

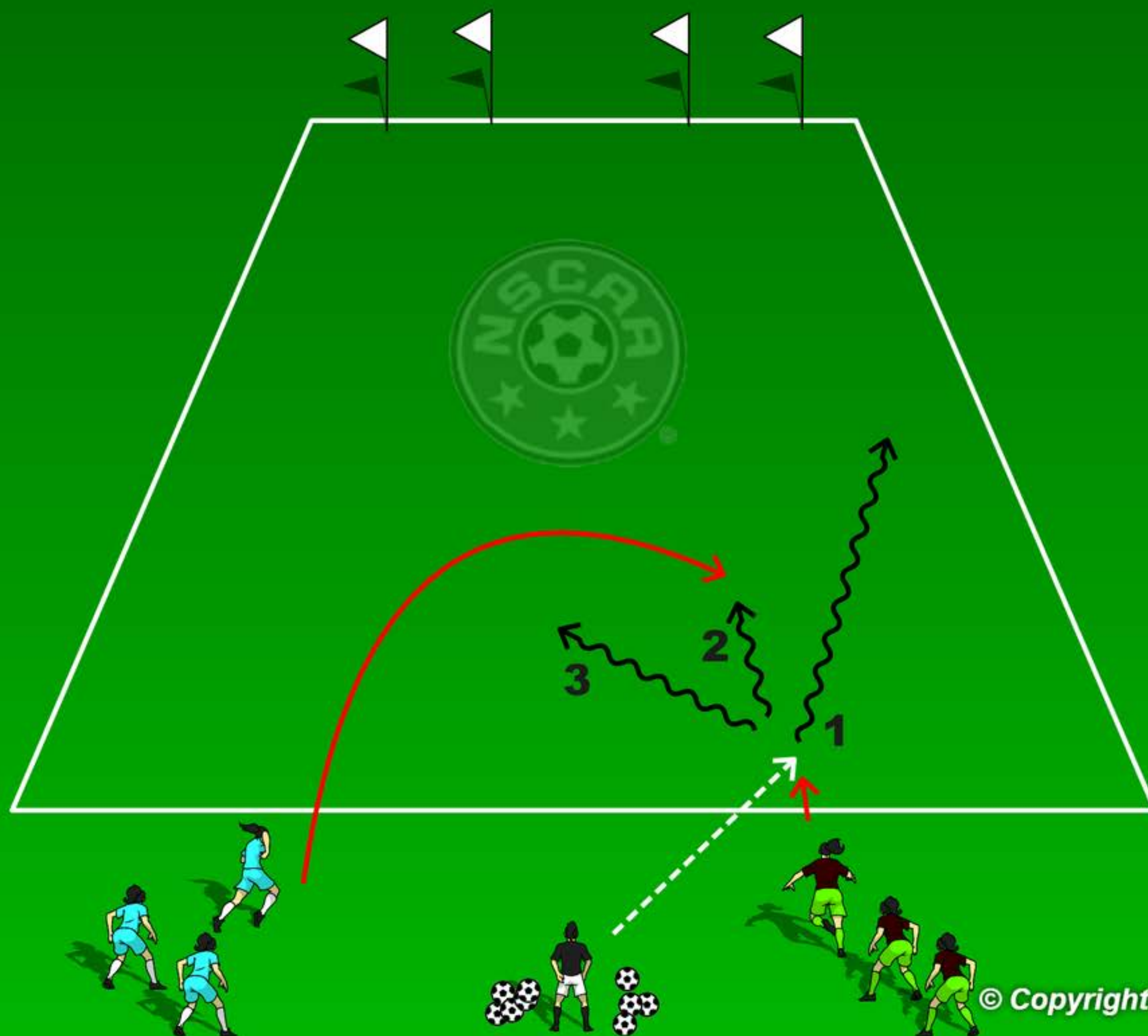
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**STRONG:** Lots of frequency. The coach can observe and help individuals. After a shot players move forward to take a turn in goal. Balls can be retrieved effectively. Mini competitions can be set up. Players are active and engaged.



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**3 Team Game.** Coach calls out the number of players and the direction to come out around the goal. Defend one goal, score on two....1v1v1 all the way to 4v4v4 depending on the coach or possibly more than one ball for two 1v1v1. Great grassroots game and lots of chance to be a GK.



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1v1 with direction. Coach plays the ball to one player who must drive toward one of the two goals and dribble through them.

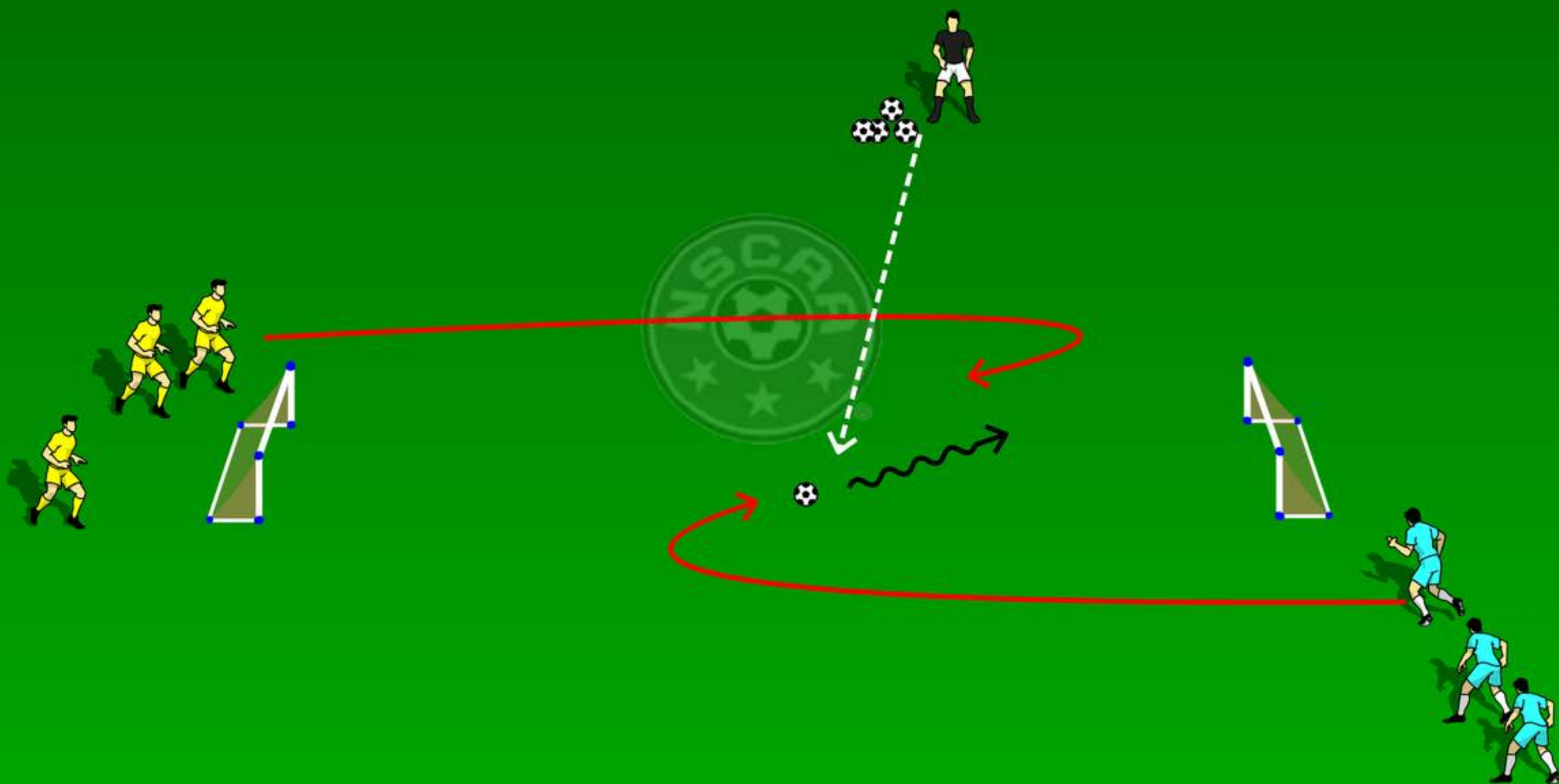
1. Go at speed, 2. Set up 1v1, 3. Drive across field opposite to opponent's movement.

If defender wins the ball the play to the coach as the counter.

Depending on service and opponents first option is to drive straight to goal.

If opponent is engaged then the player on the ball must play 1v1 directly or manipulate pace and direction.





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1 vs. 1 to goal. Players attack goal they start at.. Defender must recover goal side.

- Recover goal side.
- Do not tackle from behind.
- Face up to opponent.
- Tackle firmly with closest foot. (WHY IS GOOD TO TO BE ABLE TO TACKLE WITH EITHER FOOT EQUALLY?)

## 1v1 to 4v4 (8 Player Game)



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1v1 becomes 2v1 when a goal is scored. It can become 3v1 and then 4v1.

Variation a team can never have more than a one player advantage.

