



**CANADA SOCCER**

**SOCCER FOR LIFE**



# LEGEND



RED PLAYERS = ATTACKING PLAYERS



WHITE PLAYERS = DEFENDING PLAYERS



BLACK ICON = COACH



GREY ICON = PARENT / GUARDIAN



DRIBBLE THE BALL



PASS OR SHOOT THE BALL



STOPWATCH



FOOTBALL



CONES



GOAL



POOL NOODLE



PINNIE



BALLS



LADDER

## MANAGE THE ENVIRONMENT

If activities are illustrated as using fewer players than the total attendance, consider these solutions to keep everyone playing:

- Multiple small games (set up 2-3 games)
- Third team (Managing rest time)
- Add target players

## MANAGE THE ENVIRONMENT

Avoid coaching a lot and telling players what to do! Players do not want to listen to their coach constantly and want to feel they can try and make decisions. Let them play frequently and praise good actions or behaviours.

Ask questions and set challenges as this helps them reflect and solve problems.

## MANAGE THE ENVIRONMENT

You can use constraints or scoring systems to reward skill sets and positive play to invite players to solve problems.

Example: If you want players to dribble, you can reward the opposition with points if they intercept a pass. This approach does not limit the player's choice, but it creates a risk-and-reward scenario for them to explore.

### 1. Attacking Organization (We Have the Ball)

Our team has the ball. We try to keep it, move forward, create chances, and score.

### 2. Defensive Transition (We Just Lost the Ball)

We just lost the ball. We must react quickly—try to win it back or get back into our defensive positions.

### 3. Defending Organization (They Have the Ball)

The other team has the ball. We stay organized, protect space, and try to stop them from scoring.

### 4. Attacking Transition (We Just Won the Ball)

We just won the ball back. This is a good moment to attack quickly before the other team gets organized.



# INDIVIDUAL PLAYER SUPPORT STRATEGIES



## ON FIELD STRATEGY

### 01. INDIVIDUAL CONSTRAINTS

Use rewards/restrictions to influence individual behaviors.

### 02. PLAYER PAIRS TO INCREASE OPPORTUNITY AND CHALLENGE

Pair players intentionally to increase repetition. E.g., small with small, fast with fast, etc...

### 03. ISOLATED ME AND BALL PRACTICE

Increased repetition of an action allowing the coach to work more forensically.

### 04. QUESTION PLAYERS ON GOALS DURING SESSIONS

Use questions to gain attention & set challenges "when would you...?"

### 05. INDIVIDUAL ANALYSIS

Ask the player to evaluate performance and things they seek to improve on.

### 06. PEER-TO-PEER ROLE MODELING

Use older or more experienced players to demonstrate key behaviors.

### 07. TARGETED CHALLENGE

Use targeted challenges that act as a guide for learning "Try to score within 6 secs"

### 08. REPETITION WITHOUT REPETITION

Rehearse behaviors repeatedly with varied angles, timing and distances.

### 09. VERBAL CUES

Coach and players verbalize intended behaviors (eg, "Can you show me how to...")

### 10. RELATIONSHIP WORK

Ask players in pairs to discuss questions based on session skill sets.

### 11. ZONES

Mark areas on pitch where players must perform behaviors to increase intentionality.



# SKILL GAMES

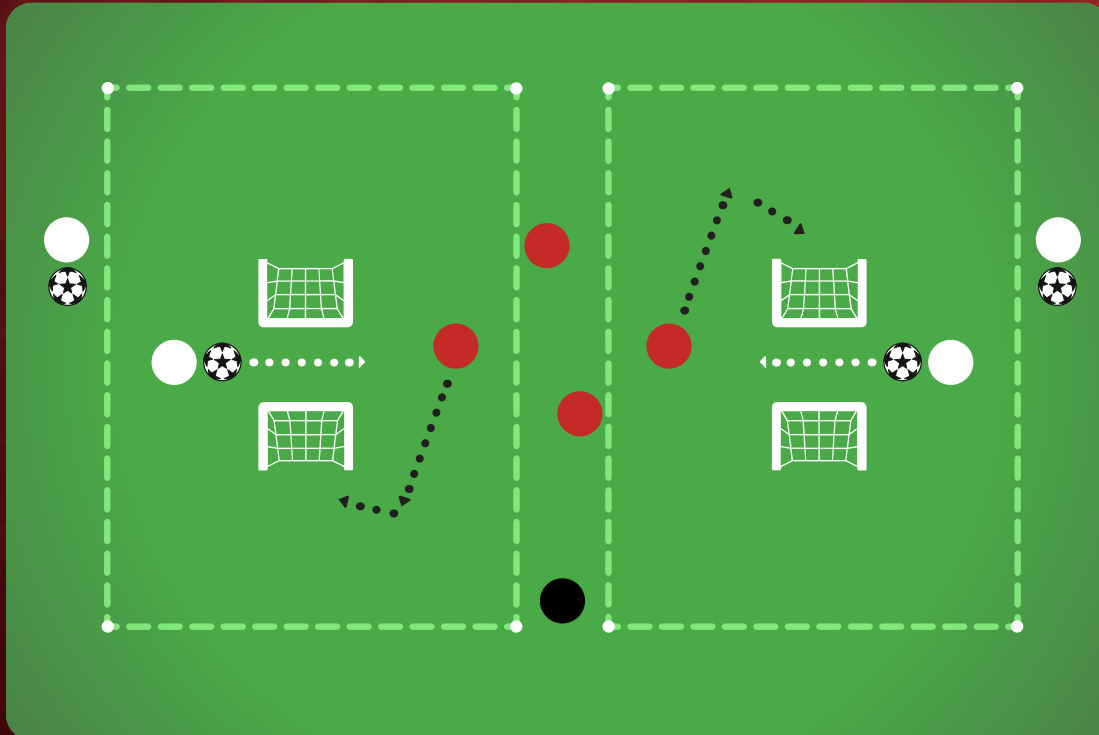


# 1V1 TRAVELLING WITH THE BALL

ATTACKING ORGANIZATION

SKILL SETS

1V1 DUELS / FORWARD THINKING /  
PROTECT THE BALL



## HOW TO ORGANIZE

1. Set up activity for 4-6 players, each with a ball. Repeat set up for additional players.
2. Set up a 15x30 area. In each 15x30 area, place two goals 10m apart, back to back.
3. Divide players into two teams of 2-3 players.
4. Give all the white team players a ball. One white team player will start in the middle of the area, the other(s) will wait at the side with their balls.
5. One red team player will start in the area, the other(s) will wait at the side. All red team players will place their balls next to the white team.

## HOW TO PLAY

1. Defender (white) passes the ball between the two goals and then presses the attacking (red) player.
2. Red receives the ball and aims to score in one of the two goals. If the defender wins it, they can score.

### How to Modify:

- Make the goals wider apart.
- Place the players closer together.

## HOW TO COACH

### Challenges:

- Try to take a touch towards one of the goals.
- Try to use quick changes of direction.

### Questions:

- What was the hardest part of protecting the ball?

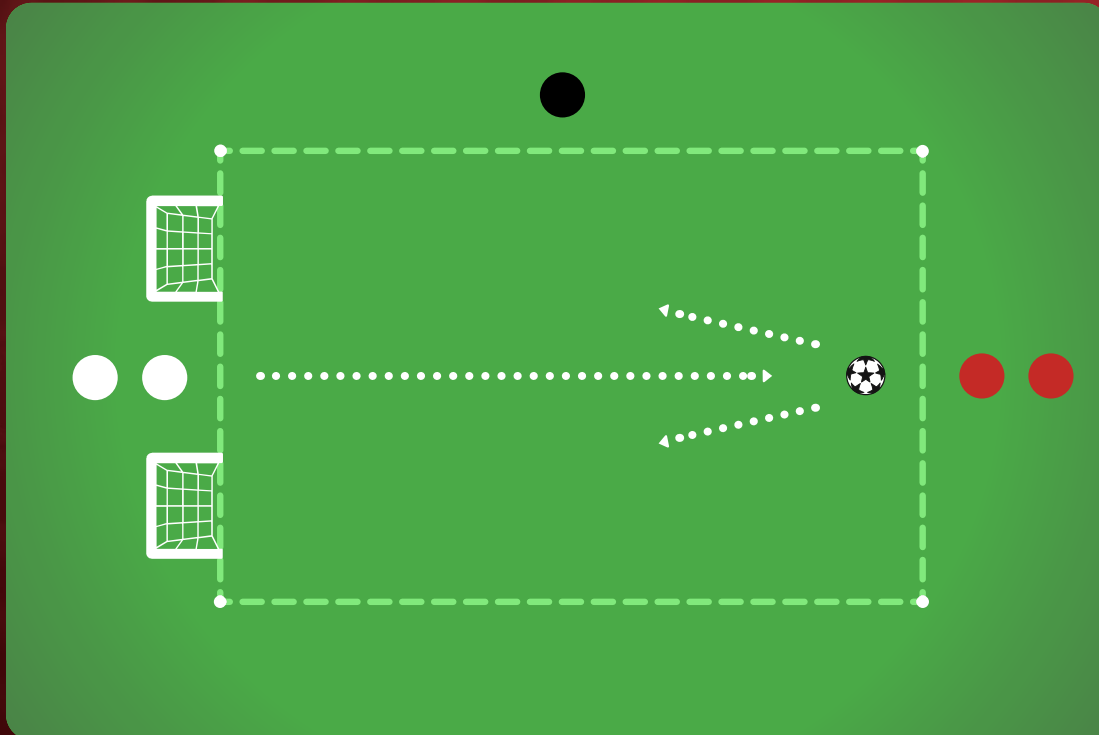




# 1V1 – DUELS

ATTACKING  
ORGANIZATION

SKILL SETS 1V1 DUELS / FORWARD THINKING /  
PROTECT THE BALL



## HOW TO ORGANIZE

1. Set up activity for 4-6 players, each with a ball. Repeat set up for additional players.
2. Set up a 15m x 30m area with one goal as shown and two 4m wide gates 8m apart.
3. White player starts just in front of the two gates ready to win the ball.

