

## ORGANISATION

### 2 teams + football pitch + gates

This session is designed to focus on switching play and counter attack and leads into the next game nicely.

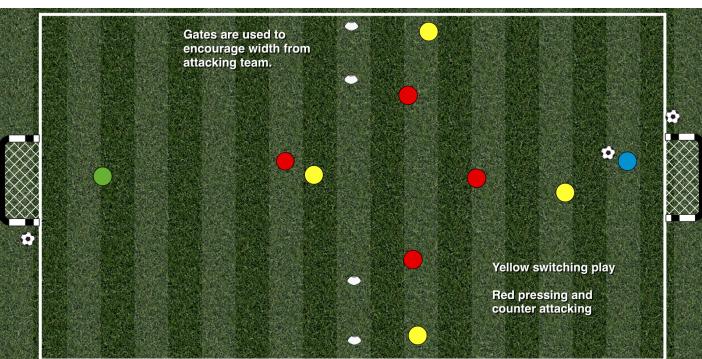
The practice is designed to encourage the yellow team to move the ball side to side with a pass or dribble through a gate worth a point. The red team collaborate to try and intercept and score in either goal.

You can experiment with different team numbers and odd numbers can add a nice challenge. For example, you could set up a 7v6. The yellows have 7 players including the GKs and reds have 6 outfielders. This makes the challenge for yellow 5v6 at times and the challenge for red 7v6. The main goal is to create underloads

and overloads for both teams to be challenged in different moments. Make sure you rotate players through both teams to get different experiences and set leadership groups to discuss strategy. Let the ball roll and observe player behaviour.

### Possible Constraints

1. Mix up player numbers
2. Create more than two gates e.g. two gates in one half, two in the other to create more areas for yellows to exploit.
3. Award double goals if red attack the furthest goal and score when winning possession.



### The Set Up

Two gates in wide areas for yellows to play through. Small football pitch with lots of width. Age appropriate and two goals. Yellow team outnumber reds.

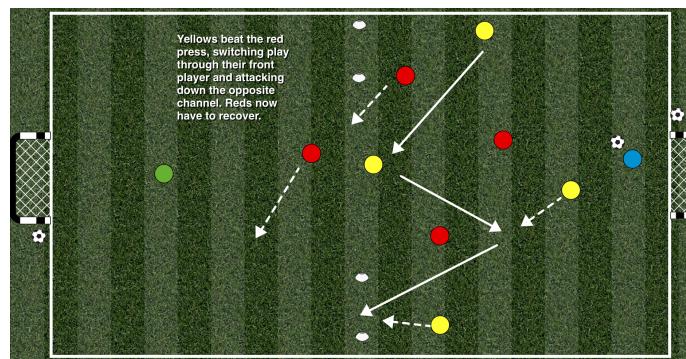
## KEY FACTORS

**RESILIENCE:** The practice is quite strategic in terms of preventing switching opportunities for yellow and red being resilient outnumbered. Observe player behaviour and allow players time to discuss tactics. Encourage players who show great desire to press and win the ball.

**PEER TO PEER:** Allow players a chance to work together on tactics and use breaks to reflect. In a 30 minute time slot, try and play 3-4 6-8 minute games giving players a chance to learn the game, compete and play different roles. Ensure players lead the debrief and build on this practice going into the next SSG.

## CONSIDERATIONS

The SPACE needs to be manageable. Ideally the pitch would be quite wide to allow yellows to work on switching and not too long that it's impossible for reds to win it and break. A short, wide area will be useful. Experiment with playing numbers, ramp the challenge up or down depending on how the game is going. Coach individuals on the run and avoid stopping play to over coach.



### Success Yellow

Yellow team break the press and successfully switch play through central areas. Encourage yellows to switch in a variety of ways.

## FOUR CORNERS

### Technical

Range of pass  
Movement to receive  
Pressing  
Finishing

### Psychological

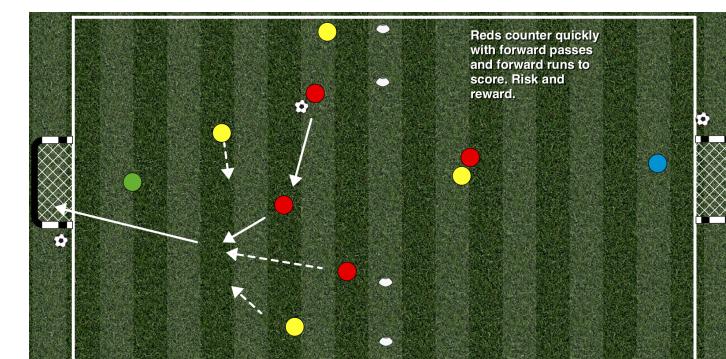
Resilience  
Positivity  
Bravery  
Persistence

### Physical

Agility  
Recovery  
Sprints  
Stamina

### Social

Support  
Communication  
Encouragement  
Collaboration



### Success Red

Red team successfully win the ball and transition quickly to score. Look for quick reactions and forward/supporting runs to capitalise on hard defensive work.

## ORGANISATION

**Football pitch divided in half or thirds + 2 goals.**

This session is designed to test the resilience of one team who are outnumbered and challenge the team who has the overload to be calm and composed.