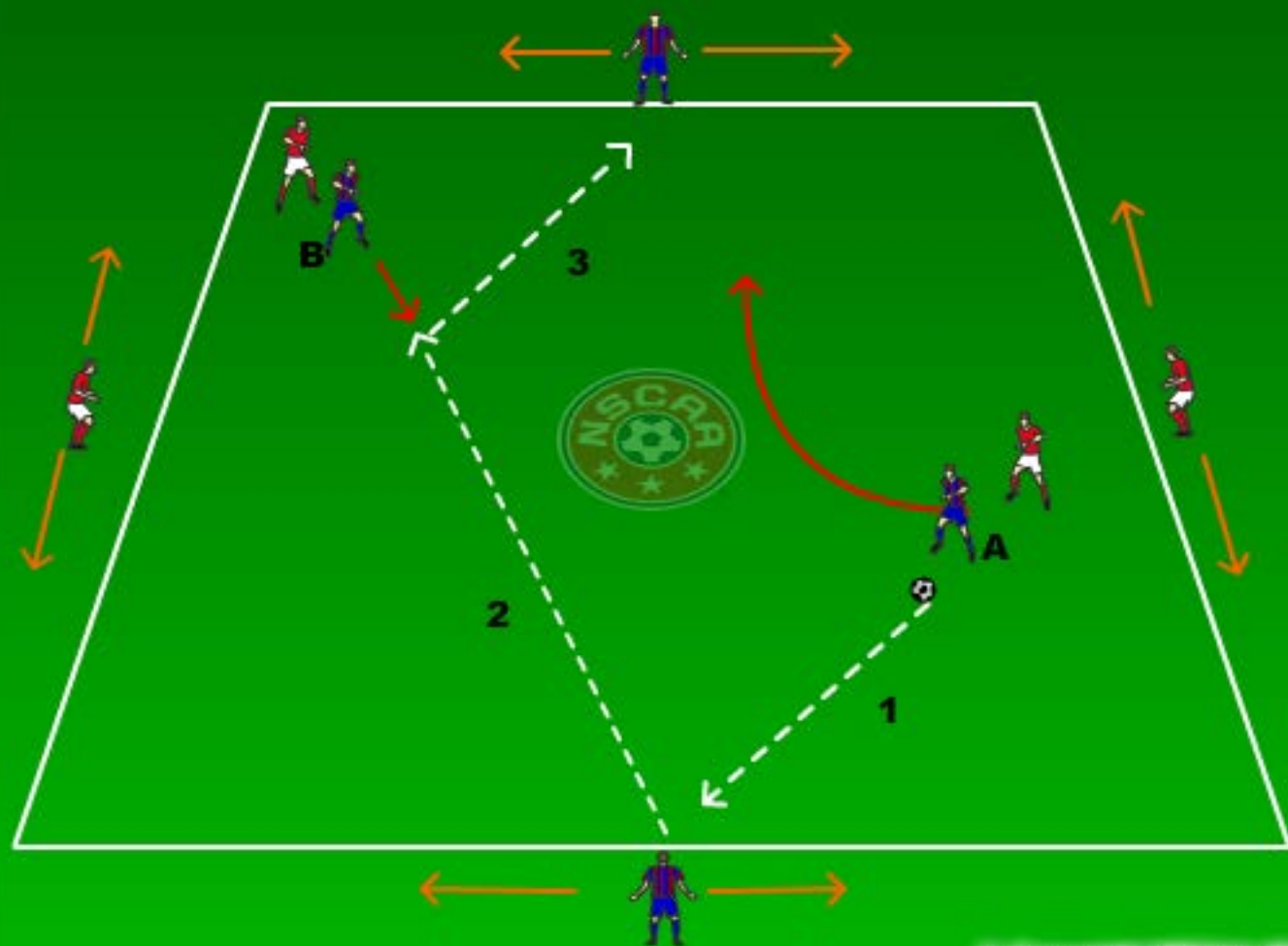
Variation players can sub in and out to keep up a playing level.

Build 1v1 to 4v4 or go the other way 4v4 to 1v1 (losing a player after each goal)



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**"GET OUTTA THERE"** A high energy 2 vs.2 game. Every ball scored or out of bounds restarts with coach. Play is continual. When coach calls, "Get outta there" the players must run and tag in their teammates who immediately begin to play. When the supply of balls is finished players gather them for coach. (Permanent keepers is an option)



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**2 vs. 2 plus targets**

**2 targets for team who can move around playing area to make a 4 vs. 2**

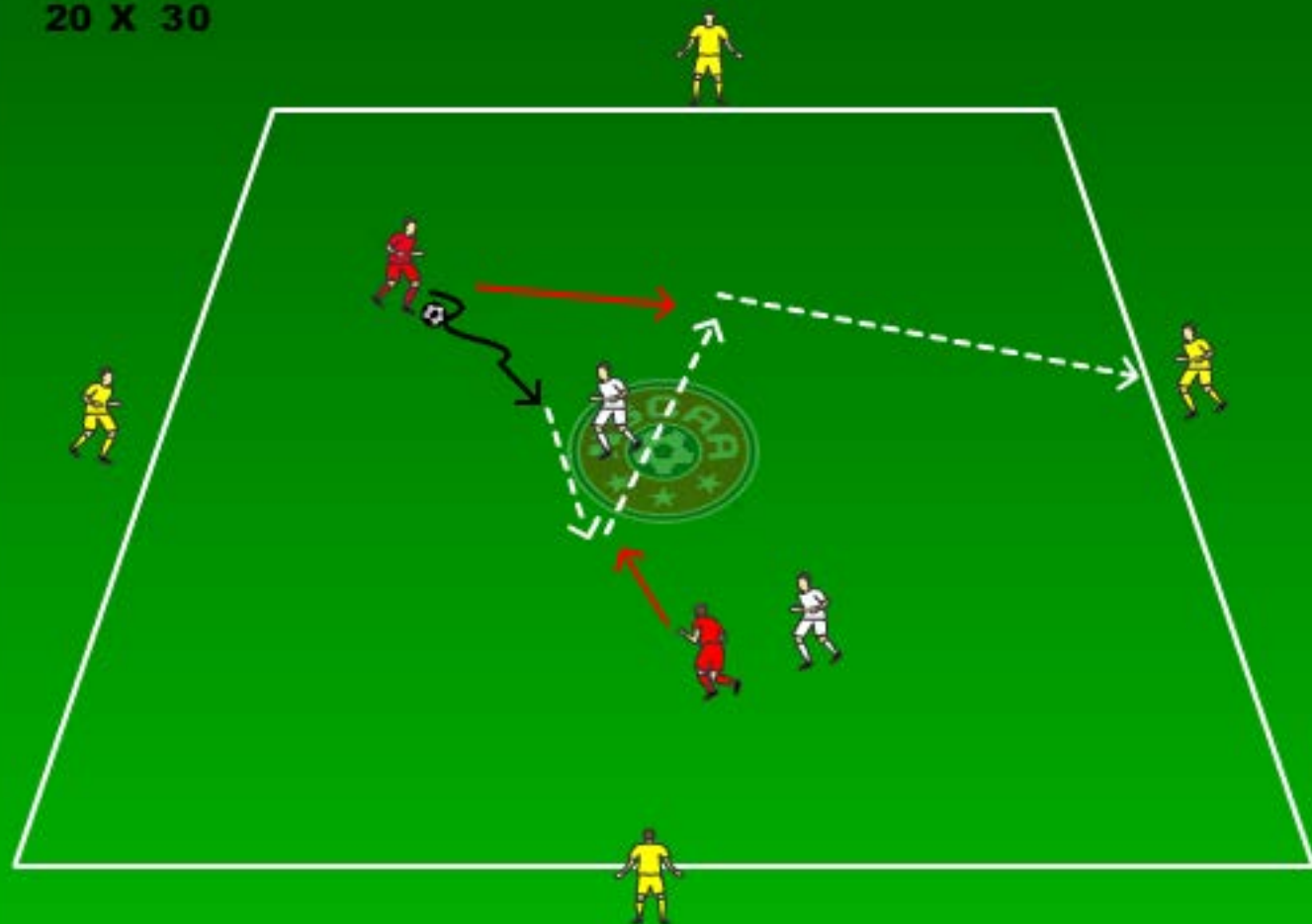
**Score by target playing to the partner player**

**Pass 1 goes out, Pass 2 finds the 3rd man, Pass 3 goes out again and player A looks to receive**

**Continuous play**



20 X 30



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**2 vs. 2 with support players**

**(May develop from 1vs.1 and/or 1 vs. 1(+1))**

**Identify combination options inside the area before playing to an outside player**

**Play is continual for 1-3 mins**



20 X 40



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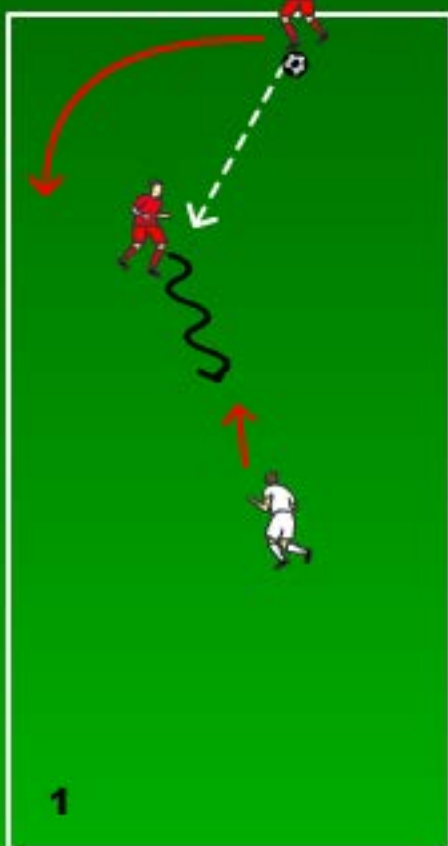
**2 vs. 1 and 1vs. 1 continuous play to goals**

