

5 v 5 v 5 Three Zone Possession Warm Up Game



Practice Organisation

This is a good warm-up before competitive games as it conditions short and longer passing skills (driven and lofted).

In a 20 x 30 yard area, mark out 3 equal zones as shown in the diagram. We play with 3 teams of 4 or 5 players.

Play starts with one of the teams in an outer zone (blues in diagram). Can they play 5 passes before looking to play through or over the middle team to the opposite outer zone? The defending team (reds in diagram) can move 1 player to press and try to win the ball. Once players have achieved success with a good tempo of passing, then progress the practice and have 2 opponents press, as shown in the diagram.

If a team lose possession or the ball goes out of play, the team responsible "go in the middle". I would recommend that you set a condition of 2 or 3 touches depending on player ability.

Coaching Points

1. Can you use the full width and full depth of each zone to make the most of the available space?
2. Can you work hard to provide a good angle for a pass using good communication?
3. Can you use the correct body shape to receive the ball with a good directional first touch into space?
4. Can you pass first time and exchange quick, precise short-range passes?
5. Can you deliver longer range (ground or lofted) passes to players in the opposite zone? Can these be "well-weighted"?
6. Can the players in the opposite zone remain mobile, adjusting their positions, always looking to open up a channel between opponents to receive a pass?
7. Can you signal where you want the pass? This will improve the link up play.
8. Can you play a *FIRST TIME* pass? Otherwise, can you use 2 *TOUCHES* (control and pass) with good awareness?

Quick Combination Play to Finish with "Third Man Run"



Practice Organisation

Using half a full sized pitch, we have 2 groups of attackers. Players A, B and C combine to set up shooting opportunities. The first player passes into the path of player A, who takes a touch forward, passes to player B and then makes a curved forward run towards the box. Player B sets the ball back to player C who passes into the path of player A. Player A then shoots at goal, trying to score past the goalkeeper.

The players all move to the next position. The first player moves to A, A to B and B to C. Player C recovers the ball and goes back to the start position.

Alternate from left side group to right side group. After 5/10 minutes, swap the right side group with the left side group so that the players practice shooting with both feet. Players can keep count of how many goals they score.

It is recommend that you use a tactics board to clarify the practice set up. When you swap the right and left side groups, use Q&A to review what players have done well and what could be done better.

Coaching Points

1. Can the 3 attackers (A, B & C) combine using *1 TOUCH* passes to create a clear scoring opportunity?
2. Can the striker time his run effectively, arcing it to create space to receive and shoot first time?
3. Can the striker see the position of the keeper relative to the goal to assess where best to target his shot?
4. Can the striker relax his muscles in the lead up to producing explosive force, swinging his leg with good control through the ball?
5. Can the striker also make sure not to lean backwards when shooting? (Or he risks sending his shot over the bar)
6. For extra power, can players explore driving their foot through the ball to the point where their standing foot leaves the ground?
7. Can the striker remain aware of "secondary chances"?

VARIATION

Quick Combination Play to Finish with "Overlapping Run"



Practice Organisation

This is a variation of the previous practice. We change the position of the first pass and the cones as shown in the diagram. Player C now starts positioned next to the mannequin. The same conditions apply.

The first player passes into the path of player A, who takes a touch forward, passes to player B and then makes an overlapping run into the box. Player B passes to player C who passes into the path of player A. Player A then shoots at goal, trying to score past the goalkeeper.

The players all move to the next position. The first player moves to A, A to B and B to C. Player C recovers the ball and goes back to the start position. After 5/10 minutes, swap the right side group with the left side group so that the players practice shooting with both feet.

Coaching Points

1. The coaching points from the previous practice are applicable again for this variation.
2. Can player A's pass be the first step of his run so he can accelerate to quickly overlap player B, receive a return pass from player C and shoot first time?
3. Can the striker make the right decision whether to "place" his shot using his side-foot or "go for power" using the "laces"?