The practice is a small sided game where one team (red) try to keep possession. You can introduce goal scoring for the red team (e.g. 10 passes = 1 goal) and the yellow team are looking to press, screen or tackle to win possession and score in either end.

They need to be resilient out of possession, communicate and collaborate to get success. The overloaded team get to work on keeping the ball and switching play

whilst the outnumbered team work on collective defending.

Manage distances and pitch size as the team with less players will be working hard in a big space.

### Possible Constraints

1. Condition the game so that the yellows can score in either goal
2. Change the game to a normal game yellow going one way, red the other, but in outnumbered teams
3. Bring in scoring for the possession team for number of passes = 1 goal.
4. Implement four mini goals to give overloaded team more opportunity and encourage possession team to switch play.

## KEY FACTORS

**RESILIENCE:** The practice is a mentally challenging one for the players. And they may struggle to get success initially. Try to observe players who are showing resilient behaviour and others who may lack desire to work outnumbered. Use breaks to de-brief with players.

**PEER TO PEER:** This game can see tempers rise and conflict emerge. Encourage open dialogue between players and get them to feedback honestly as to where they felt their team had success or what their team mates could have done better.

## CONSIDERATIONS

The **SPACE** doesn't need to be too big as it's a physical practice. Don't be afraid to experiment with different pitch sizes. Rotate players between the overloaded and underloaded team so they get to experience advantage and disadvantage. Don't worry too much about tactical themes or playing positions. Adapt the practice based on the players needs.

## FOUR CORNERS

### Technical

Receiving  
Running with the ball  
Releasing  
Pressing

### Psychological

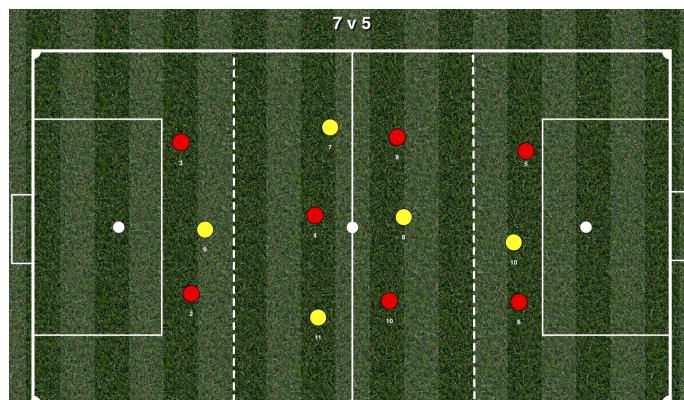
Resilience  
Determination  
Bravery  
Persistence

### Physical

Agility  
Strength  
Explosive speed  
Change of direction

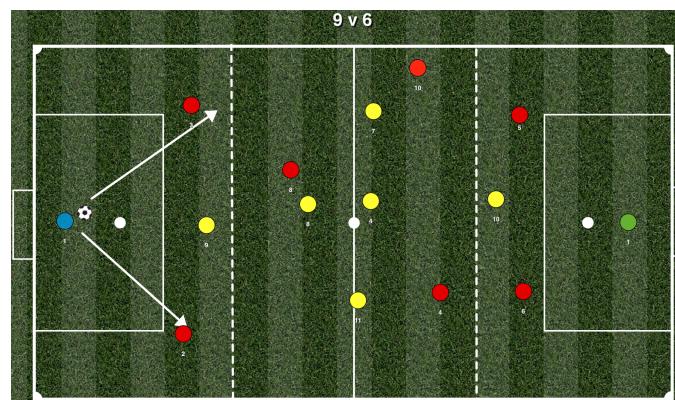
### Social

Positive reinforcement  
Team work  
Honesty  
Acceptance



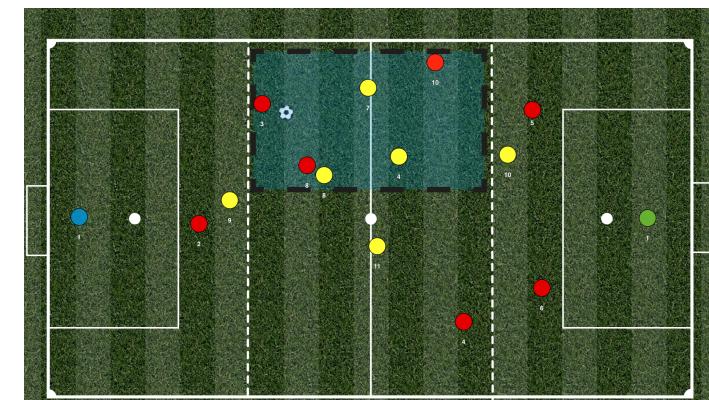
### The Set Up 7v5 Example

Age appropriate pitch divided three zones. Yellows start off in middle zone and try to win the ball and secure the ball. If yellow wins off green, green defend against red & yellow.



### 9v6 Example

If you have odd numbers you can have one team with more players or play with a magic man who is a bounce player for teams in possession.



### Success

The team in possession is trying to create numerical parity where possible. The above example illustrates the defenders creating a 3v3 in one area of the pitch. This is success.