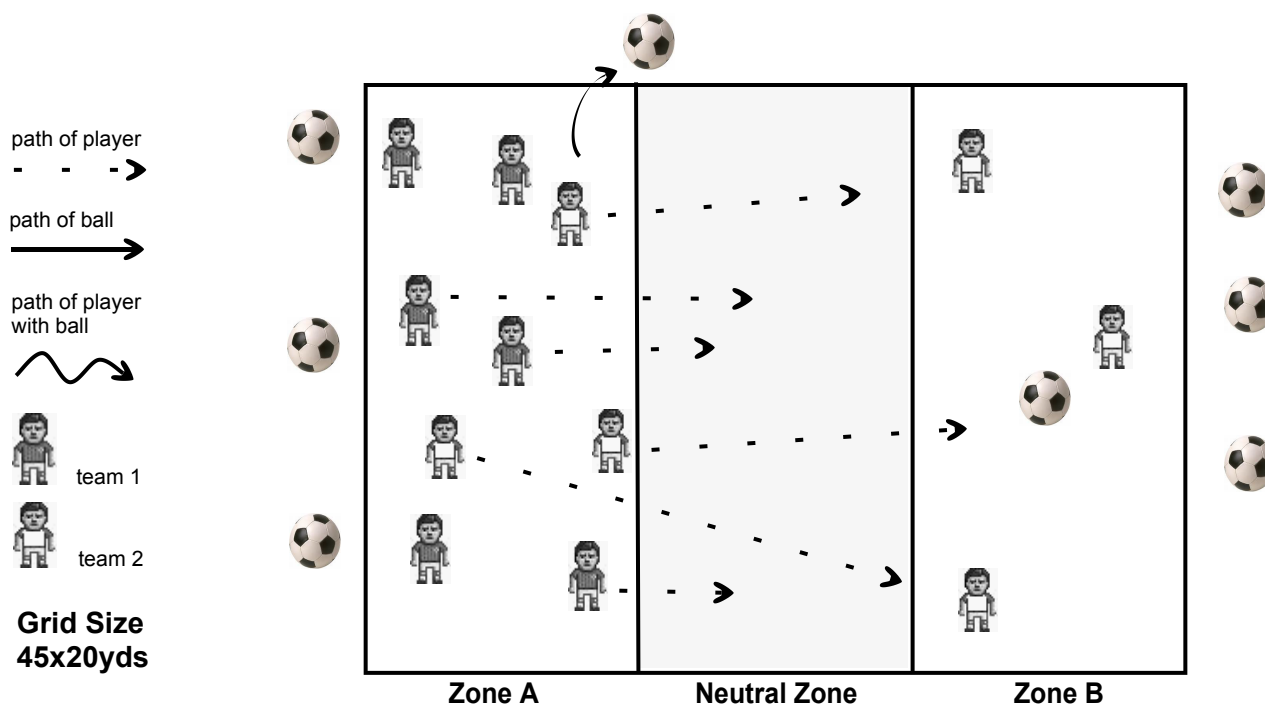


## No. 29 “End to End”

- Possession
- Defending

U8 ✗  
 U10 ?  
 U12 ✓  
 U14 ✓  
 U16 ✓



Most errors occur in a game when players are fatigued and players stop moving to support the ball. This drill rewards hard work and composure under pressure. It is also a very useful fitness session. Whenever possible, and always with younger players, we want to do all our fitness training with footballs. This means the training is specific to the game, better fun for the players and improves their skill at the same time.

## Organisation

Divide grid into 3 zones with plenty of spare balls around perimeter  
 Two evenly matched teams are split into 2 parts each  
 Team 1 and half of team 2 begin in zone A: Team 1 attempt to keep possession from team 2  
 When possession is lost, team 2 run to join team-mates in zone B: Half of team 1 join them  
 Team 2 now attempt to keep possession from half of team 1 in zone B  
 When the ball is lost play reverts quickly to zone A with team 1 and the other half of team 2  
 The sequence continues for pre-determined time - 20 minutes for useful fitness session  
 Make it competitive - count the total time play is in either zone

## Coaching Points

- ♦ Use available space well - spread out
- ♦ Movement to support player on ball
- ♦ Be composed and relaxed in possession
- ♦ First touch away from pressure
- ♦ Play with head up “*See the picture*”
- ♦ Work rate of defenders
- ♦ Try to isolate player in possession
- ♦ Concentration when tired

## Development

- i Adjust size of grid - width of neutral zone
- ii Limit number of touches of players in possession
- iii 10 passes earns 1 life and ball must be won twice (first pass that counts is to incoming team-mate)