**The "2" RED combine in their own half to pass forward and then support forward pass and go to goal**

**Player who shoots/scores steps off and play starts the other way with WHITE adding a player**

**Important to play quickly and realistically and to take what is "on" in each situation**

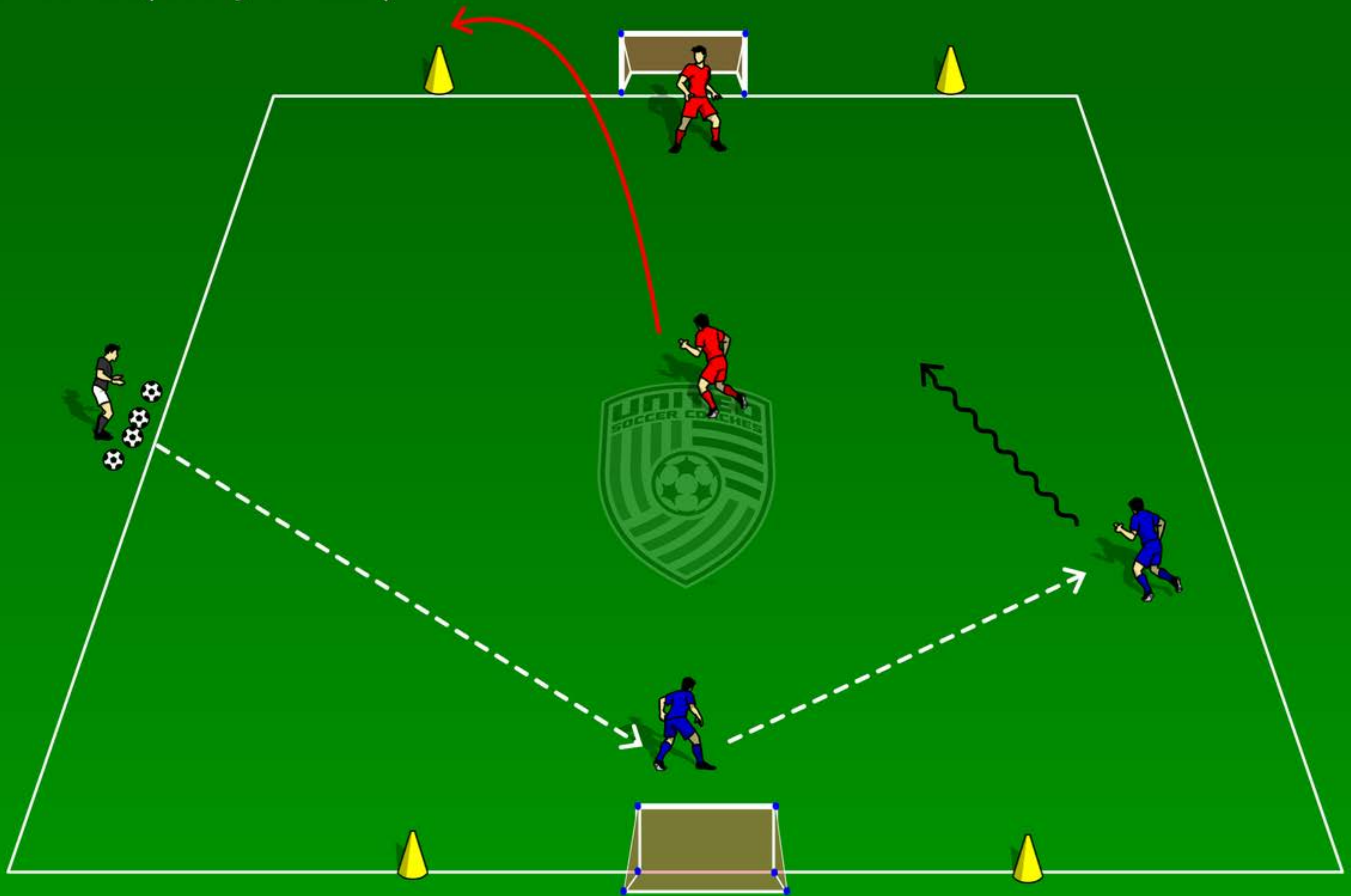
15 X 20



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1. Support from behind. Overlap into space behind defender created by the dribble inside of teammate
2. Double Pass. Play the way you face under pressure and spin out to get ball back
3. Wall Pass. Defender is committed by the dribble and give and go plays ball behind defender

## Fast Break (4 Player Game)



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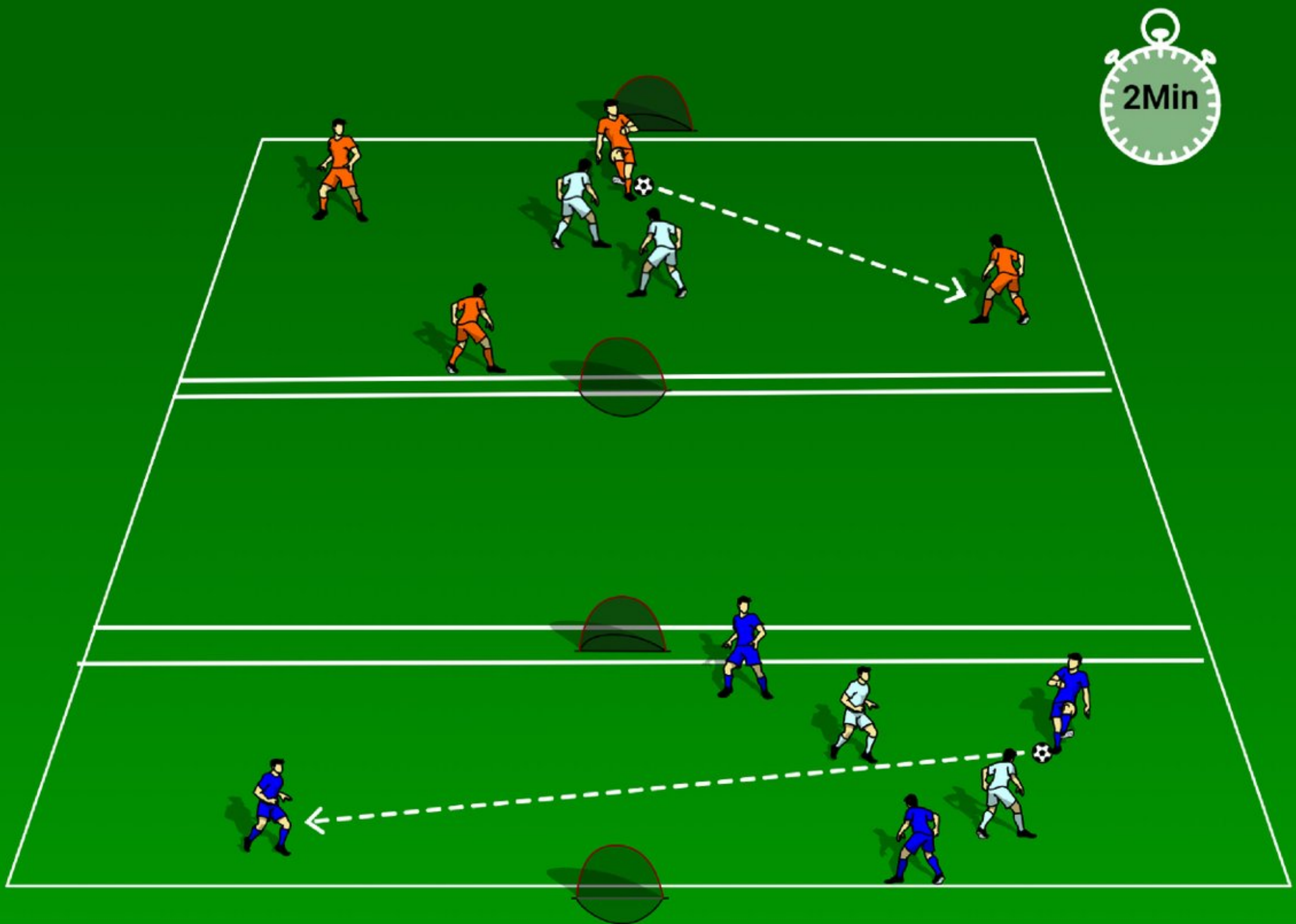
1v1 with GKs....coach plays the ball to one of the GKs.

GK plays quickly to his/her teammate. Defender must run out around cone before rejoining the game.

The player with the ball should drive quickly to goal before the defender can recover.

Players reset for the coach's delivery after each goal or out of bounds.

