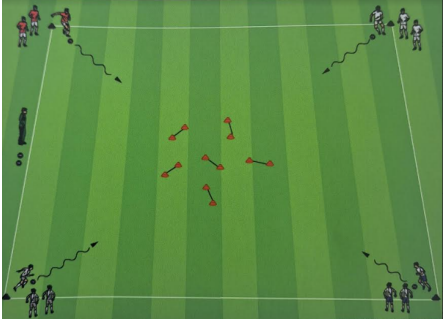
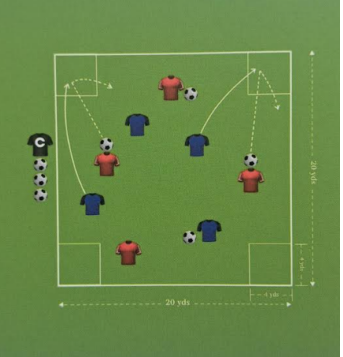



Turning under pressure

| Warm up: 3 & Out   | Set up  | Explanation  | Coaching points   |
|--|---|--|---|
|   | <ul style="list-style-type: none"> <li>A playing area of about 20x20 is marked by placing a cone in each of the 4 corners.</li> <li>In the center of the field, a number of dribbling goals/gates are placed at random.</li> <li>Players are split into 4 teams, with a group placed at each of the corner cones.</li> <li>Limit each group to 3 players max, as more than this would limit the drill's use as a warm up - If you have more than 12 players, add a 5th team and a 5th station to start from.</li> <li>Having different color cones to make the dribble goals, allows the coach to add more variation to the drill, but they are not essential (Players must dribble through 3 different color goals before returning etc.)</li> </ul> | <ul style="list-style-type: none"> <li>On coaches' command, the first player from each team enters the playing field and must run through 3 dribbling goals before returning to their team.</li> <li>Once they return, they high five the next player who must do the same.</li> <li>The drill continues until each player has had a specified number of turns, or until the coach ends the game (For instance: First team to take 20 turns, or which team can take the most turns in 2 minutes).</li> </ul> <p><b>Progression Sequence:</b></p> <ol style="list-style-type: none"> <li>Play without a ball (free running.)</li> <li>Dribble the ball.</li> <li>Specify a foot or technique to dribble with (left foot only/ Sole of foot only etc.)</li> <li>Vary the ball transfer - when the dribbler passes through the 3rd goal, they can choose to pass back through the field to their waiting teammate.</li> </ol> | <ul style="list-style-type: none"> <li>Keep the ball close with lots of touches</li> <li>Get lower when changing direction, and try to make your turns around the cones tight rather than open.</li> <li>Move quickly with bigger touches when you have space in front of you.</li> <li>Be precise with your ball transfer! If you are dribbling back to your team, have control and stop the ball for your teammate to run onto - if you are passing back, make it a good one!</li> </ul>  |
| <p>Opposed practice: Corner to Corner</p>  | <p>Set up</p> <ul style="list-style-type: none"> <li>A 20x20 square is marked, with a 4x4 box in each corner.</li> <li>Players are divided into pairs, with one ball per pair.</li> <li>Difficulty can be increased (make the space/corner boxes smaller) or lowered (make the space/corner boxes bigger) depending upon coaches observations.</li> </ul>   | <p>Explanation</p> <ul style="list-style-type: none"> <li>Players compete against their partner for possession of the ball, and score points by dribbling into and turning out of any of the corner squares.</li> <li>As the players turn out of the square, they must retain possession of the ball for the point to be awarded.</li> <li>Players cannot score consecutive points on the same square.</li> <li>All pairs compete at the same time.</li> <li>Play 60/90 seconds and then switch partners.</li> </ul> <p>Progressions:</p> <ol style="list-style-type: none"> <li>Specify the turn to use in the corner (pull turn, L turn etc.)</li> <li>Add a passive defender in each square to pressure the turn.</li> <li>Progress to 2v2.</li> </ol>  | <p>Coaching points</p> <ul style="list-style-type: none"> <li>Keep your head up - there's lots happening in the field, be aware of your surroundings.</li> <li>Can you be deceptive? Draw your opponent towards one corner and then separate by bursting towards another.</li> <li>You will be under pressure when you have the ball, use your body to shield while you find a channel to separate into.</li> <li>When you don't have the ball, high pressure is key - if you give the attacker space they can score by moving in any direction!</li> </ul>   |
| <p>Small Sided Game: Switch goals!</p>    | <p>Set up</p> <ul style="list-style-type: none"> <li>A regular playing field is marked, with a goal at each end.</li> <li>Players are divided into teams of 3 or 4 (lower numbers usually provide more interactions with the ball and increase space to play.)</li> </ul>   | <p>Explanation</p> <ul style="list-style-type: none"> <li>Teams play a regular 3v3/4v4 game.</li> <li>At any point, the coach can call out "Switch Goals"</li> <li>The team that was attacking then has to change direction and attack the goal they were just defending, while the defending team must react accordingly.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>Teams can score in both goals at any time.</li> </ul> <ul style="list-style-type: none"> <li>If you have enough players, play 2 3v3 games side by side. If not, play 4v4 with subs or have a 3rd team and rotate teams through 3 minute games.</li> </ul>  | <p>Coaching points</p> <ul style="list-style-type: none"> <li>Try to attack quickly - when a "Switch Goals" call happens, take advantage of the defensive confusion!</li> <li>High pressure on defense is key, if you are too far off of an attacker when a switch happens, they will be able to separate quickly and get behind you.</li> </ul> <p><b>Coaches</b> - you can use this situation to challenge more advanced players and make games appear more even. If one team is dominating, increase the number of switches to limit the scoring opportunities and make them work harder for their reward.</p> |