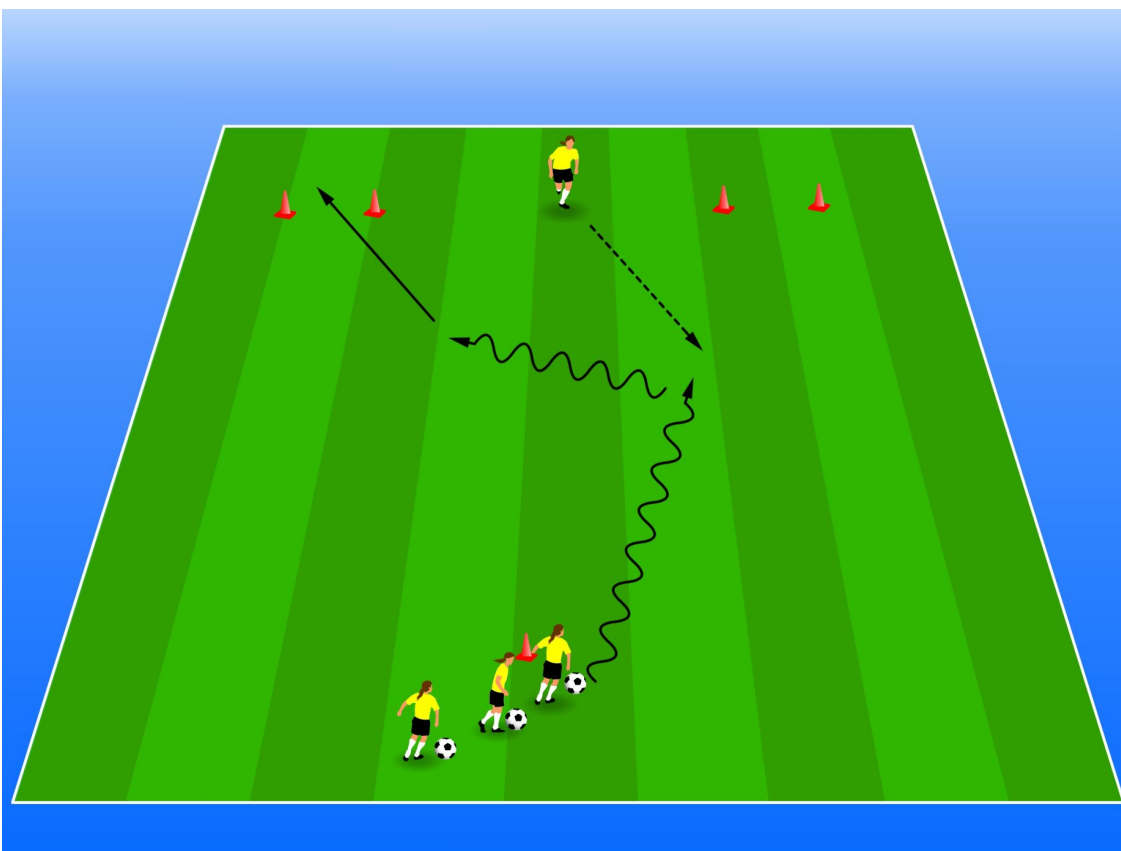




1v1 SAQ Med boll



Date: 22/Feb/2023

Measurement: 10 x 30

Time: N/A

Players: 12

Duration: 15

Level: U11 - 18+

Objective: Snabbhet, Koordination och smidighet med boll. omställning mentalt till anfall och försvar

Description: spelare driver bollen och skall göra mål , en försvarare försöker bryta. Blir det mål eller att försvaren bryter sp blir den anfallande spelaren direkt försvarare och nästa i ledet anfaller

Coaching Points:

Progression:

Advance the Play Through Pressure in a 2 (+8) v 4 Rondo



Practice Organisation

In a 25 x 25 yard area we mark out a 20 x 20 yard square in the centre. You can adapt the size of the area depending on player ability. The blue team have 8 outside players and 2 players inside the central square. The red team have 4 defenders all in the central square (4 v 2 numerical advantage).