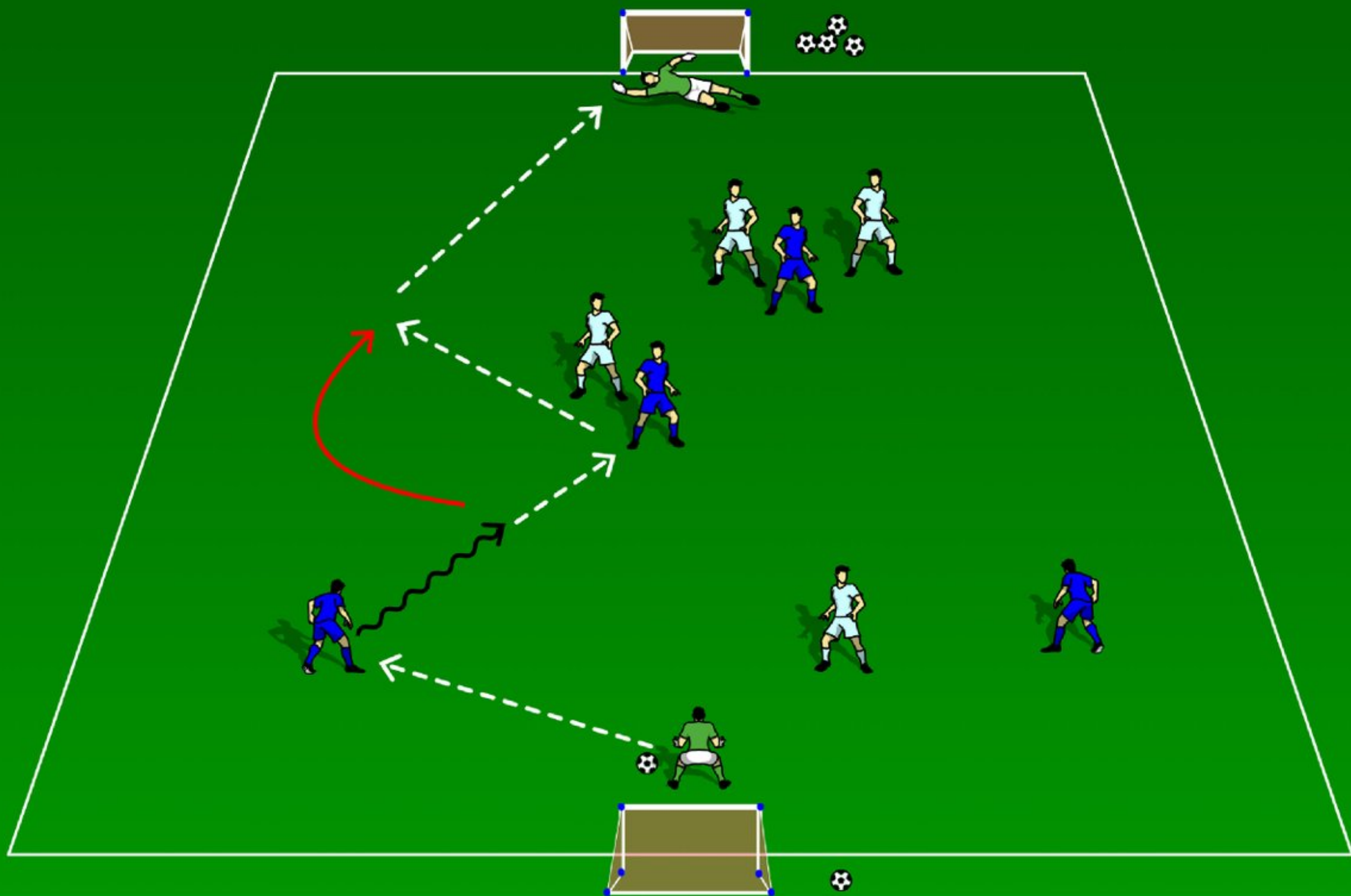




**ORGANIZATION** x2 4vs. 2 keep aways • # of passes or a split pass is the objective of the 4 • If the 2 win the ball they can score in either small goal and the 4 must defend them • Play 2-4 minute sets then rotate teams.

**COACHING POINTS** Passing and receiving technique should be addressed at all times. Weight, accuracy, playing surface of the foot. Also "taking a look" before receiving should be addressed. • Player with the ball needs support left and right and then the split option. • Each time the ball moves the 4 have a different role: possession, support L/R or the split option. If the 4 lose the ball transition to win it back.

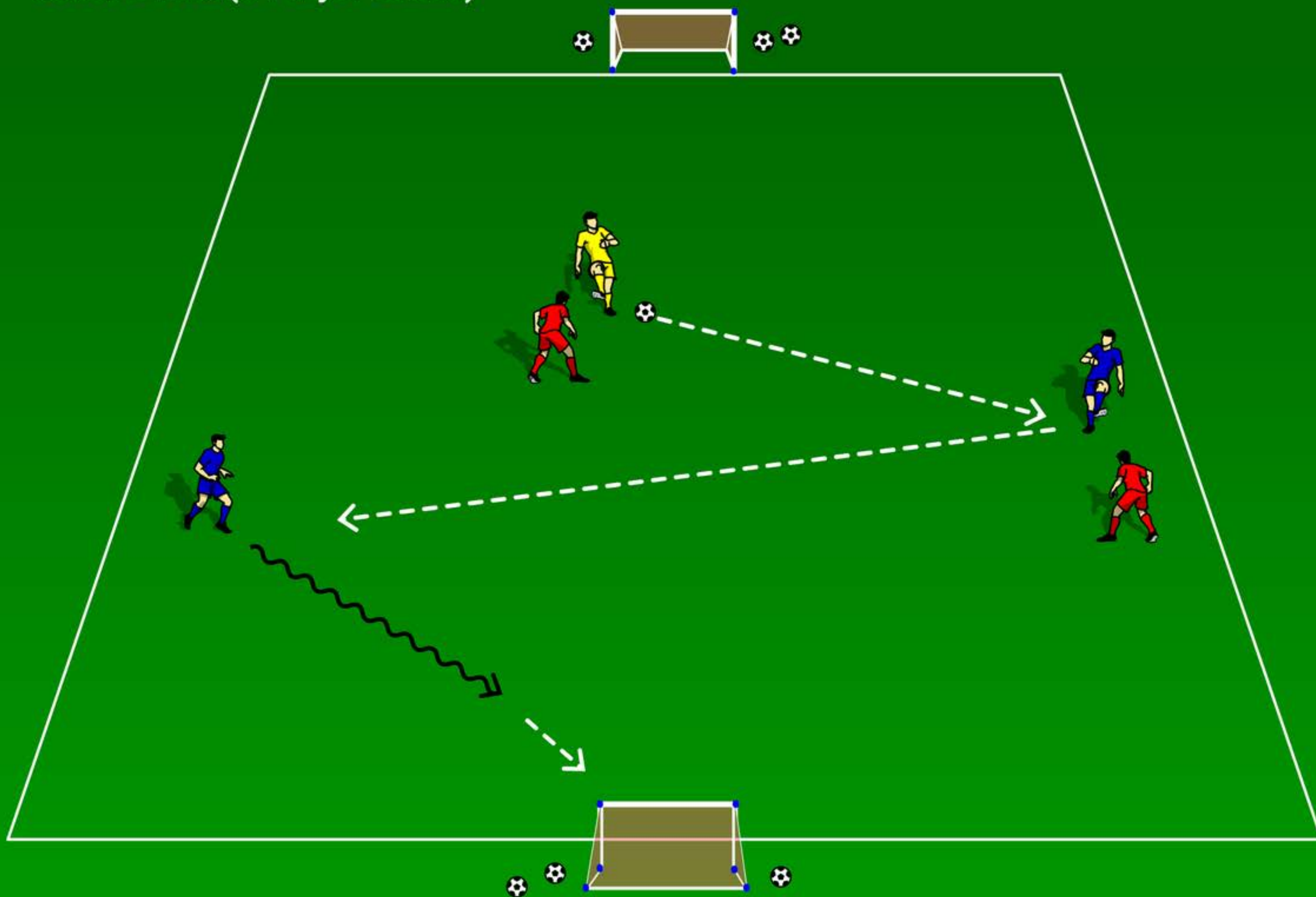




**ORGANIZATION** 25 x 40 5vs. 5 • Ball starts with the GK each time. • Suggest a basic team shape of 1-2-1-1. • "Make it take it"--if a team scores they restart with the ball

**COACHING POINTS** "The final piece". • Look for all the previously addressed techniques; passing, receiving, dribbling, turning, shooting, movement to support etc. as applied to the game. • Avoided stopping play and wait to coach at a natural stoppage or coach in the flow.

## Joker's Wild (5 Player Game)



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2v2 +1 Yellow player works with which ever team has the ball to create a numbers up situation. Emphasis should be on quick play to goal and ball movement to find the free player. Rotate the all time attacking player to give everyone an opportunity in the role.