## HOW TO PLAY

1. Defender (white) passes the ball to attacker (red) then presses the attacking player.
2. Red receives the ball and aims to travel with the ball to score. If defender wins it, they dribble across the end line for a goal.

### How to Modify:

- Add a scoring zone that players must dribble into before scoring.

## HOW TO COACH

### Challenges:

- Try to take a touch towards one of the goals.
- Try to cut and change direction at speed.
- Try to attack the open goal within 3 touches.

### Questions:

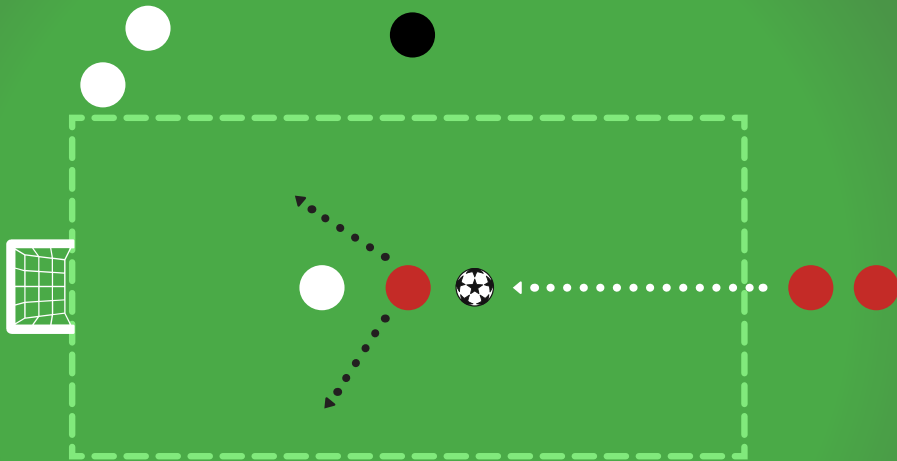
- How far should your first touch go?
- When is the best moment to change direction?
- How can you set up your cut with your previous touch?



# RECEIVING UNDER PRESSURE

ATTACKING ORGANIZATION

**SKILL SETS** PROTECTING AND ESCAPING / RECEIVING UNDER PRESSURE / CONFIDENCE IVI



## HOW TO ORGANIZE

1. Cone a rectangle area - 20m x 30m.
2. The red team lines up as shown with a supply of balls.
3. The white players line up as shown on the diagram.
4. One red and white player starts in the middle with the white player defending on the 'goal side' of the red player.
5. Play for 3 mins then switch roles. Keep the score.

## HOW TO PLAY

1. Feeder (red) plays the ball to the attacker (red).
2. Attacker receives and turns to shoot at goal.

### How to Modify:

- Make the game 2v2.
- Change the pitch size.

## HOW TO COACH

### Challenges:

- Try to move the ball to create space outside the defender.

### Questions:

- Which surface of the foot helps you turn fastest?

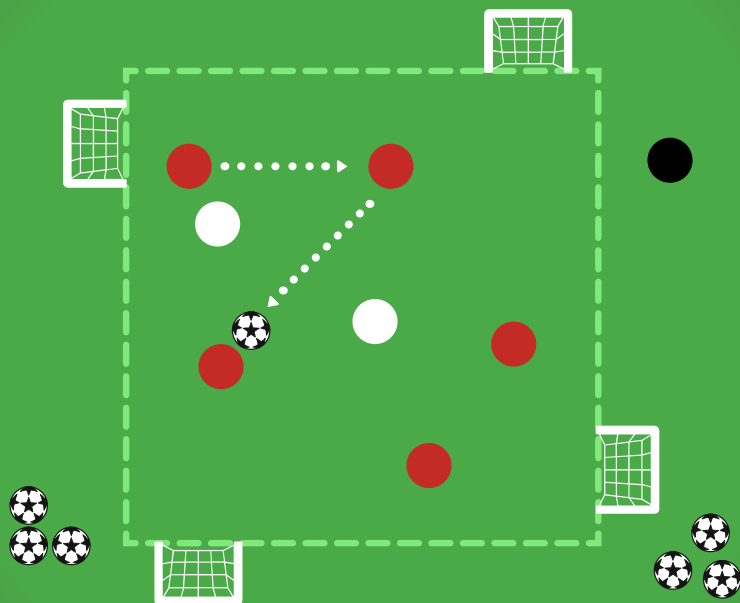


# RECOGNITION OF SPACE

## ATTACKING IN OVERLOAD / UNDERLOAD SITUATIONS

ATTACKING ORGANIZATION

**SKILL SETS** FORWARD THINKING / BALL STRIKING AND RECEIVING / RECOGNITION OF SPACE



### HOW TO ORGANIZE

1. Cone a 10m x 10m square.
2. Place goals and balls as shown in the diagram. Set the goals back 1 m from the line so they do not get in the way of the players.
3. Five reds on inside of the square with one ball.
4. Two white players in the middle without a ball.

### HOW TO PLAY

1. The attacking players (red) keep possession of the ball and try to complete 4-6 passes before scoring into a mini goal.
2. If the white defender wins the ball, they can score immediately on the mini goal or pass to their team mate.

#### How to Modify:

- Make the area smaller to give less time and space on the ball.
- If the ball is won by the defender - they immediately become on the attacking and play with the other attackers. Players have their pinny in their hand to allow a quick transition.
- Require 2-3 'split' passes (where the pass goes between the two defenders as shown in the diagram) before scoring on a mini goal.

### HOW TO COACH

#### Challenges:

- Try to play quick passes and combine with teammates.
- Try to play a one touch pass if you can.

#### Questions:

- When do you change the speed of the pass?
- How will playing a pass at speed help your team mate?
- How does the timing of your pass help your team mate?

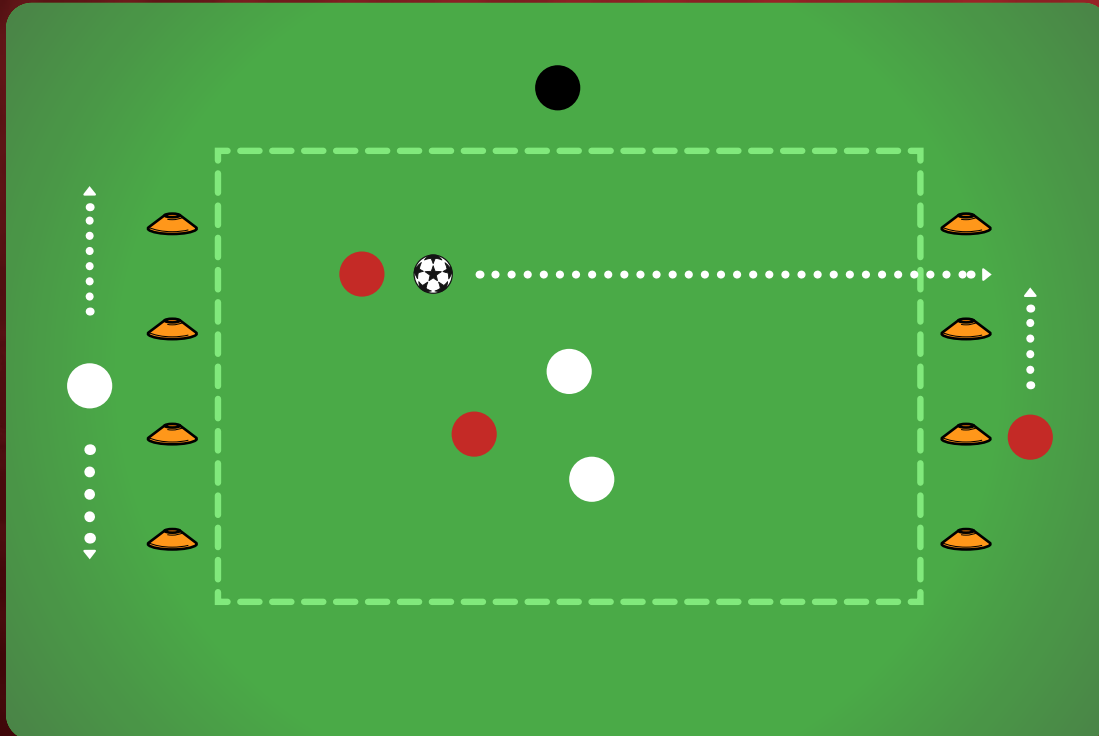


# THROUGH THE GAP

ATTACKING  
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION  
OF SPACE / RECEIVING SKILLS



## HOW TO ORGANIZE

1. Cone a 30m × 20m rectangle.
2. Place two gates down for players to score in.
3. Play 3v3 or 2v2 in the middle with one player on the outside as a target player.

## HOW TO PLAY

1. 2v2 or 3v3 with the objective of playing a pass through the gates to a receiving player. (located behind the cones) for one point.
2. If a player passes through a gate to their teammate, they score one point for their team.
3. Bring target players in and swap roles after 3 minutes.

### How to Modify:

- Make the area smaller.
- Set a time for players to move and travel across.

## HOW TO COACH

### Challenges:

- Try to play forward quickly when you receive the ball.
- Try to receive the ball facing your target player.
- Try to play forward with as few touches as possible.

