

ORGANISATION

Circle + 2 Teams + Pivot Player

The aim of this practice is to encourage bravery when receiving and passing the ball. The pivot player in yellow works for as long as they can on receiving the ball and playing to a different team mate.

Individuals keep their own score of how many times they received and released the ball successfully against the two defenders using their team mates around the outside. The pivot player can set the ball back but this does not count for a point. Red players can move the ball between themselves but the focus is playing brave/risky passes into tight spaces so you may limit this to 3 or 4 passes for example. If they go beyond your limit, it's a point to blue.

Possible Constraints

1. Yellow player stays in for a set period of time. E.g. 2 minutes.
2. If Blue win the ball they can keep it from the yellow player 2v1. Use your discretion here.
3. You can choose to only award points for passes received from one side and played out the other to focus on receiving shapes. Consider the ability of your players here.
4. Pivot player could hold a bib and drop it and swap on turn over.

KEY FACTORS

BRAVERY: Encourage support players to play risky and difficult passes to the pivot player. Encourage the pivot player to demand the ball when marked 1v1 or 1v2 and take on the challenge.

COURAGE: Set the tone of the practice by embracing mistakes from the players. Reinforce that you want them to take as many risks as possible and encourage the pivot player to be vocal and demand the ball.

COMPETITION: Ensure players keep their individual scores. They are competing with themselves, not their teammates.

FOUR CORNERS

Technical

- Receiving shapes
- Releasing skills
- First touch
- Scanning/Awareness

Psychological

- Bravery
- Courage
- Confidence
- Acceptance

Physical

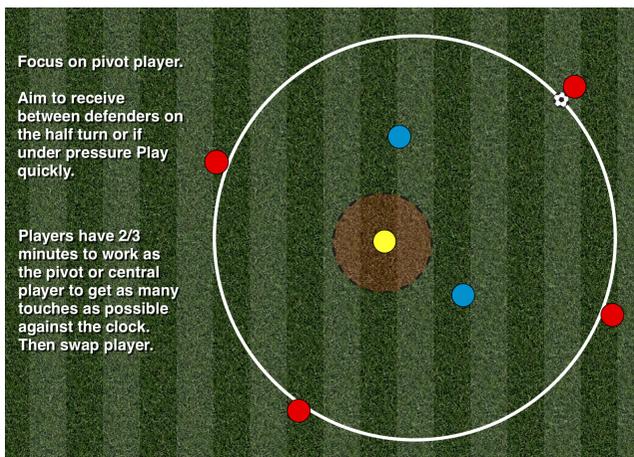
- Double Movements
- Agility
- Explosive speed
- Strength on the ball

Social

- Empathy
- Communication
- Team work
- Trust

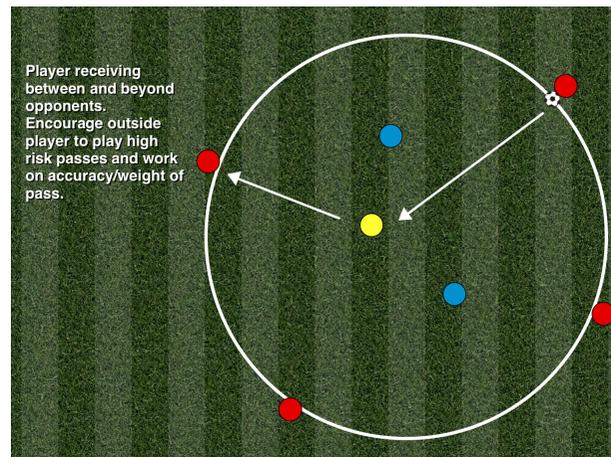
CONSIDERATIONS

Is the **SPACE** realistic and relevant for the age group you are coaching? Set the size of the circle according to the age and ability. The smaller the circle the more difficult for the pivot player. The bigger the distance, the more physically demanding so consider how long your sets are. Rotate your players through so they get more than one turn as the pivot player.



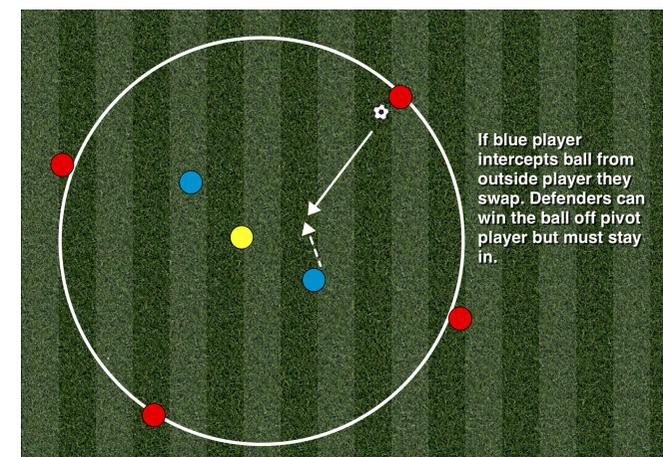
The Set Up

If you have a bigger group, set up two circles



Success

An example of the pivot player getting a point.



Turnover

An example of blue defender winning the ball

ORGANISATION

2 teams + pitch divided into 3 zones.