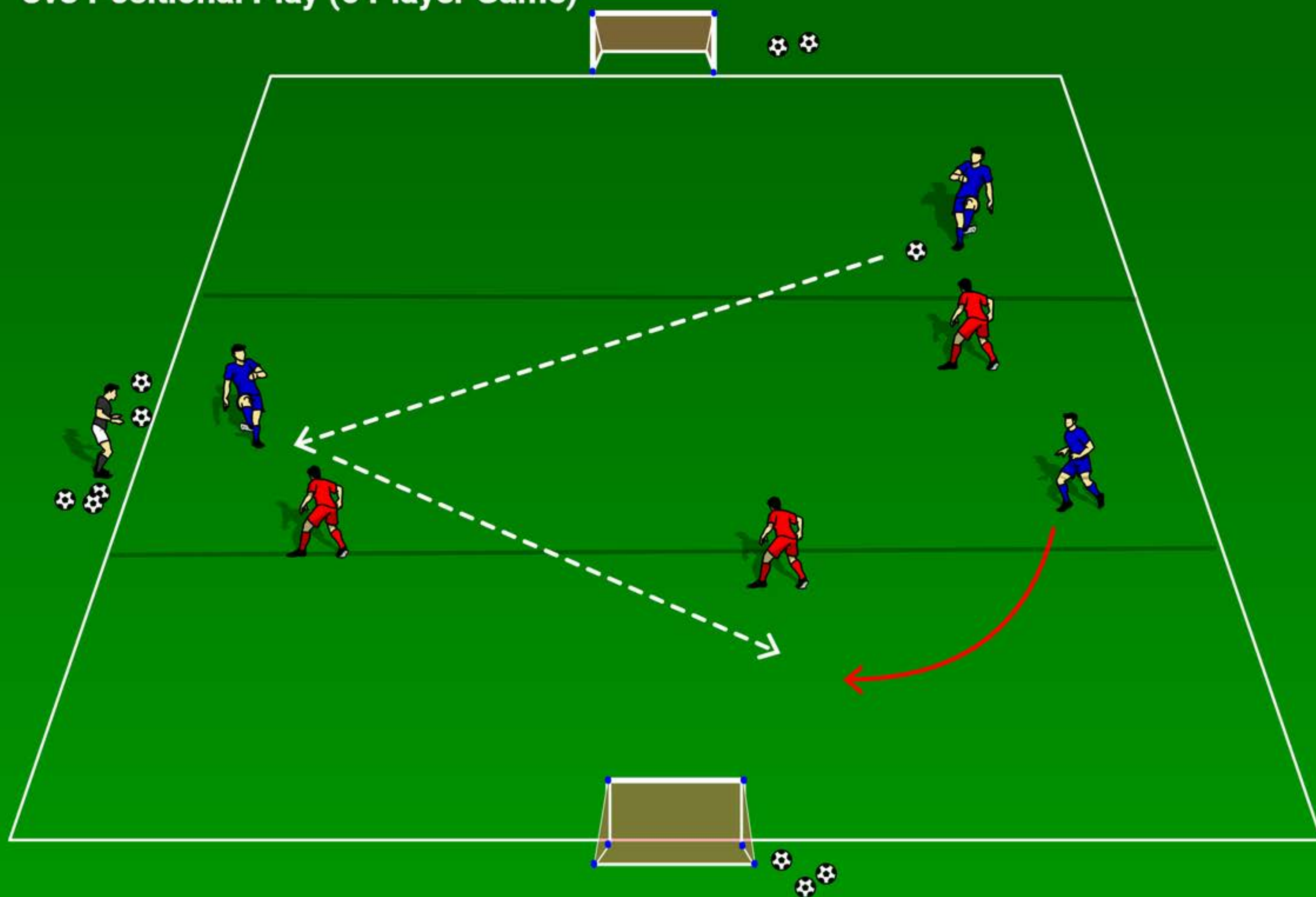
## 3-2-1 Game (6 Player Game)



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Begin regular 3v3 with 3 touch per player limit.  
When a team scores they go to 2 touch and then again to 1 touch.  
Passing and dribbling get blended into the game.  
Vary by playing exclusively to a touch limit per player or total per team.

## 3v3 Positional Play (6 Player Game)



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Focus is on attacking quickly at all times.

Use the 3 zones to see how quickly the defenders can recover to the middle or defending third.

Stipulate when a goal counts....for example if the defenders recover 1/2/3 players to their back third the attack maybe too slow.

Focus on getting to goal before defenders get deep and compact.

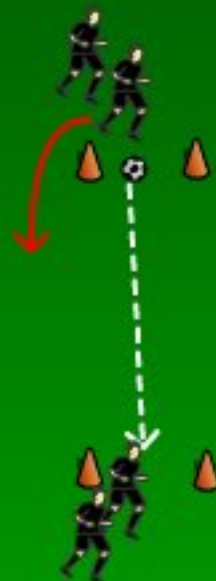
Coach sets the tempo of the game by introducing each ball.



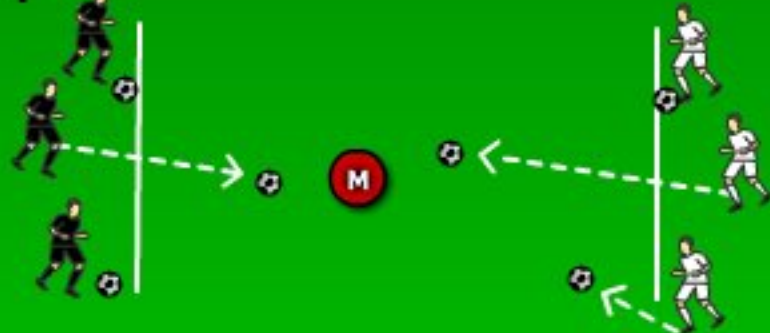
2



3



1



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## PASSING ACTIVITY

- 1. MARBLES** From behind their line each team tries to hit the marble ball and push it toward and over the opponents line. Every ball except the marble is in play.
- 2. PAC-MAN** the players with their ball try to tag those without, who are moving, by passing the ball into their ankles. If you get hit you become a tagger.
- 3. PASSING LINES** Pass and move two touch. Vary surfaces, touches, combo passes etc



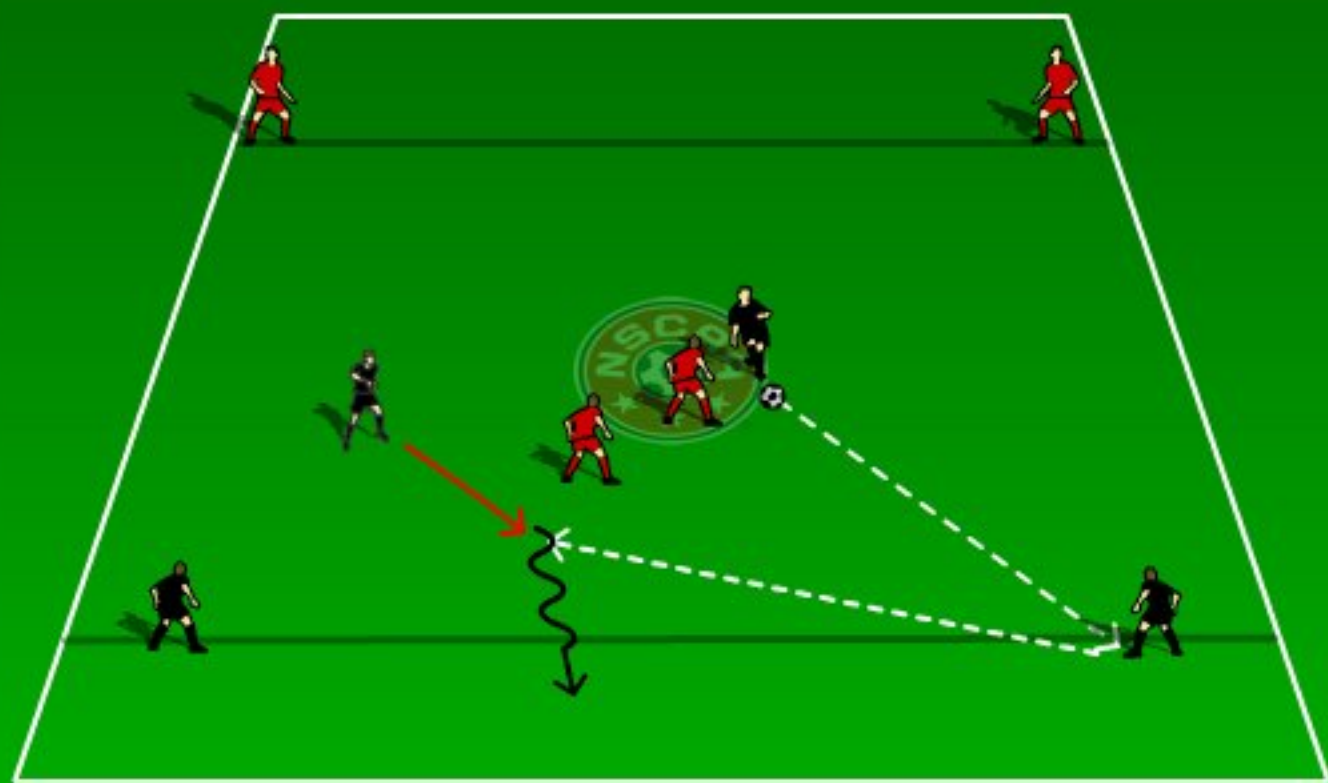
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**3v3v3: Blue attacks green goal. If green can win ball and play to coaches at half way they then form up and attack the orange team. At the same time blue prepares to defend for the next phase. Focus is final third attacking and counter attack.**



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**EMPIRE** Each player has a ball. Three teams each with a base. Game starts with three balls for each team. Teams seek to steal balls back to their base and protect them. Time of play is up to the coach. Here RED has left a player back and sent others off to steal. BLACK has not left anyone home. WHITE has not sent anyone to steal.