### Questions:

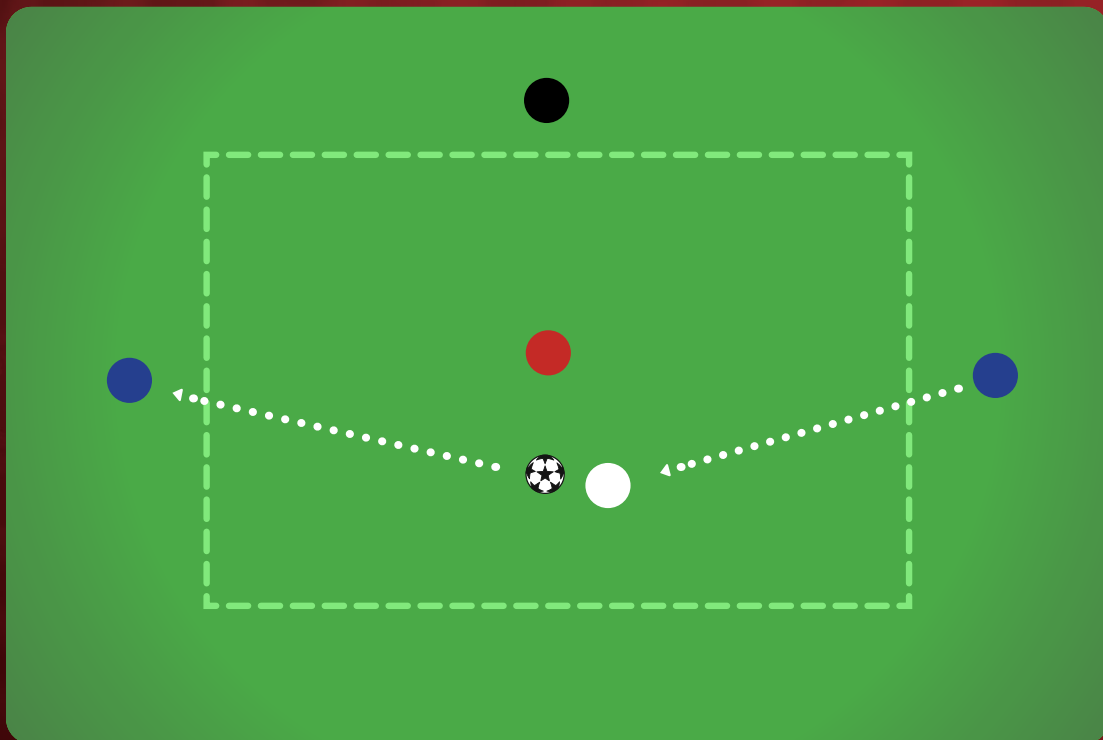
- What was your first thought when you received the ball – forward or safe? Why?
- What stopped you from playing forward immediately?



# PASSING ACCURACY: 1V1 TARGET PLAYER

ATTACKING  
ORGANIZATION

**SKILL SETS** FORWARD THINKING / RECOGNITION  
OF SPACE / RECEIVING SKILLS



## HOW TO ORGANIZE

1. Cone a rectangle area of 15m x 10m.
2. Have two players at each end of the area in blue. Give one a ball so they can start the game.
3. Have two players on the inside as shown in the red and white.

## HOW TO PLAY

1. The red player (attacker) tries to receive the ball from one blue target player and pass to the other blue target player to score a point.
2. If the red player cannot pass to the other blue player, they can pass the ball back to the blue player who served them the ball.
3. The defender (white) looks to win the ball - if they win the ball, they are the attacker and look to score a point in the same way and the red player becomes the defender - the game is continuous.
4. The target players (blue) have a maximum of three touches.

### How to Modify:

- Make area narrow.
- Target players have two touches.

## HOW TO COACH

### Challenges:

- Try to receive the ball facing the opposite target player.
- Try to play forward with as few touches as possible.

### Questions:

- Why do limited touches make it harder for defenders?
- What helped you escape pressure most effectively?
- When is it okay to take an extra touch?

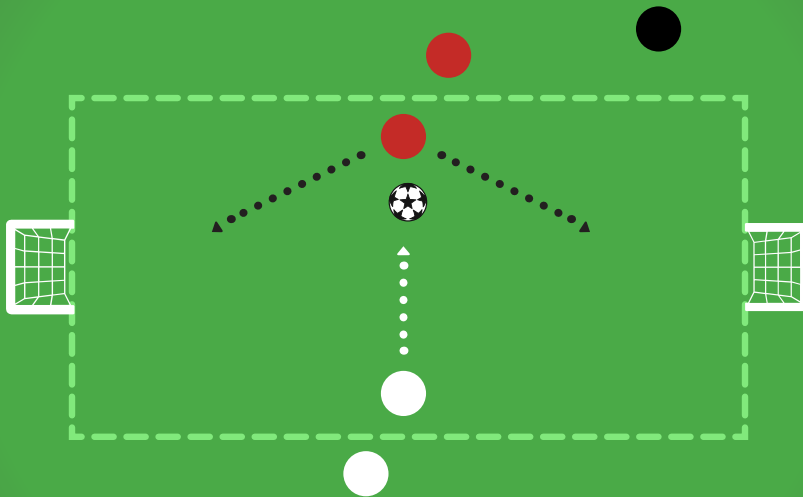


# 1V1 GOAL

ATTACKING  
ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION  
OF SPACE / PROTECTING THE BALL



## HOW TO ORGANIZE

1. Cone a rectangle area of 15m x 10m.
2. Place a mini goal at each end of the area as shown.
3. White players have a ball each and line up on the opposite side facing the reds.

## HOW TO PLAY

1. The White defender plays the ball across to the Red attacker.
2. As soon as the ball is played, the White defender rushes out to put pressure on the Red player and win the ball to stop the red player from scoring.
3. The Attack: The Red player receives the ball and tries to score in either of the two goals.
4. If the defender wins the ball, they immediately become the attacker and can try to score themselves.

### How to Modify:

- Add a scoring zone before a goal can be scored.
- Close the distance between players.

## HOW TO COACH

### Challenges:

- Try to score quickly using changes of direction.
- Try to protect the ball keeping it close in your feet.
- Try use changes of speeds to slow the defender down.

### Questions:

- Why is changing direction more effective than running straight?
- When does the defender feel unsure of when to pressure you?

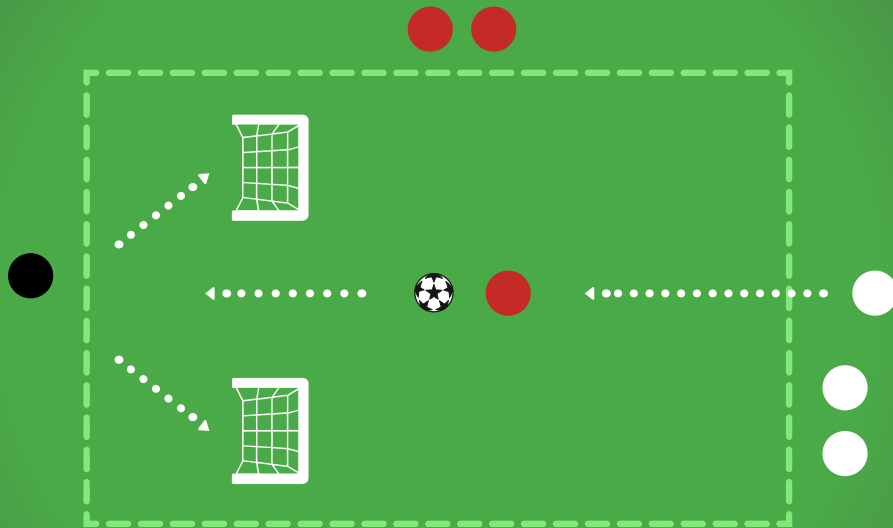


# CONFIDENCE IN 1V1 DUELS

ATTACKING ORGANIZATION

SKILL SETS

FORWARD THINKING / RECOGNITION OF SPACE / RECEIVING SKILLS



## HOW TO ORGANIZE

1. Cone out a 15m x 10m playing area.
2. Place two goals facing away, as shown in the diagram.
3. The red player starts in the middle with a ball and the white player starts on the outside as shown.
4. Two other red players wait with a ball and the two other white players wait for their turn.

## HOW TO PLAY

1. The Attacker (red) decides when to go, dribbling at high speed toward the goals and trying to turn and score.
2. The Defender (white) chases the attacker from behind to tackle them.
3. The attacker tries to score on the goal and the defender looks to prevent this.
4. If the defender wins the ball, they become the attacker and look to score on the goal.

## HOW TO COACH

### Challenges:

- Try to travel with the ball keeping it safe side from the defender.
- Try to find the right moment to turn and score.

### Questions:

- When is it better to dribble forward vs. across the defender?
- If you can't turn, what's your next best option?



