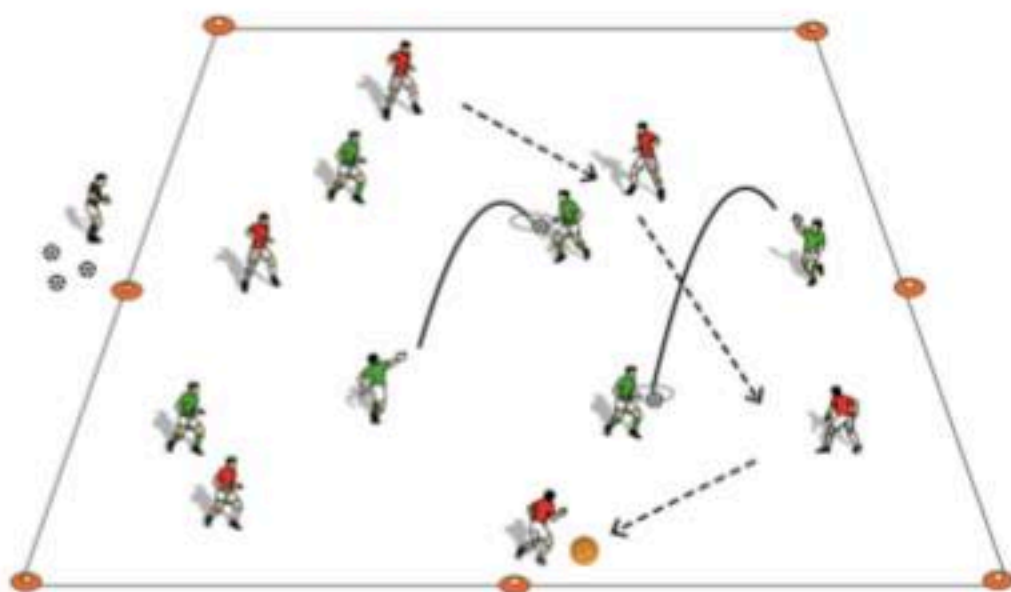


Let's have some fun!



© Copyright www.academysoccercoach.co.uk 2019

Area – 40 x 40, 6v6 is shown. The green team have two players, each holding a soccer. The coach has all the other balls. The red team keep possession with the orange ball. (This ball is always used for possession)

1. 6v6 is played. The red team keep possession.
2. The green team throw the two balls to team-mates who are closest to the ball. If a player is holding a ball, they cannot run with it.
3. For the green team to win possession, they must hit the orange ball with one of the balls they are throwing. If they do, possession switches.
4. The coach keeps the exercise going by throwing players a new soccer ball when one ball is thrown too far out of the area.

Coaching points:

Fun, Team-work, movement and communication



© Copyright www.academysoccercoach.co.uk 2019

Area: 60 x 40 with two goals with goalkeepers. 7v5 is played on the field. The field has a halfway line marked out. The coach has all the soccer balls.

1. The grey team of 7 players play possession soccer. Wherever the **FIFTH** pass is made, the greys can now attack the goal in the opposite half of the field. When the fifth pass is made, yellows protect the goal greys are attacking and form a defensive screen in that half of the field.
2. If the yellows win the ball, they can score on any goal at any given time.
3. If greys win the ball back, they restart the count from one.
4. Switch roles of the players.

Coaching points: Defense – Work together, stay compact.

Attack – Play with a 1-2 touch mentality, scan the field, team-work.



© Copyright www.academysoccercoach.co.uk 2019

Two teams play 8v6 plus GK. Play a normal game.

1. Whoever scores, joins the other team.
2. See how many players your teams can play down with. Mental toughness.

Coaching points:

Body shape, first touch, field awareness, weight and timing of pass, movement into space. Creative running. See how teams adapt to gaining or losing a player.