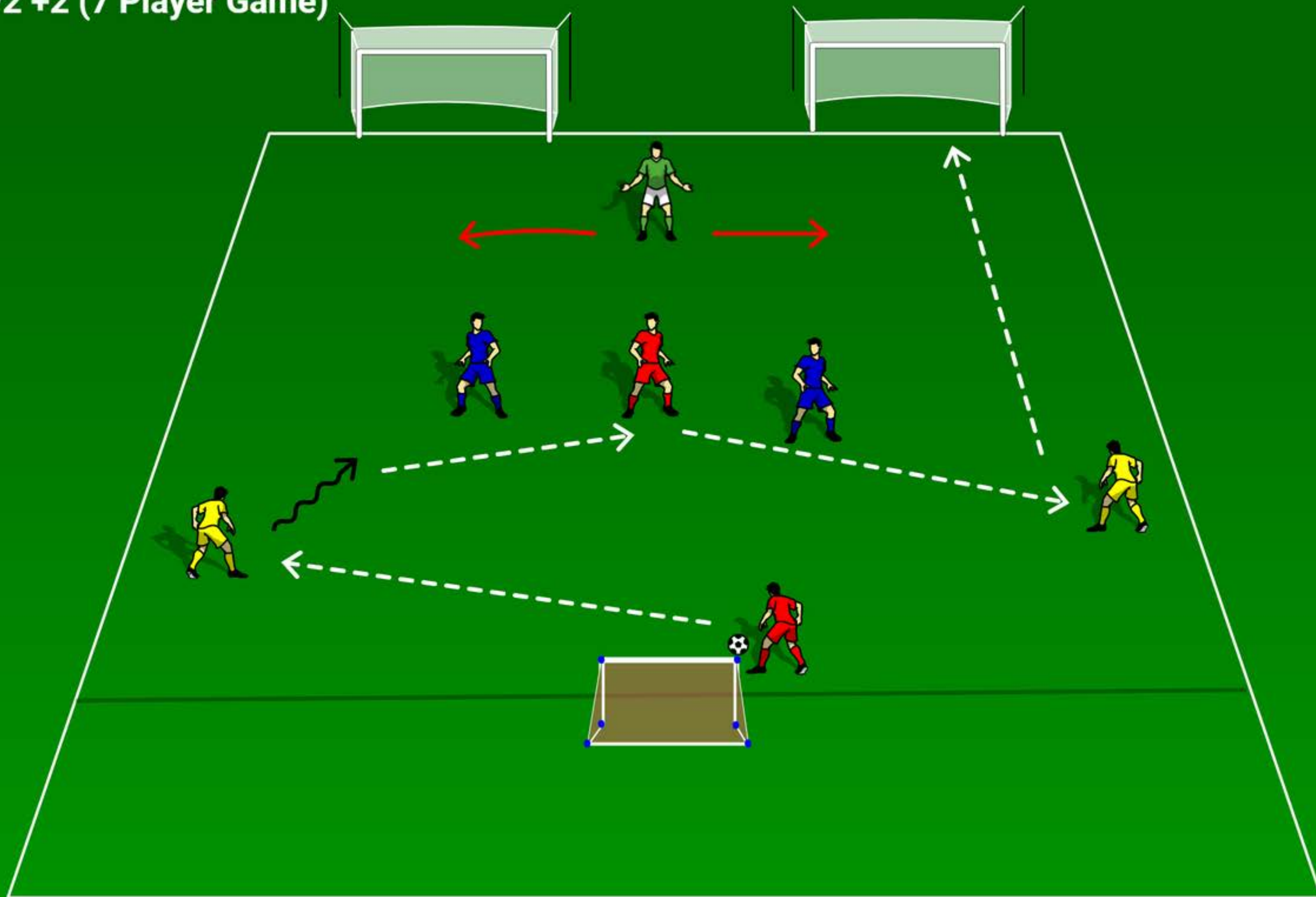


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2v2 to a line with "boppers"...."boppers" have 1-2 touch..switch every 90 secs  
Score by dribbling over the line, "boppers" can be used to support attack  
Coach: when to dribble-when to pass, head up for forward options,  
communication and support of "boppers"

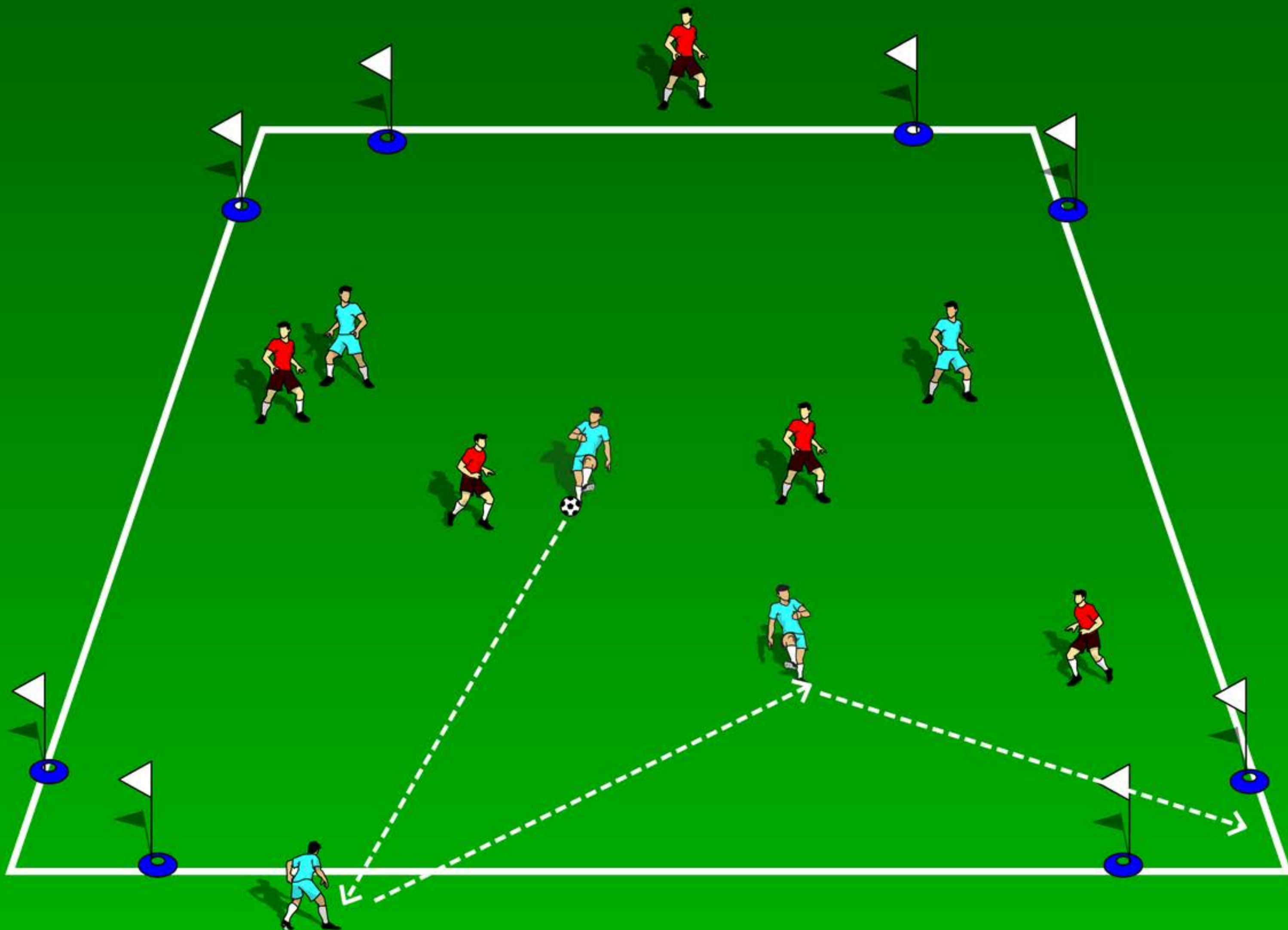


## 2v2 +2 (7 Player Game)



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2v2 +2 Goalkeeper has to work both goals. Play to an offside consideration.  
Alternate the +2 team or keep key attacking players in this role.  
Emphasis opportunistic attacking play. stress the counter option for team of 2 + GK.



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To improve technique and vision for angled passing.  
Small sided game with angled/side goals and a target player.  
Teams seek to score after first finding target and getting a layoff.  
The emphasis on looking to play forward on diagonals.  
Good functionality for midfielder players.

35x25



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5v5 with keepers. GK restarts in back zone cannot be defended  
When a player leaves the "build out" zone play is live  
Coach: GK distribution, receiving to play forward, identifying when to possess  
and when to take more risk