# SMALL SIDED GAMES



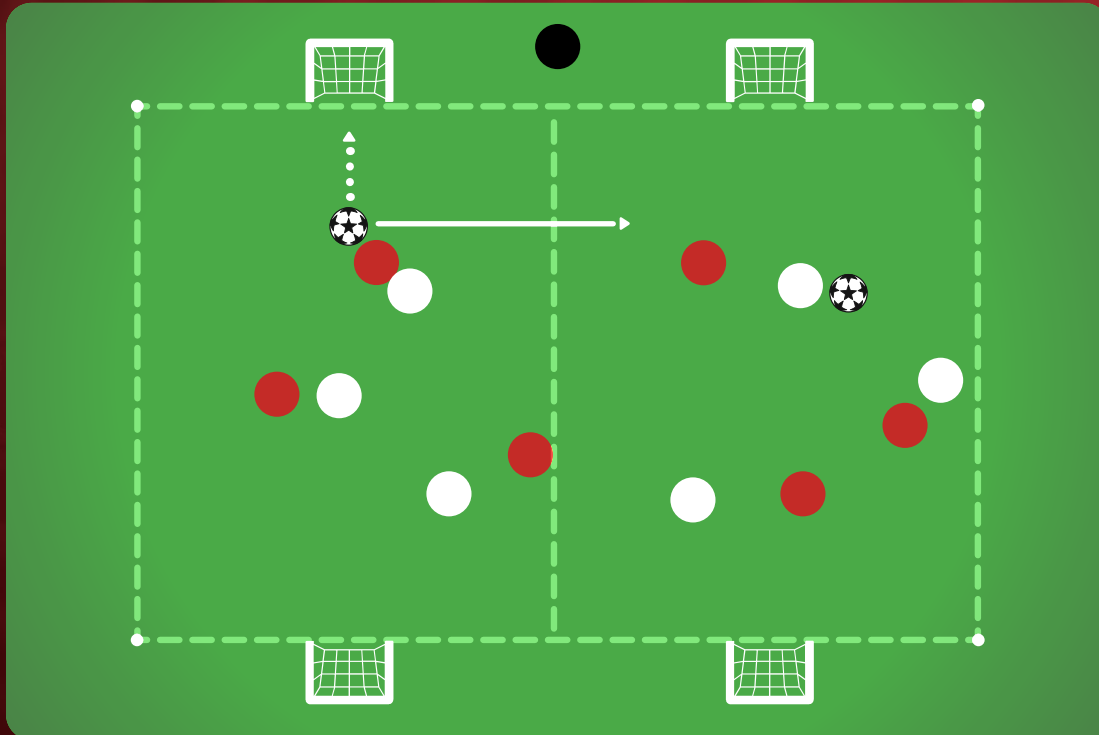
# SCORE + SWITCH

## GOAL SCORING (OVERLOAD, UNDERLOAD, EVEN)

ATTACKING  
ORGANIZATION

### SKILL SETS

GOAL SCORING MINDSET / FORWARD  
THINKING / CONFIDENCE IN 1V1 DUELS



## HOW TO ORGANIZE

1. Create 2 fields 18-22m wide and 25-30m in length.
2. Place goals as shown in the diagram.
3. Create four teams. Two teams in red and two teams in white.

## HOW TO PLAY

1. Play 3v3 on each field.
2. When a player scores, they immediately move to the other field to play for their colour on the next field.
3. Play continues on both fields simultaneously.

### How to Modify:

- Change the pitch sizes (field A vs field B)
- The player that gets the assist moves.

## HOW TO COACH

### Challenges:

- Try to create a goal-scoring opportunity alone or with teammates.
- Try to move into a position to score.
- Try to score in minimal touches.

### Questions:

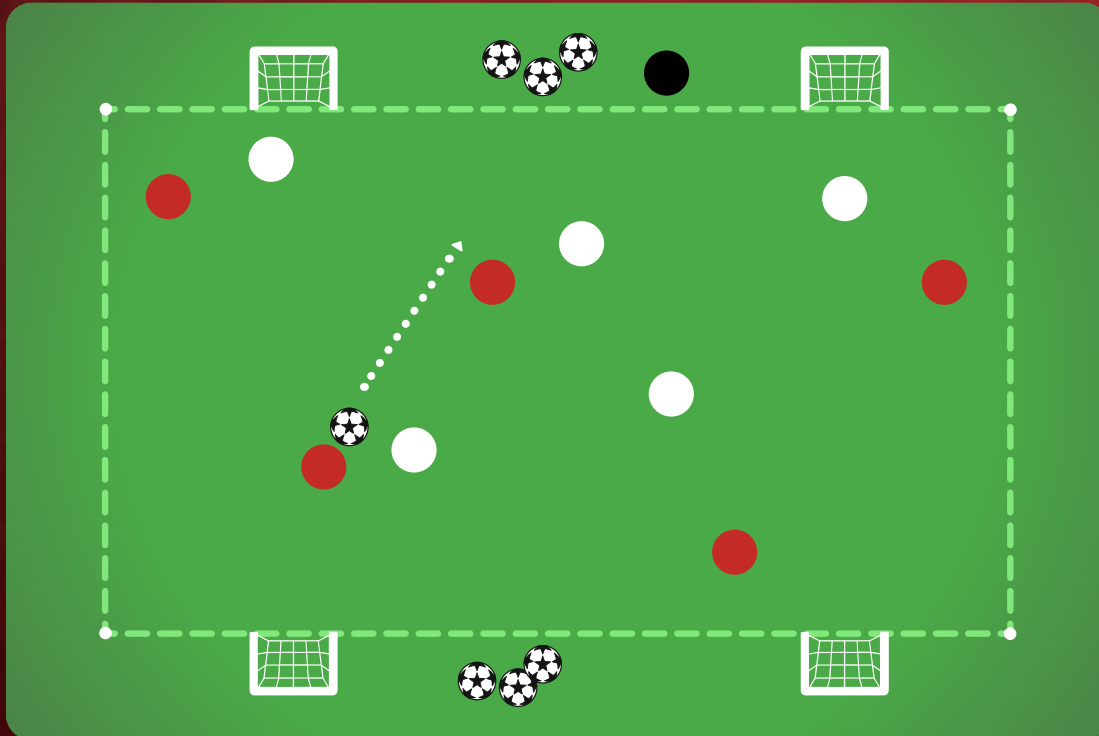
- How do you deal with playing with numbers up or down?



# FOUR GOAL GAME

ATTACKING  
ORGANIZATION

**SKILL SETS** GOAL SCORING MINDSET / FORWARD THINKING  
/ CONFIDENCE IN 1V1 DUELS



## HOW TO ORGANIZE

1. Cone out a field that is 25m-30m long and 18m-22m wide.
2. Arrange the goal as shown with 12m between them.
3. Split players up into two teams of five and assign them positions.
4. Split up all the balls into two piles and place them between each goal, just behind the lines as shown in the diagram.

## HOW TO PLAY

1. Teams attack two goals and defend two goals.
2. Restarts happen from the pile of balls between the goals.
3. Play 4-minute rounds with 1 minute coaching break.
4. Winning team is the team that won the most rounds.

### How to Modify:

- Directional game - each time a team scores in a goal, they get a new ball from the pile next to the goal they just score in and attack the other side.

## HOW TO COACH

### Challenges:

- Try to switch the ball if one goal is blocked.
- Try to play forwards and between opposition.
- Try to play give and go passes to beat opponents.

### Questions:

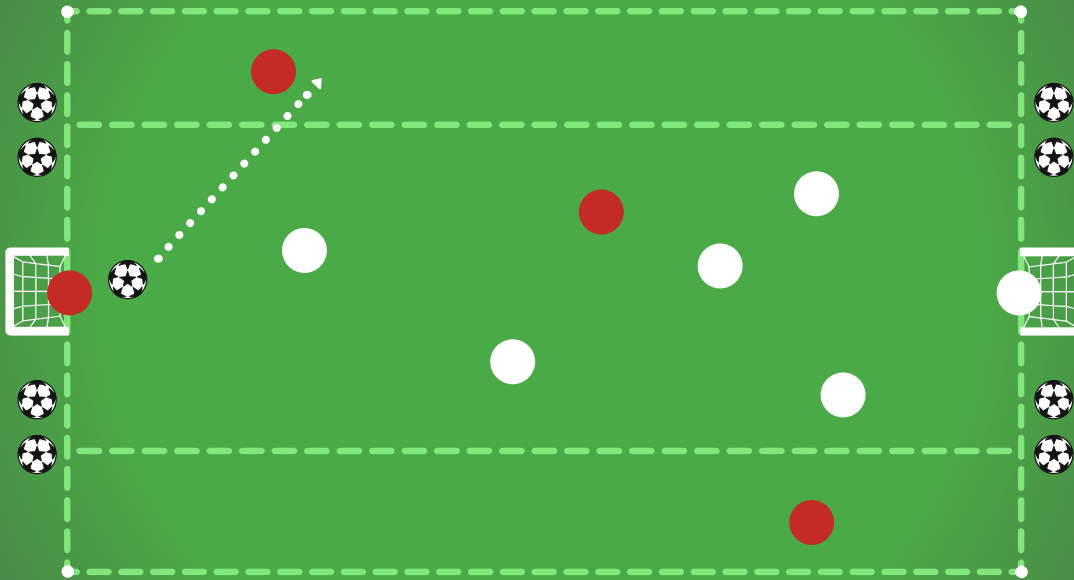
- When is the right moment to pass and receive the ball back?
- What would you try if a forward option is blocked?



# PLAYING WIDE

ATTACKING  
ORGANIZATION

**SKILL SETS** GOAL SCORING MINDSET / FORWARD THINKING  
/ CONFIDENCE IN 1V1 DUELS



## HOW TO ORGANIZE

1. Cone out a field that is 40m long and 30m wide.
2. Cone out vertical channels of even size 10m wide.
3. Split players up into two teams of six and assign them positions as a goalkeeper, defenders, midfielders and forwards.
4. Split up all the balls into two piles and place them beside each goal for the re-starts.

## HOW TO PLAY

1. Teams try to score in the opponents goal.
2. All restarts happen from goalkeeper.
3. Players can move into the wide channel at any moment. However, a maximum of one player from both teams is allowed in a wide channel.
4. Play 4-minute games with 1 minute coaching break.

