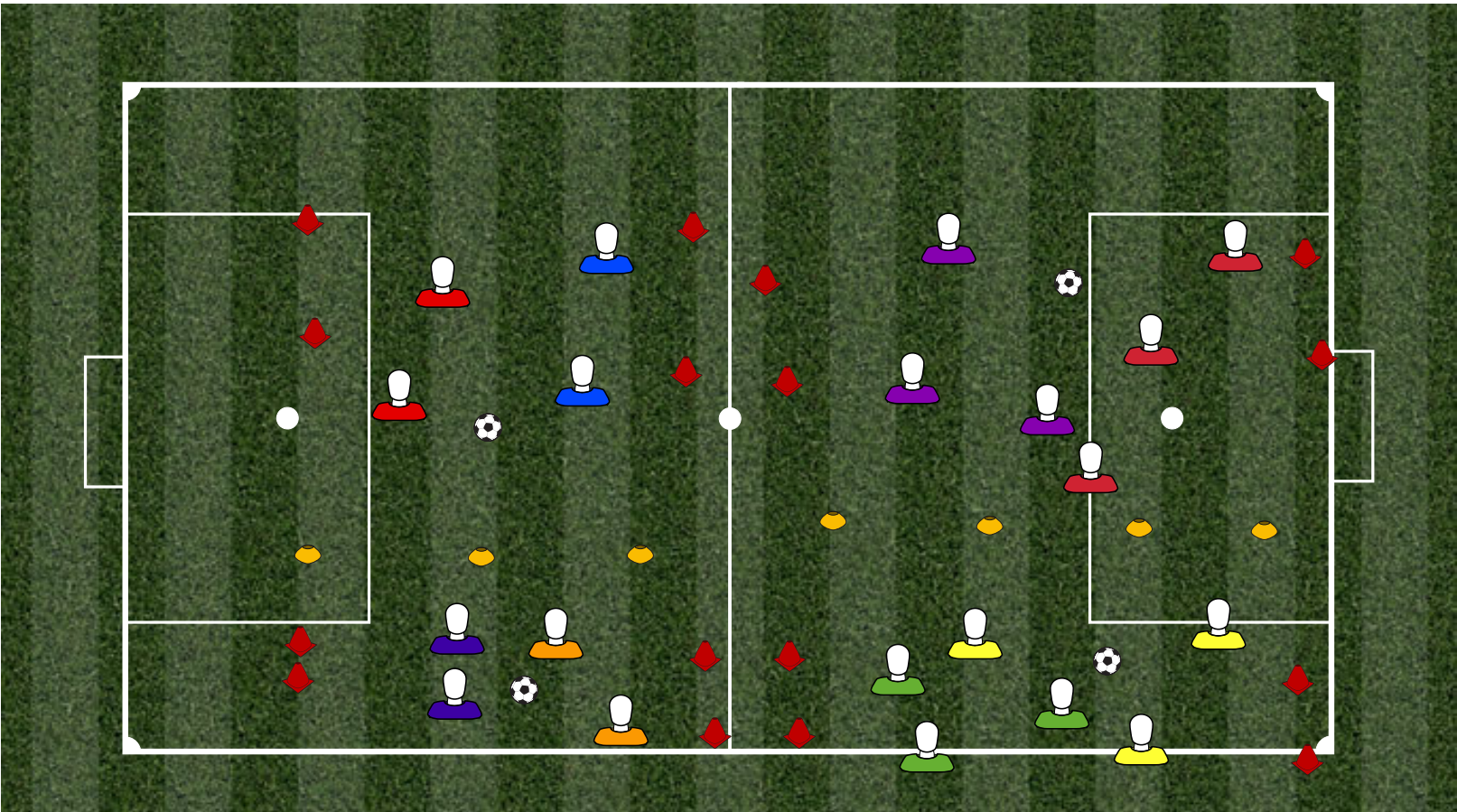
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

1v1 Attacking Practice

Category: Attacking

Length: 00:25 Rec. Players: 20

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Practice Theme/Topic

Dribbling 1v1 to create a chance to score

General Notes

Defenders can rotate in the practice and those starting in the centre can take turns. Rotate roles after each player has 4 attempts to attack

Aims & Objectives

Develop dribbling techniques 1v1 to score

Organisation & Setup

Shape in centre with 4 goals around the outside and areas marked off to allow play towards each goal. Each player in the centre to have a ball, 1 GK in each goal with two defenders allocated to each goal.

Defenders can switch at any time during the practice and players in the centre can change the goals they attack each turn.