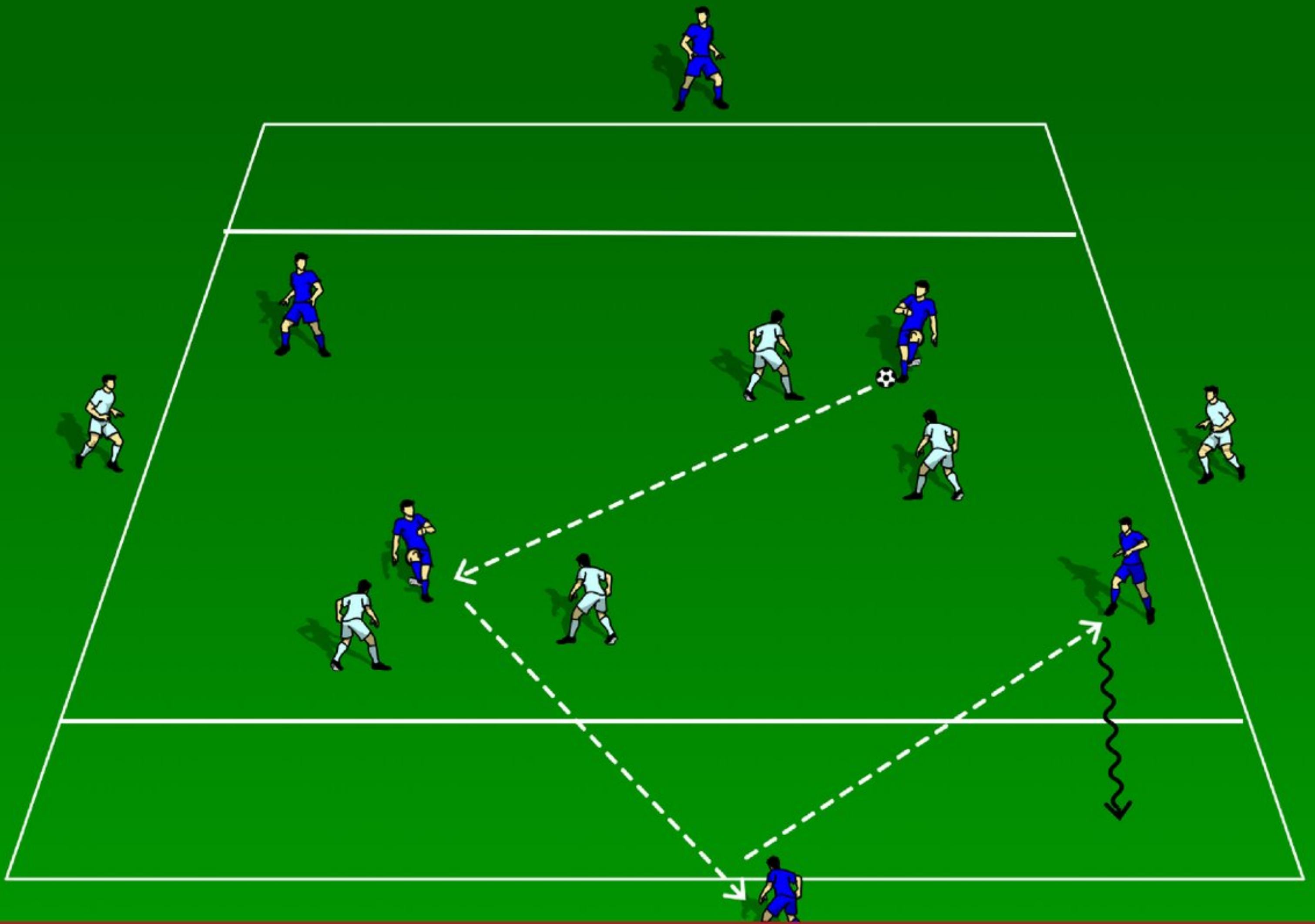




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**BANDIT** White team has three GKs defending the triangle goals and one "bandit" defender (A). Black team tries to score as many goals as possible by shooting, passing, receiving back and forth. Coach makes sure two balls are always in play. Both teams take a turn and track their scores.

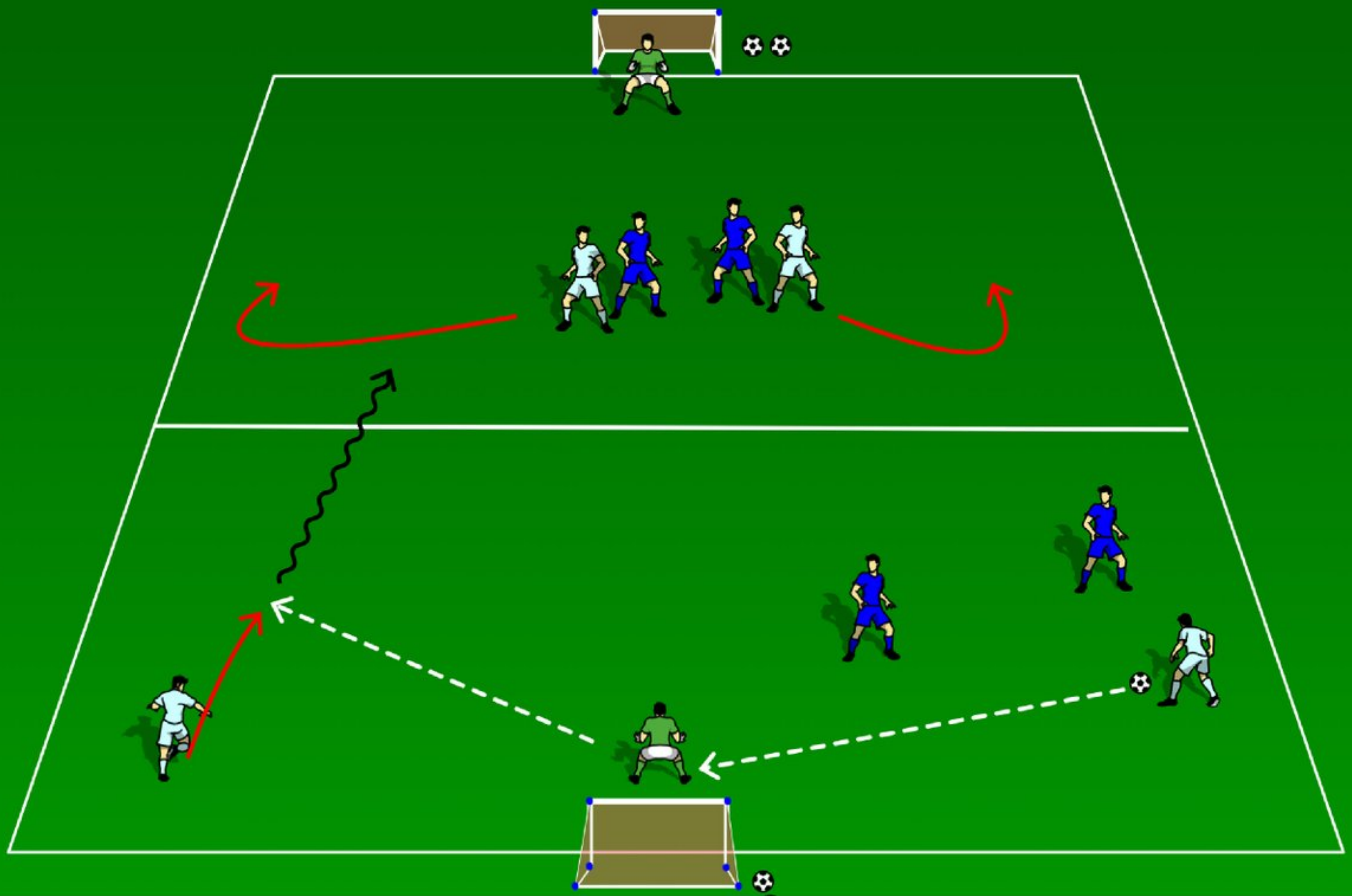




**ORGANIZATION** 25 x 40 4vs. 4 to endzones (with 2 "boppers" per team) • One team has "boppers" N and S. one team has "boppers" • To score dribble into endzone OR receive a pass in the endzone.

**COACHING POINTS** Be prepared to use the 2 man advantage. • One team has depth and length in support. One team has width in support. • Create combinations that set up a final positive forward pass OR dribble.

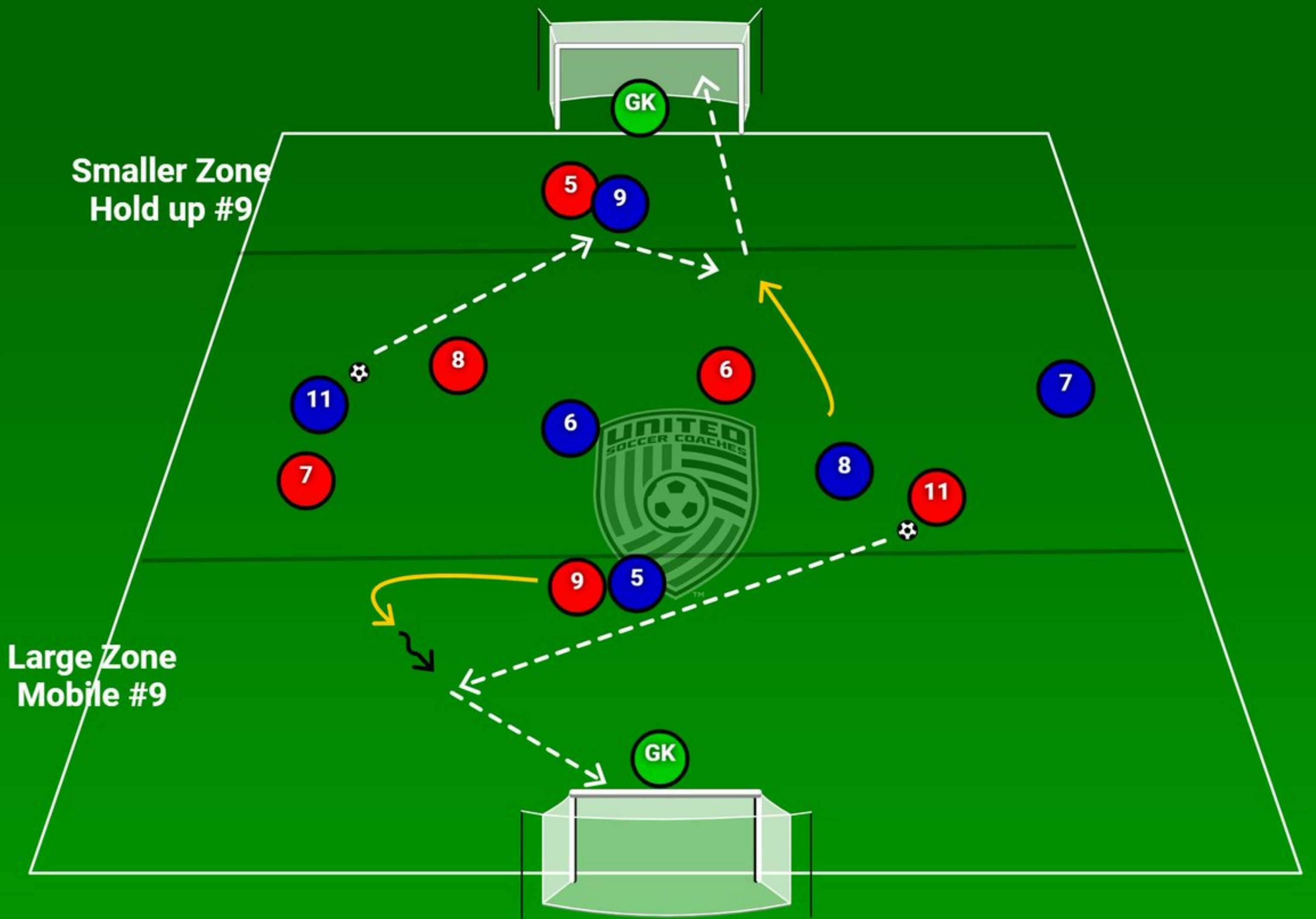




**ORGANIZATION** 25x40, 5 vs. 5 • Ball starts with the GK each time. • Each team has two outfield players in each half. • Back players may enter the attacking half on a dribble or a passing combination to create a brief numbers up opportunity.