## HOW TO COACH

### Challenges:

- Try to use the wide channel players when the central channel is blocked.
- Try to play passes forward on an angle to your team mates.
- Try to occupy all three channels of the field when your team has the ball.

### Questions:

- Who can move into the wide channels to help the team?
- What happens to the opposition defence when the team with the ball uses the full width of the field?

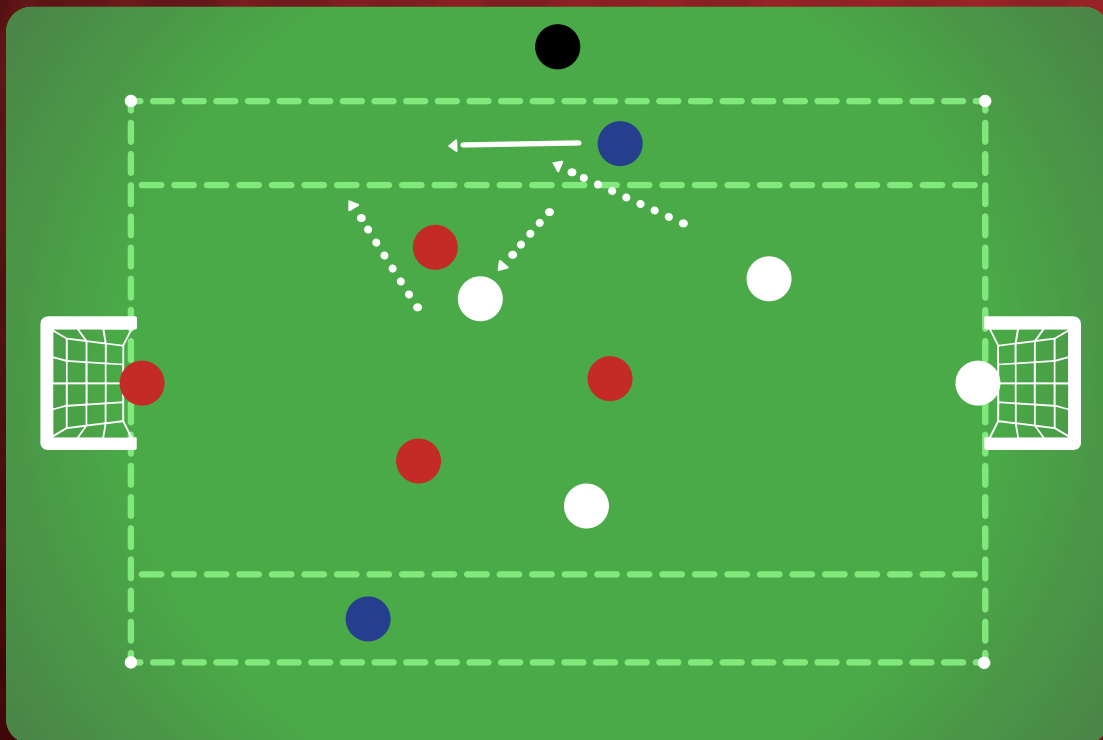


# EXPLORE WIDE PLAY

## COMBINATIONS USING WIDTH TO CREATE ATTACKS

ATTACKING  
ORGANIZATION

**SKILL SETS** FORWARD THINKING / CONFIDENCE  
IN 1V1 DUELS / SPACE RECOGNITION



## HOW TO ORGANIZE

1. Create a field that is 30m long x 25m wide.
2. Cone a 5m wide zone as shown.
3. Place goals and players as shown on the diagram.

Note: Ensure players have enough width and depth to play within the zones. Field size will change according to age/stage.

## HOW TO PLAY

1. Teams attempt to score in their opponents' goal.
2. Red and white players must stay in the central zone.
3. Blue neutral players stay in their wide zone and are encouraged to move up and down that area and play for whichever team has the ball.
4. One point for scoring past the goalkeeper and 3 points for a goal if the ball has come from a blue neutral wide player.
5. Play for four minutes and then switch roles.

### How to Modify:

- One defender and one attacker can join the wide zone to create a 2v1.
- Have the wide players wear a red or white, they still play neutral but if a player on their colour passes to them, they can switch places as the play is happening and dribble into the central zone if they wish.

## HOW TO COACH

### Challenges:

- Try to combine with the wide player (give + go, run forwards beyond them or support behind)
- Try to score from a one touch finish if the ball comes from the wide area.
- Try to move the ball quickly by running as fast as you can if you are the wide player.

### Questions:

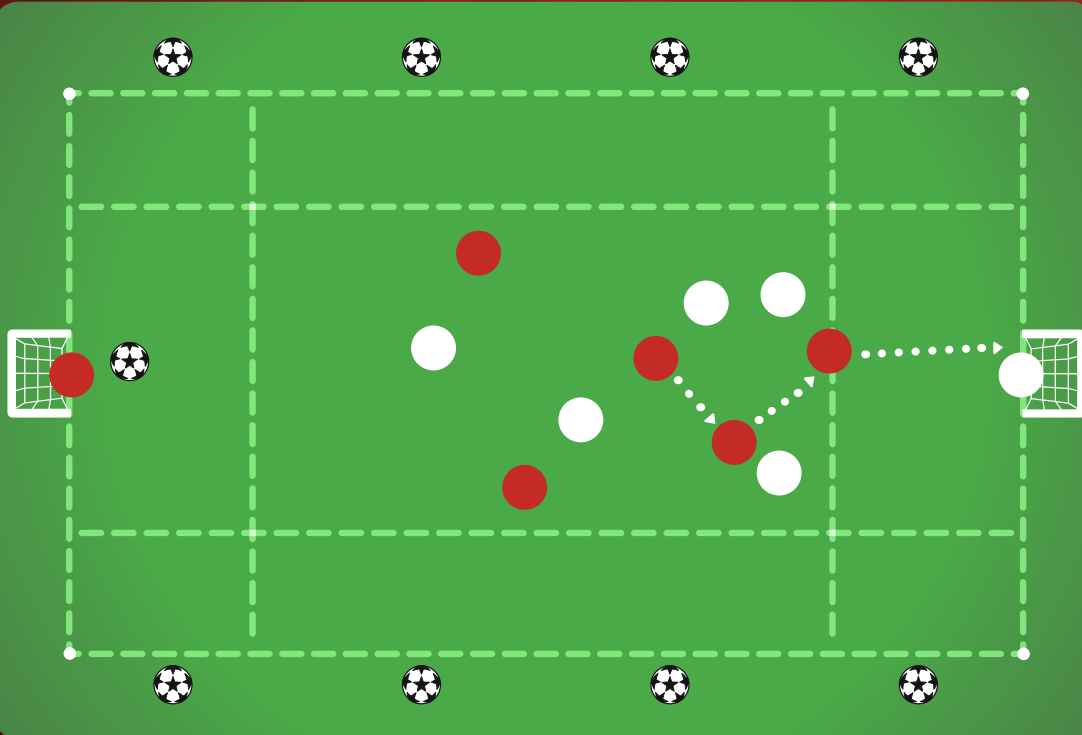
- What type of movement can you make to open up passing lanes?
- When should we look to play wide vs playing down the middle?
- What cues are we looking to read from the winger to know how to support them?



# PLAYING CENTRALLY

ATTACKING  
ORGANIZATION

SKILL SETS FORWARD THINKING / CONFIDENCE IN  
1V1 DUELS



## HOW TO ORGANIZE

1. Cone out a field that is 40m long and 30m wide.
2. Cone out vertical channels of even size 10m wide.
3. Cone out a horizontal 'scoring zone' 10m long.
4. Split players up into two teams of six and assign them positions as a goalkeeper, defenders, midfielders and forwards.
5. Place the balls on the outside for quick re-starts as shown in the diagram.

## HOW TO PLAY

1. Teams try to score in the opponents goal.
2. An extra point is awarded if they can progress the ball into the 'scoring' zone.

### How to Modify:

- Add a restriction on the number of touches a player can make to encourage quick-forward play. Use the term 'maximum' to still allow the players to make game like decisions.

## HOW TO COACH

### Challenges:

- Try to support play; behind, in front and wide of the ball.
- Try to play passes (forward and angled)
- Try to make runs between and behind the opponent.

### Questions:

- How can you position your body to play forward?
- When is a good moment to run in behind opponent?