Coaching Factors & Outcomes

Be positive in possession

Create space with the ball

Close control of the ball

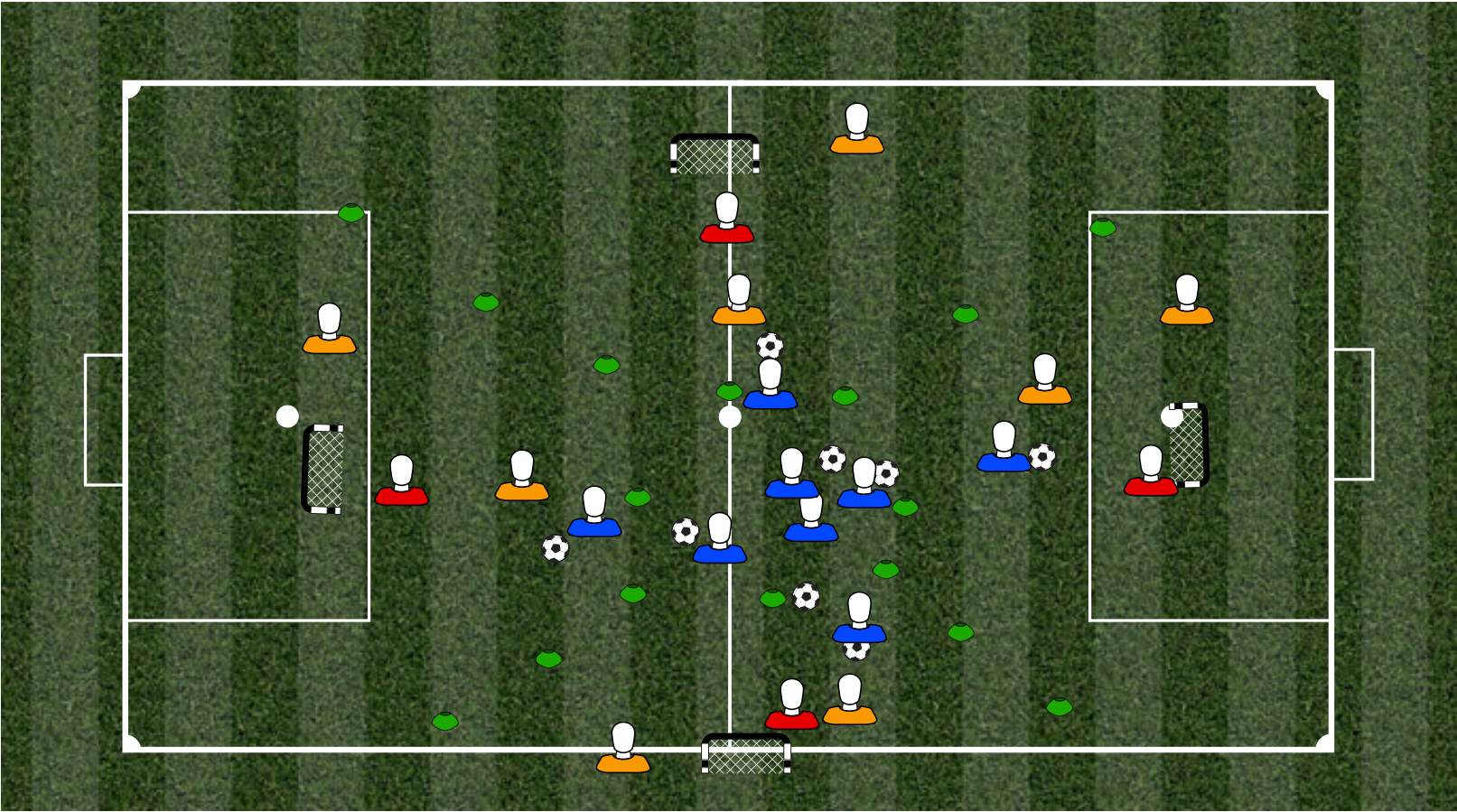
Select when to shoot

Adaptation & Progression

Size of goals

2v1 or 2v2

Players could be fed. Ball from the centre shape before the game starts



Coaching Point #1

Try to be positive
How does this help you attack?
What does this mean to you?

Coaching Point #2

Try to create space
How? What can you do to off balance your opponent?

Coaching Point #3

Try to shoot on site
What helps you to decide when to shoot? Why did you shoot?
What did you see or try?

The practice is designed to allow players to move around a grid and to pass between teams mates, as this progresses, the practice becomes more challenging.