The aim of this practice is to play creative and risky passes into the attacking zone. Strikers need to be brave and go 1v1 when they receive the ball as you start the practice with no supporting runs allowed. Once the ball is played in, the striker has to go 1v1.

Possible Constraints

The pitch is divided into three zones. The attacking zone can be set up as a 1v1 or 2v2 depending on your player numbers. Your midfield zone can be a 3v3 or 4v4 depending on player numbers. If you have no GKs allow midfield forward runs and condition goals with a 1 touch finish.

Players are all locked in their zones to start with each unit playing against each other. You can also consider setting up strikers 1v2. You can also allow one midfield player to come back in and receive from the GK when playing out if it helps the players.

Rotate players through different positions to give them a chance to attack or defend 1v1 or work with midfield team mates on different passes into the attacking zone. Allow long enough in your session for players to get into some flow. Avoid over coaching and stopping the game, try to manage the conditions.

KEY FACTORS

BRAVERY: Encourage strikers to be brave 1v1. encourage midfielders to take risks with their passing. Encourage defenders to dominate 1v1. Encourage GKs with shot stopping and distribution.

COURAGE: Set the tone of the practice by embracing mistakes from the players. Reinforce that you want them to take risks from midfield and be confident 1v1 attacking.

COMPETITION: Once the players understand the practice in the first 5-10 minutes, set up 3 x 10 minute games and bring in progressions such as forward runs as you go.

FOUR CORNERS

Technical

- Passing skills
- Receiving
- Combinations
- Finishing

Psychological

- Confidence
- Composure
- Patience
- Resilience

Physical

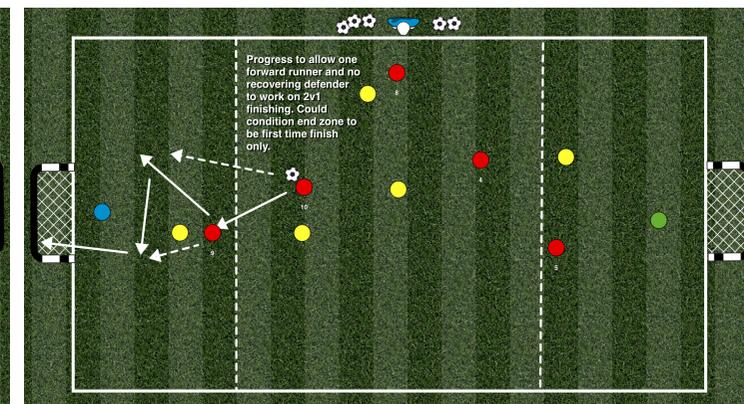
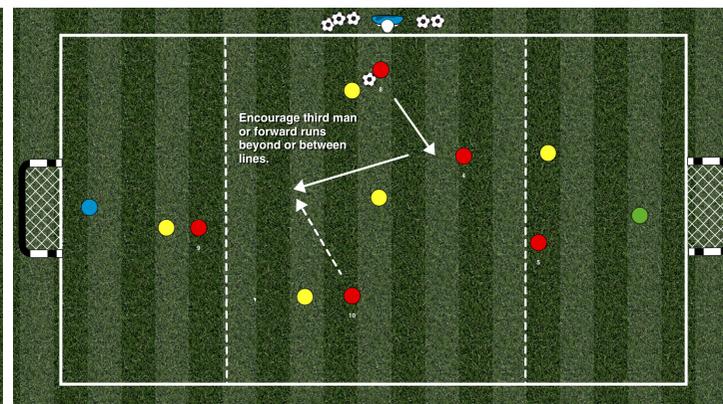
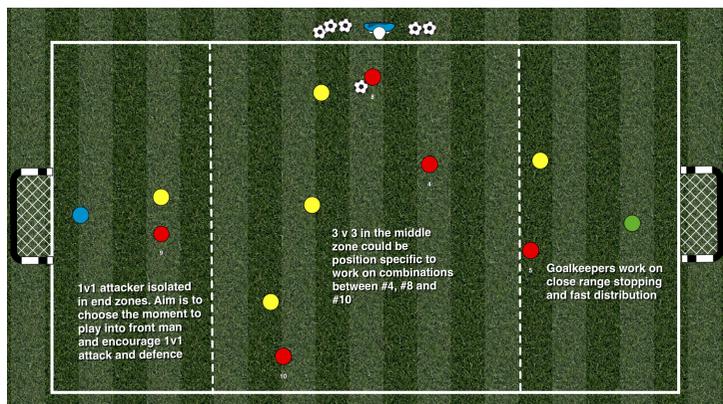
- Multi-directional speed
- Forward runs
- Movement to receive
- Strength on the ball

Social

- Support for team mates
- Communication
- Encouragement
- Problem-solving

CONSIDERATIONS

Is the **SPACE** realistic and relevant for the age group you are coaching?
How will you **PRAISE** the group when they grasp the concepts?
Don't forget how important the goalkeeper is in organising the team. .



The Set Up

Pitch divided into three zones. Middle zone set up with space for more players.

Combination Play

Midfield units try to find creative passes into attacking zone.

Progression

If you allow forward runs, midfield players run beyond to support or score