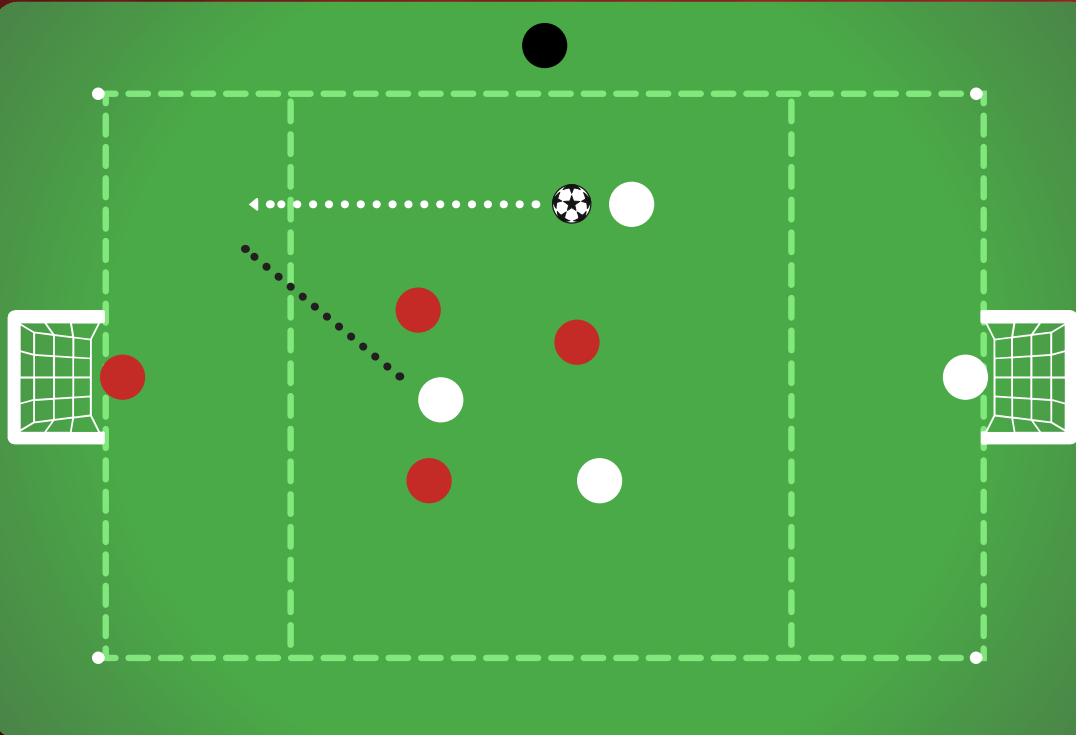
# UNLOCK THE GOAL

## PENETRATE TO SCORE (FINAL PASS)

ATTACKING  
ORGANIZATION

SKILL SETS

PASSING ACCURACY / EXECUTION /  
GOAL SCORING MINDSET



### HOW TO ORGANIZE

1. Create a 30m-36m x 25m-30m sized field.
2. Create two zones both 8m in length.
3. All outfield players are in the middle zone and goalkeepers are in the goal.

### HOW TO PLAY

1. Players play a regular game and score in the opposition goal for one point.
2. If team passes the ball to a teammate who receives the ball into the end zone - and they manage to score past the opposition goalkeeper, they are awarded five points.
3. Players cannot go in the end zone until the ball is passed (as per the offside rule).
4. Defenders cannot chase a player once they have received the ball in the end zone.

#### How to Modify:

- Players can score by dribbling into the zone.
- A defender can enter the scoring zone to apply pressure.
- Add a time constraint to score or a player must score in 1-2 touches.

### HOW TO COACH

#### Challenges:

- Try to score in the least amount of touches.
- Try to make your pass lead directly to a shot on goal.
- Try to disguise your pass so the defenders can't read the pass.

#### Questions:

- How will you know when to pass behind the defenders?

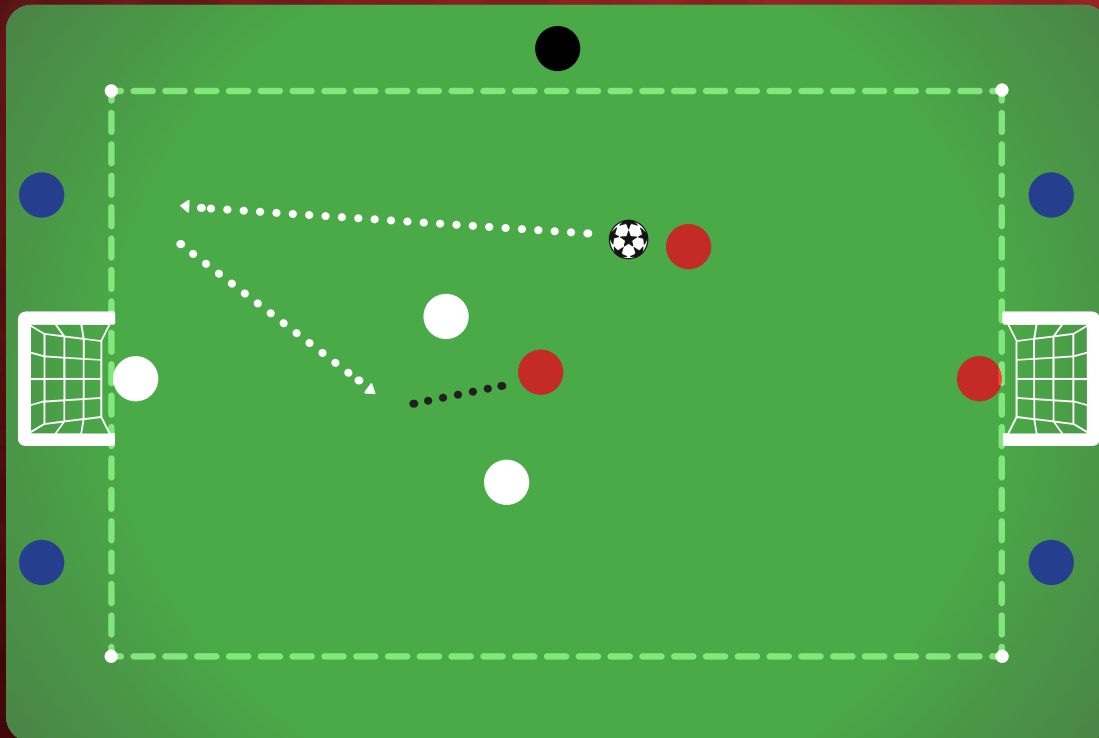


# COMBINE TO SCORE

ATTACKING  
ORGANIZATION

SKILL SETS

GOAL SCORING MINDSET / PASSING  
ACCURACY / FORWARD THINKING



## HOW TO ORGANIZE

1. Cone a 35m x 25m field and place the goals as shown.
2. Place four blue players next to each goal.
3. Place the red and white players as shown.

## HOW TO PLAY

1. Teams play a normal game by scoring in the opposition goal. One point awarded for every goal.
2. If a team combines with a bumper player (blue) they get three points.
3. Play for 3 minutes and swap roles.

### How to Modify:

- Encourage 1 touch finishes from targets.
- Reduce pitch size.

## HOW TO COACH

### Challenges:

- Try to play forward then make a forward run to receive.
- Try to play the target a pass to encourage a first time pass back.

### Questions:

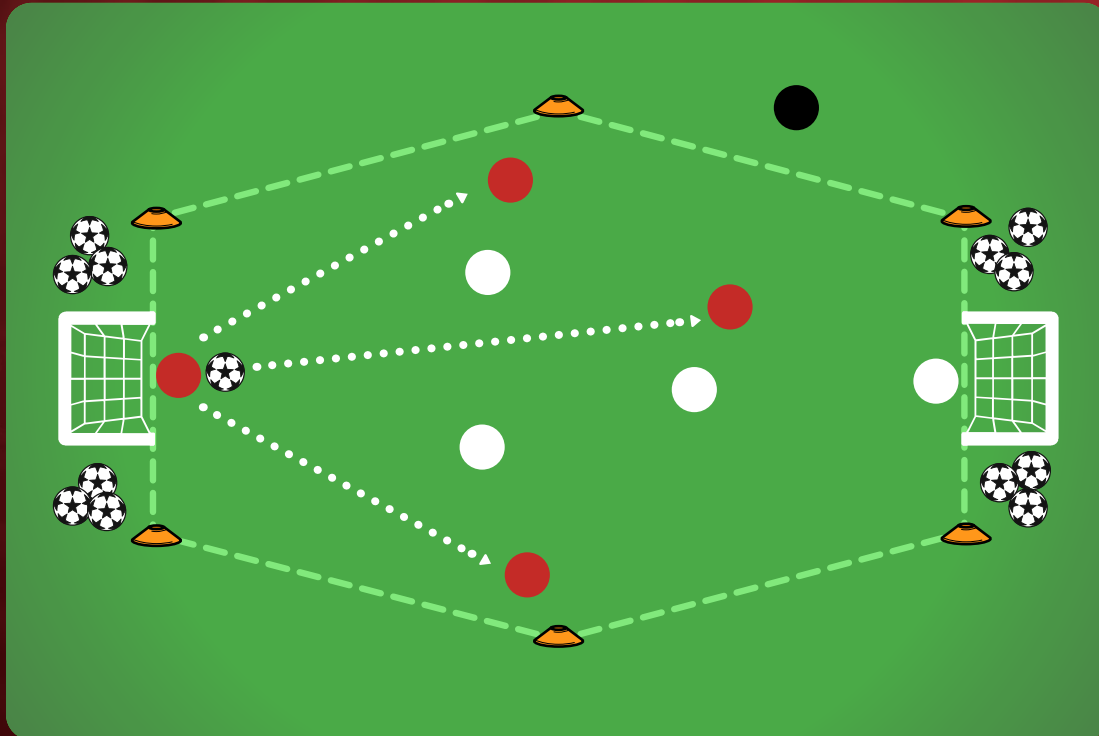
- Can you play the first forward pass?
- Can you spot the quickest way forward?
- Can you race to the space?
- Can you spot the quickest way forward?



# DIAMOND GAME

ATTACKING  
ORGANIZATION

**SKILL SETS** PASSING ACCURACY / GOAL SCORING MINDSET



## HOW TO ORGANIZE

1. Cone a diamond-shape field. Length: 30-36m and width: 30m (at widest part).
2. Place goals, balls and players as shown in the diagram.
3. Players are encouraged to score centrally through the constraint of the field shape.

## HOW TO PLAY

1. The ball starts with a goalkeeper.
2. Both teams are trying to score as they normally would.
3. If the ball goes out, play from a goalkeeper.
4. Play for 3-minute games and whoever gets the most goals wins the game. Best of 5 games wins.

## HOW TO COACH

### Challenges:

- Try to use your first touch to prepare to shoot.
- Try to play between defenders.
- Try to position yourself to score quickly.

### Questions:

- How can you combine with a teammate to create a scoring opportunity?



