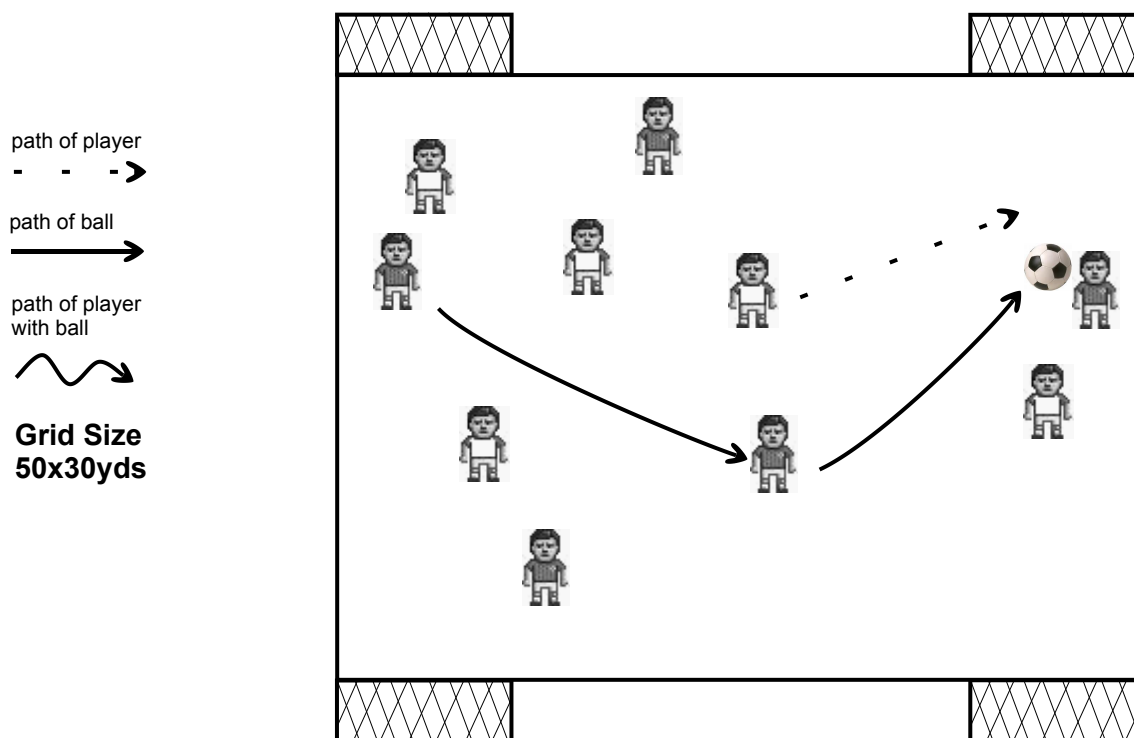


No. 33 “Quads”

- Conditioned SSG
- Possession
- Long Passing
- Defensive Organisation

U8 ?
 U10 ✓
 U12 ✓
 U14 ✓
 U16 ✓



A basic principle of football is the need to create width in attack and remain compact in defence. This practice encourages teams to make full use of the width of the pitch and to learn how to switch the ball quickly to find the space to play forward. At the same time defenders need to learn to not try to defend the whole width of the pitch but to get numbers around the ball and close down as the ball travels. Coach just one of these topics at a time.

Organisation

- Select two evenly matched teams
- Each team attacks and defends two goals
- No goalkeepers
- Normal football rules apply - restart with kick-ins
- Make it competitive - play for an agreed time and keep the score

Coaching Points

- ◆ Angles and distance of support behind ball
- ◆ Create width as a team
- ◆ Switch point of attack quickly
- ◆ Confident finishing
- ◆ Defensive organisation
- ◆ Correct distance of marking of attackers
- ◆ Stay compact and shift as ball travels
- ◆ Defenders “*Don’t be caught ball watching*”

Development

- i Increase width of pitch
- ii Limit players to three or two touch in possession - unlimited if it results directly in finish