The aim for the outside players is to pass the ball from one side to the other via the 2 central players. The outside players are allowed to pass to each other, but only score a point if they move the ball from one side to the other via a central player, as shown in the diagram.

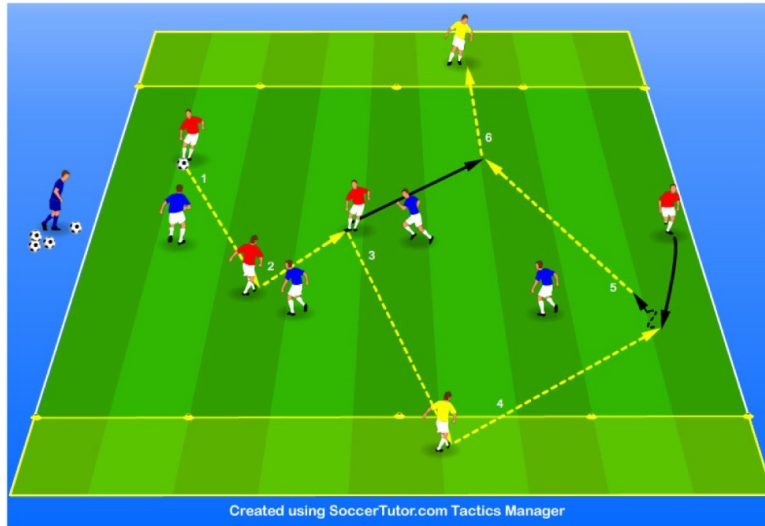
If the red team (defenders) win the ball, their aim is to complete 8 consecutive passes within the 4 v 2 central square (1 point). The outside players are not involved in this phase.

Set a condition of 1, 2 or 3 touches depending on player ability. It is very important to encourage the blue central players to use only 1 touch as they are at a 4 v 2 disadvantage in the middle. This will limit the amount of times they lose possession and keep the ball moving quickly.

Coaching Points

1. Can you play quick, precise passes along the ground to a support player? Focus on good passing technique.
2. Can the central players make 2 movements (check away before moving to receive) to create space to receive a pass? Can they also signal where they want the pass delivered?
3. Can all players (including outer players) pass and move to find a good support angle to receive a pass?
4. Can you establish eye-contact, show good awareness and quality communication?
5. Can the central players "bounce" the pass first time to a support player?

5. AFC AJAX: 4 v 4 (+2) End to End Possession Game



Objective

The objective is to dominate possession using your teammates and the 2 neutral kaasters (rebound players) who are limited to the length of the line they are situated on.

This exercise progresses well into a tool for educating players in the 'triggers' of when to press as rules are introduced.

Description

This exercise requires a minimum of 8 players but is best suited to 10 players so that the principle of 'making the pitch as big as possible' and using the whole space can be emphasised. We have 4 v 4 in the middle with 2 neutral players at the end who play with the team in possession.

The kaasters should look to play quickly and play the ball back to the same team that passed them the ball.

Variations of this game allow a number of different objectives to be carried out.

Variation

Allow the kaasters to act as interfering (pressing) players should one of the teams fail to successfully demonstrate an isolated theme (shielding the ball, a poor first touch, rushing the play or failing to create space for each other). After interference, the kaaster should rotate with an internal player.

Coaching Points

1. During the process of kaasters becoming interfering players, it may be necessary for the coach to call out when a 'trigger' occurs.
2. This exercise provides the coach with many options and aspects of the exercise such as the number of attackers, defenders or touches a kaaster can make are variable to help the coach achieve his own goals.
3. As with all these passing drills, you can introduce triggers such as - "if it is a heavy pass, that means the support is behind you" and vice versa.