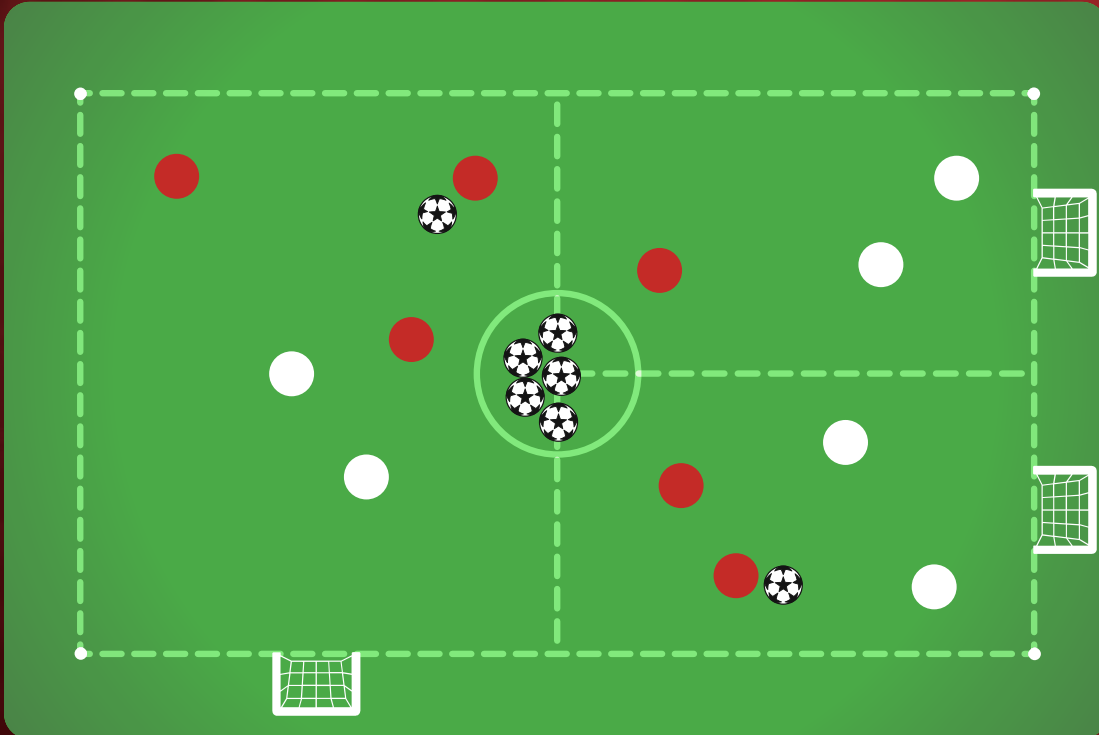
# MORE, LESS OR THE SAME

## OVERLOAD GAME

ATTACKING ORGANIZATION

**SKILL SETS**

FORWARD THINKING / CONFIDENCE IN 1V1  
DUELS / SPACE RECOGNITION



## HOW TO ORGANIZE

1. Cone out a field that is 40m long and 30m wide.
2. To create the three mini fields; cone a line to split the field in half, the cone another line to split one of the halves again into quarters as per the diagram. Place the goals as shown.
3. Cone a circle in the middle of all the mini fields 5m in diameter and place all the balls in the circle.
4. Split players up into two teams of six and then in to three mini teams.
5. Allocate them a mini field to play on. Then allocate so that the red team has an overload (3 red vs 2 white), even numbers (2v2) and underloaded (1 red vs 2 white).

## HOW TO PLAY

1. Reds score in the white's mini goal.
2. Whites score by dribbling the ball in to the circle.
3. If the ball goes out of bounds then the red's restart by getting a ball from the circle.

## HOW TO COACH

### Challenges:

- Try to score as quick as you can.
- Try to draw defenders apart or away from goal by maneuvering the ball.
- Try to use a skill or trick to create spaces to pass or score.

### Questions:

- Where might space appear if the defenders move?
- What is your fastest way to goal?
- When is it better to dribble rather than pass?



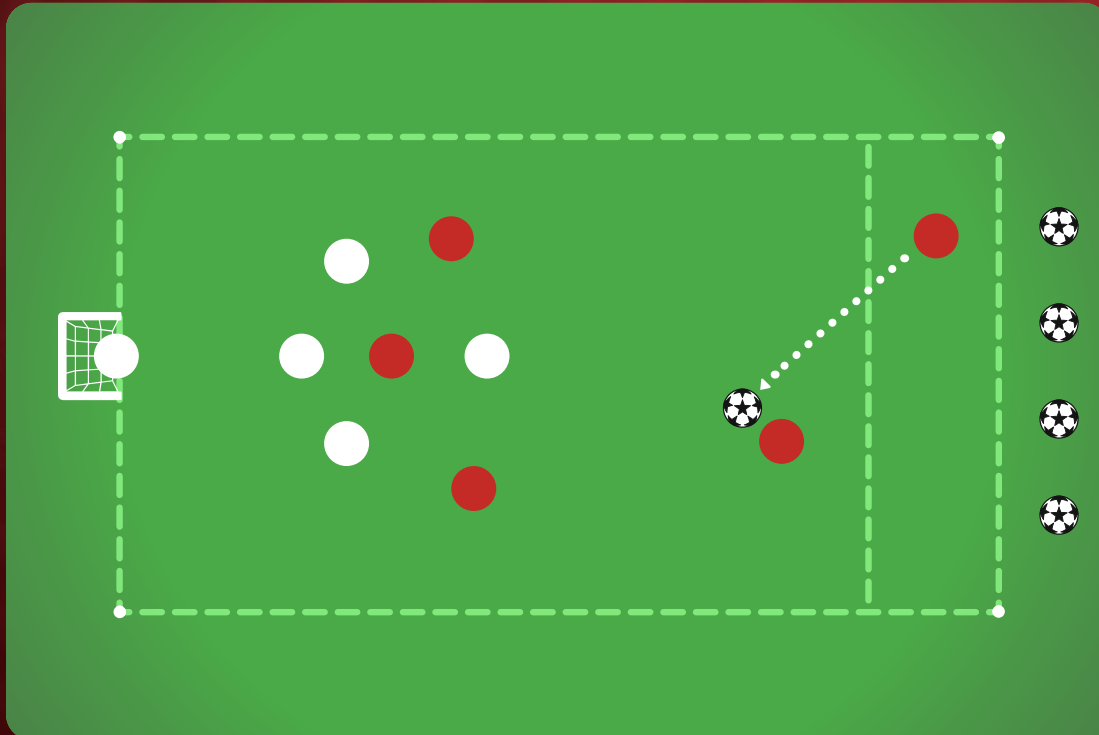
# PLAYING FORWARDS

## OVERLOAD ACTIVITY

ATTACKING  
ORGANIZATION

SKILL SETS

FORWARD THINKING / CONFIDENCE IN 1V1  
DUELS / SPACE RECOGNITION



## HOW TO ORGANIZE

1. Cone out a field that is 30m - 36m long and 25m - 30m wide.
2. Create a 5m end zone.
3. Place five balls across the end zone as per the diagram.
4. Split players up into two teams of five.
5. Assign the red attacking team with two midfielders and three forwards.
6. Assign the white defending team with a goalkeeper, three defenders and two midfielders.

## HOW TO PLAY

1. Reds have five attempts to score in the white's goal.
2. White must dribble or pass the ball to a team mate in the end zone to score.
3. If the ball goes out of bounds then the reds restart by getting a new ball from the end zone and have one less attempt to score.
4. After all attempts have been made, teams switch roles and keep the score. Winning team is the first to win three rounds.

## HOW TO COACH

### Challenges:

- Try to score within ten seconds of leaving the end zone.
- Try to score using at least 3 passes.
- Try to finish with a first-time shot.

### Questions:

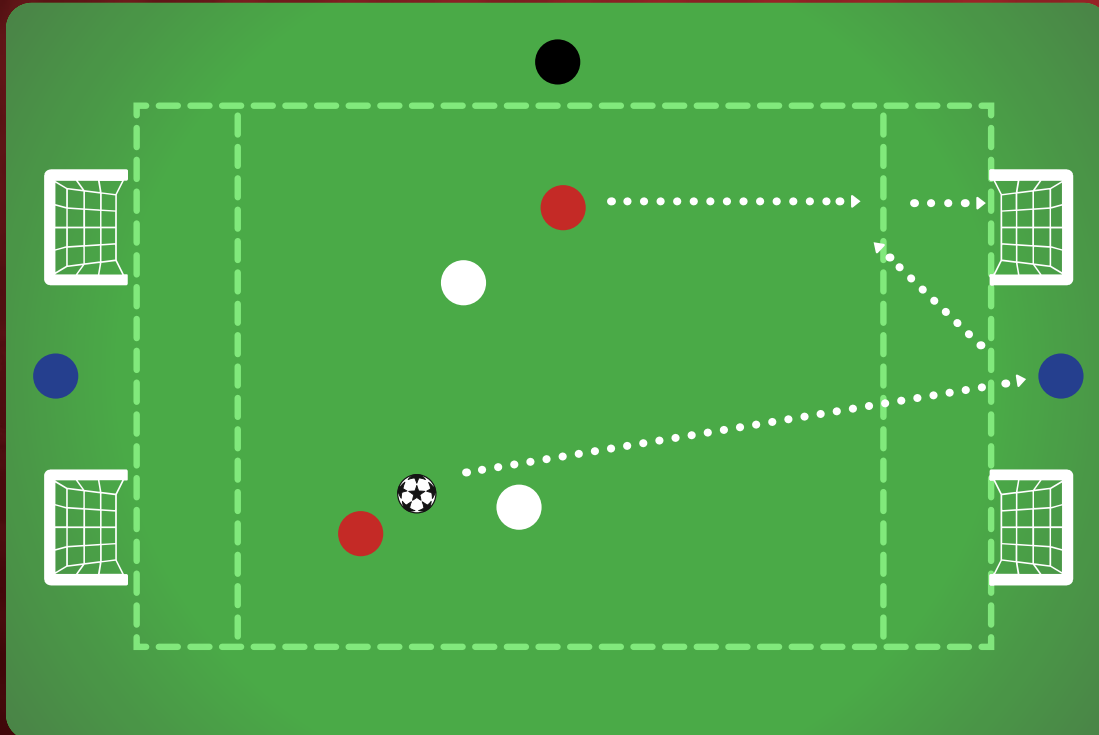
- How can you attack quickly when you leave the end zone?
- Where should your first pass go to move forward quickly?
- What movements can you do to support the player on the ball right away?



