

### First exercise

5v3 tight area (15x15) undefined with these conditions:  
defensive players stay in for splits or 10 passes.

*Coaching points:*

*Small group organization*

*Communication*

### Second exercise

3v3 with 2 targets

3 players confined to 20x20yd space. Players not allowed to cross mid line. To score points attacking players must role ball across midline and pull it back to safety or split defensive players by finding a seam in the shape. 3pts equals a win.

*Coaching points:*

*Communication*

*Proper pressure, support and balance*

### Third exercise

2v3 to three goals. 18 as an end line extended 20 yards. Defensive players play out and across midline; attacking players play to any of the three goals. 1<sup>st</sup> to score 5 points wins.

*Coaching points:*

*Maintaining zone and switching off players*

*Communication*

*Sheparding players to the outside*

Progression:

3v3, 3v4 – 5 points wins.

\*add two goals at the midline for midfielders to play through. Begin to discuss the shape of the two central midfielders

Final Game

8v8 – system 3-3-2

Midfielder has five possible jobs to think about when defending depending on the individual situation:

1. **Recover** back to get goal side of the ball.
2. Be the **pressurizing** player to stop the player on the ball (win, delay or force one way).
3. Or **support** the pressurizing player with angle, distance and communication.
4. **Cover** (mark / zone) their own opponent so as they receive the ball they can close them down.
5. **Step** into the **passing lanes** to prevent forward passes getting through midfield to strikers.

Any combination of these 5 jobs will apply at any one time depending on the situation in the game.