Technical

Dribbling

Physical

Change of direction

Beds FA Skills Centre 27/11/14

Practice: 03 Length: 01:00

Categories: Fun Games, Attacking

Practice: 02 Length: 00:25

1v1 Attacking Practice

Category: Attacking

Slide: 01/01



Small Sided Dribbling Games

Category: Attacking

Length: 00:25 Rec. Players: 10

Published: November 27, 2014 @ 20:16

Practice Theme/Topic

General Notes

Small sided games with channels

Aims & Objectives

Develop dribbling within a game

Organisation & Setup

Small sided game with channels the full length of the pitch

Only one defender can enter the wide area when the ball is in it

Coaching Factors & Outcomes

Developing 1v1 dribbling opportunities

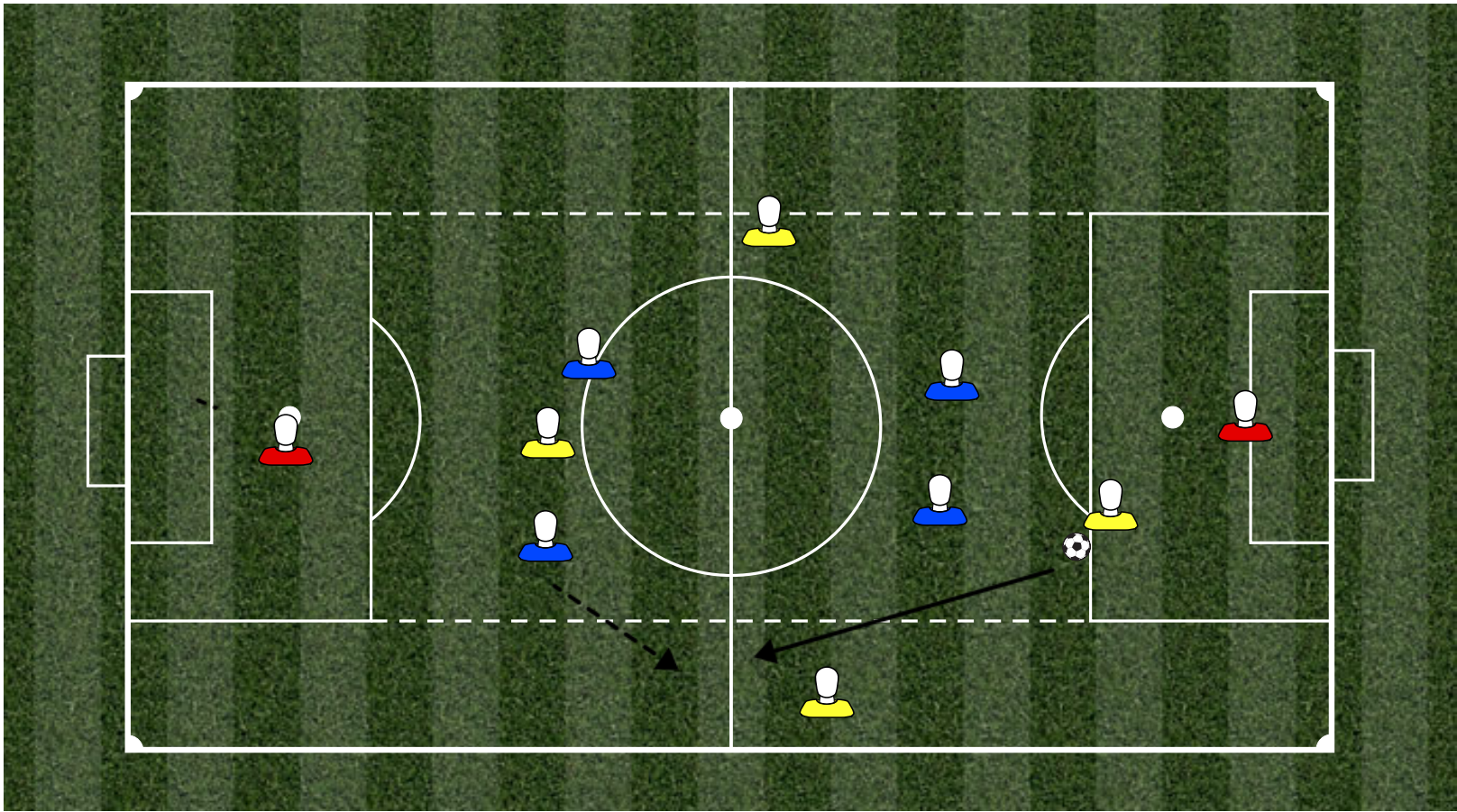
Creating space 1v1

Adaptation & Progression

Width of channels

Size of footballs

Number of players



Technical

Dribbling

Physical

Creating space as individuals

Psychological

Recognising space

Bravery

Social

Working within a team

Making space for others

Coaching Point #1

Try to create 1v1s
How do you do this? What helps you attack 1v1?

Coaching Point #3

Try to recognise space
Where is the space? How can you get there? Pass, dribble or shoot through the space?

Coaching Point #2

Try to be positive on the ball
Where can you be positive? When? Why?

The practice is designed to allow players to move around a grid and to pass between teams mates, as this progresses, the practice becomes more challenging.