# 4 GOAL GAME: PLAY FORWARD

ATTACKING ORGANIZATION

**SKILL SETS** FORWARD THINKING / PASSING / RECOGNIZE SPACE



## HOW TO ORGANIZE

1. Create a field that is 25m long x 18m wide.
2. Place the goals 10m apart from each other and 2m off the end line. This is so that the players cannot stand in front of the goals to block scoring.
3. Cone a 5m 'scoring zone' at each end of the field so it is ready for a progression.
4. Place two teams of red and white players in the middle zone and two blue players on the end line as shown in the diagram.

## HOW TO PLAY

1. To score a goal, players must play the ball to the target player and get the ball back off them to score in one of the two mini goals.
2. Play for three minutes and switch roles.

### How to Modify:

- Players can score on the goals OR look to combine with the target player (for a bonus point)
- Use the end zone / scoring zone - Players finish on one touch after combining with the target player (inside or outside the scoring zone for bonus points)

## HOW TO COACH

### Challenges:

- Try to play forward as quickly as possible to the target.

### Questions:

- When you win the ball, what should you look for first?

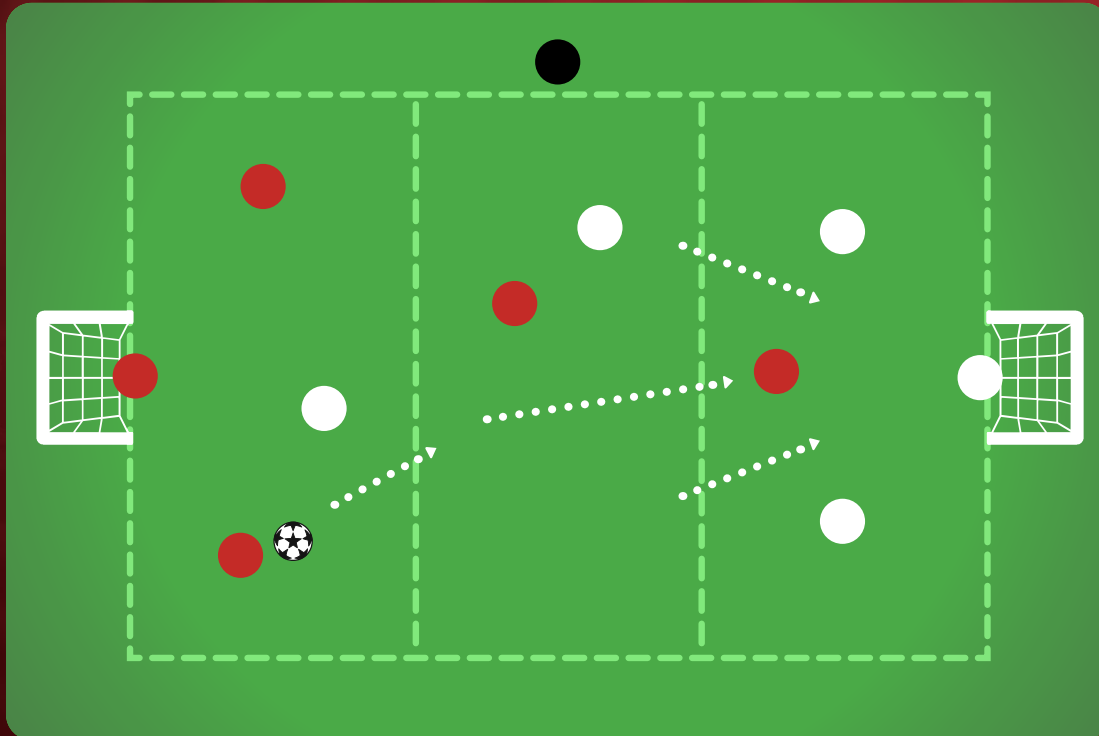


# PROGRESSIVE OVERLOAD GAME

ATTACKING ORGANIZATION

SKILL SETS

FORWARD THINKING / PASSING /  
RECOGNIZE SPACE



## HOW TO ORGANIZE

1. Cone a field 30m-36m in length x 25m-30m in width.
2. Cone out field into thirds every 10m-12m to create three equal horizontal zones. (Defensive zone, Midfield zone, Attacking zone)
3. Create two teams using the same starting formation / system: 1-2-1-1:
  - 1 Goalkeeper, 2 Defenders (Defensive Zone), 2 Midfielders (Middle Zone), and 1 Forward (Attacking Zone)

## HOW TO PLAY

1. Play a normal game to start - ask players not to pay attention to the zones right away.
2. Players score by scoring in the opposition goal. Restarts with pass-ins, throw-ins, or dribble-ins.
3. Once the players are used to the space, introduce the zones.
4. Players look to progress the ball by dribbling over the third lines: From the Defensive Third (2v1) to Middle Third (becomes 2v1) and from the Middle Third to Attacking Third + one other player joins (becomes 3v2) Award a point for every zone progression and give points if they go all the way from defensive zone to the final zone and score.

### How to Modify:

- Players can dribble or pass or focus specifically on passing to progress. Move players into different roles.
- Only use the third lines to get players in a set starting shape. Players can move freely once the ball is live, with a focus on creating overloads in certain moments / areas scoring zone for bonus points)

## HOW TO COACH

### Challenges:

- Try to change your angle to creatively combine with a teammate.

### Questions:

- Where should your first touch be when receiving a pass from a different zone?

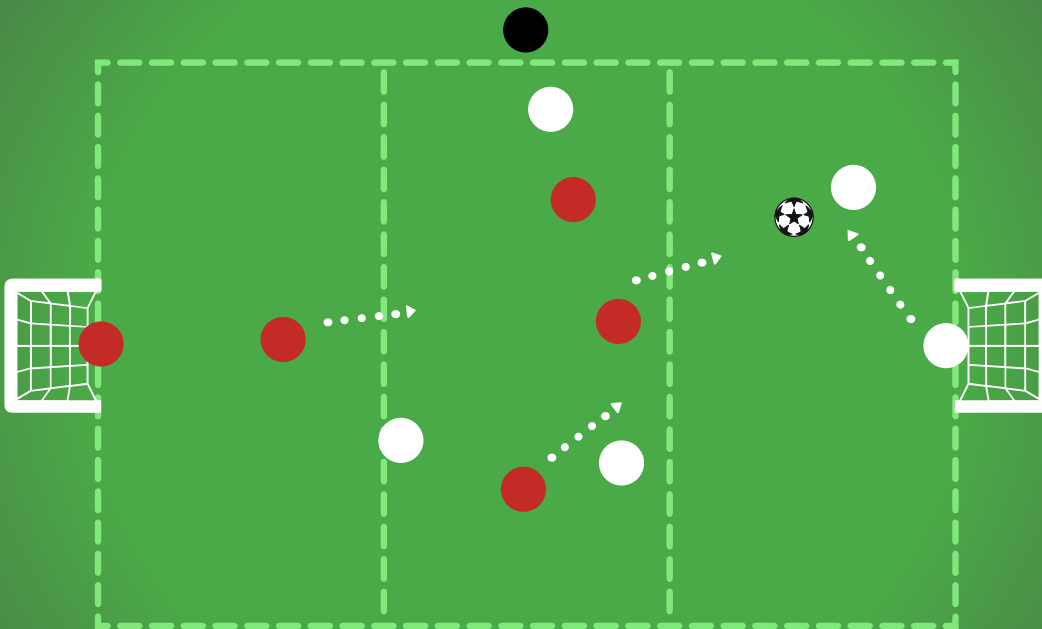


# DEFENDING TOGETHER

DEFEND 2/3 AREAS TOGETHER

DEFENSIVE ORGANIZATION

**SKILL SETS** FAST PRESSURE / REDUCE SPACES



## HOW TO ORGANIZE

1. Cone a field 30m-36m in length x 25m-30m in width.
2. Cone out field into thirds every 10m-12m to create three equal horizontal zones. (Defensive zone, Midfield zone, Attacking zone).
3. Arrange two teams in your preferred 5v5 formation / system.

## HOW TO PLAY

1. Teams score one point by scoring in their opponents' goal. Pass-ins, dribbles or throw-ins for restarts.
2. 5 points if a team wins the ball back in the attacking zone (the zone closest to opponents' goal) and scores in their opponents' goal.  
3 points - Win the ball back in the middle zone and score.
3. Play for 5 minutes and switch roles.

### How to Modify:

- Goalkeeper has to defend the defensive zone when their teammates are in the other two zones.
- Remove zones and use two halves (add a halfway line)

## HOW TO COACH

### Challenges:

- Try to win the ball back as quickly as possible.

### Questions:

- How can you close down space to deny the opposition's ability to play forward?