**COACHING POINTS** Maintain possession 3vs. 2 (including the GK)  
Observe passing and receiving technique and supporting movement.  
Vision should always be to play to targets and support OR to dribble into the attacking half if space is available.





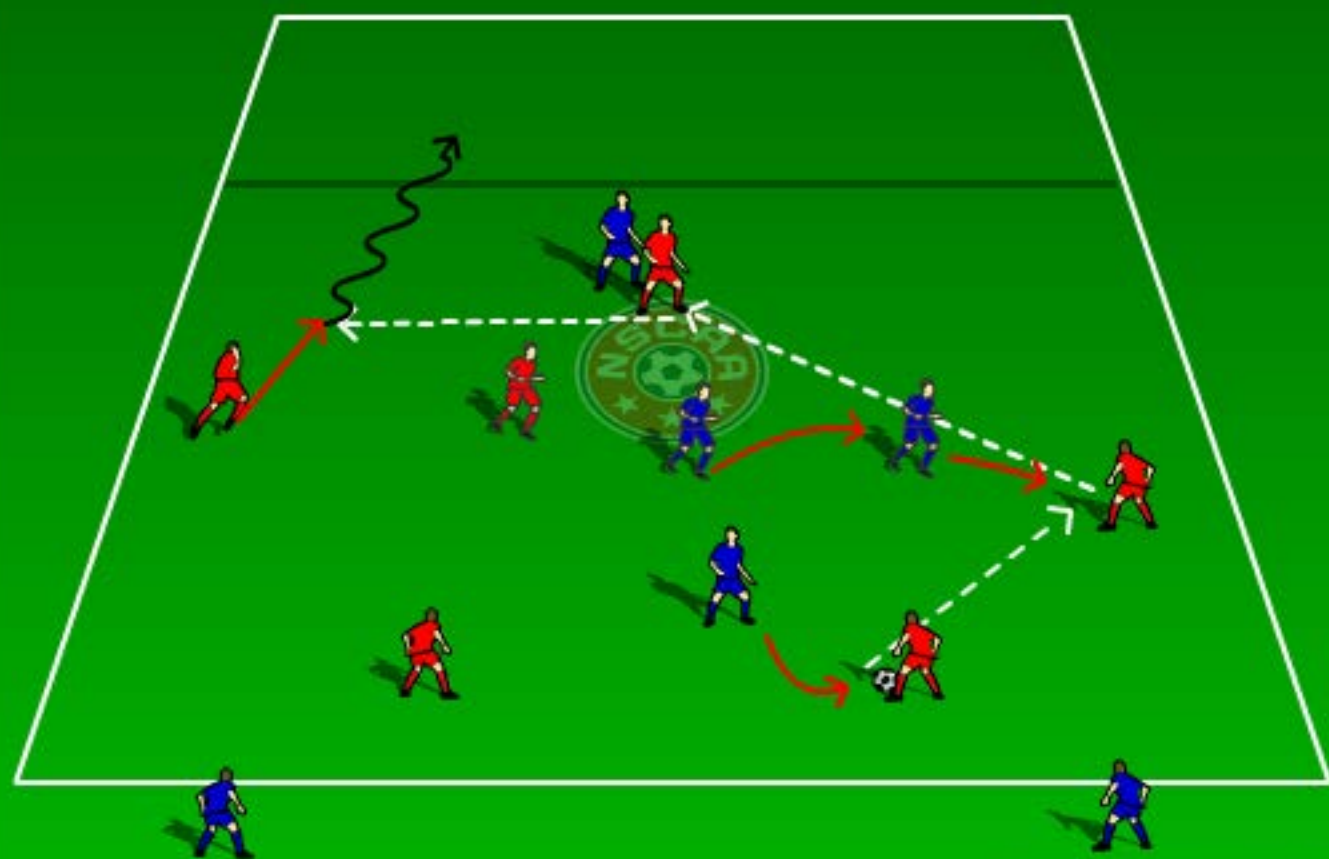
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A 3 zone game that encourages playing into the #9 and then supporting.

Variation is to have the zones different dimensions based on the function or quality of the #9.

A small zone for the target #9 to bring others into the game and then get into the box.

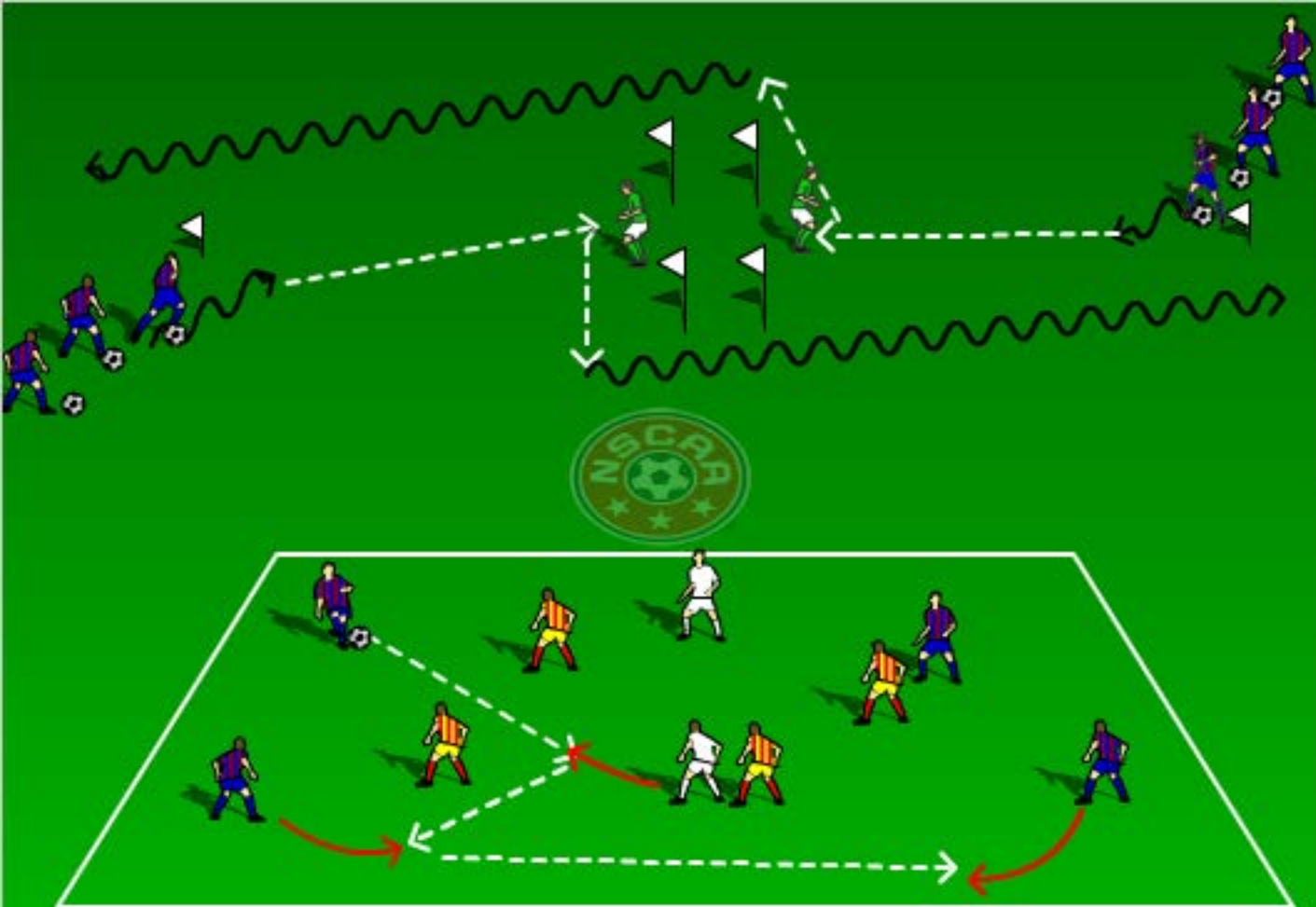
A large zone for the #9 who is mobile and quick and plays off the shoulder of the defender to get in behind.



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**6 vs. 4 Playing quickly in tight spaces:** For a team breaking down an opponent in the final 1/3 take the forward group (here a 2-3-1) and demand the opposing group presses quickly and aggressively numbers down. Outlet counters are also subs to keep up intensity. Red are forced to play quickly and positively.





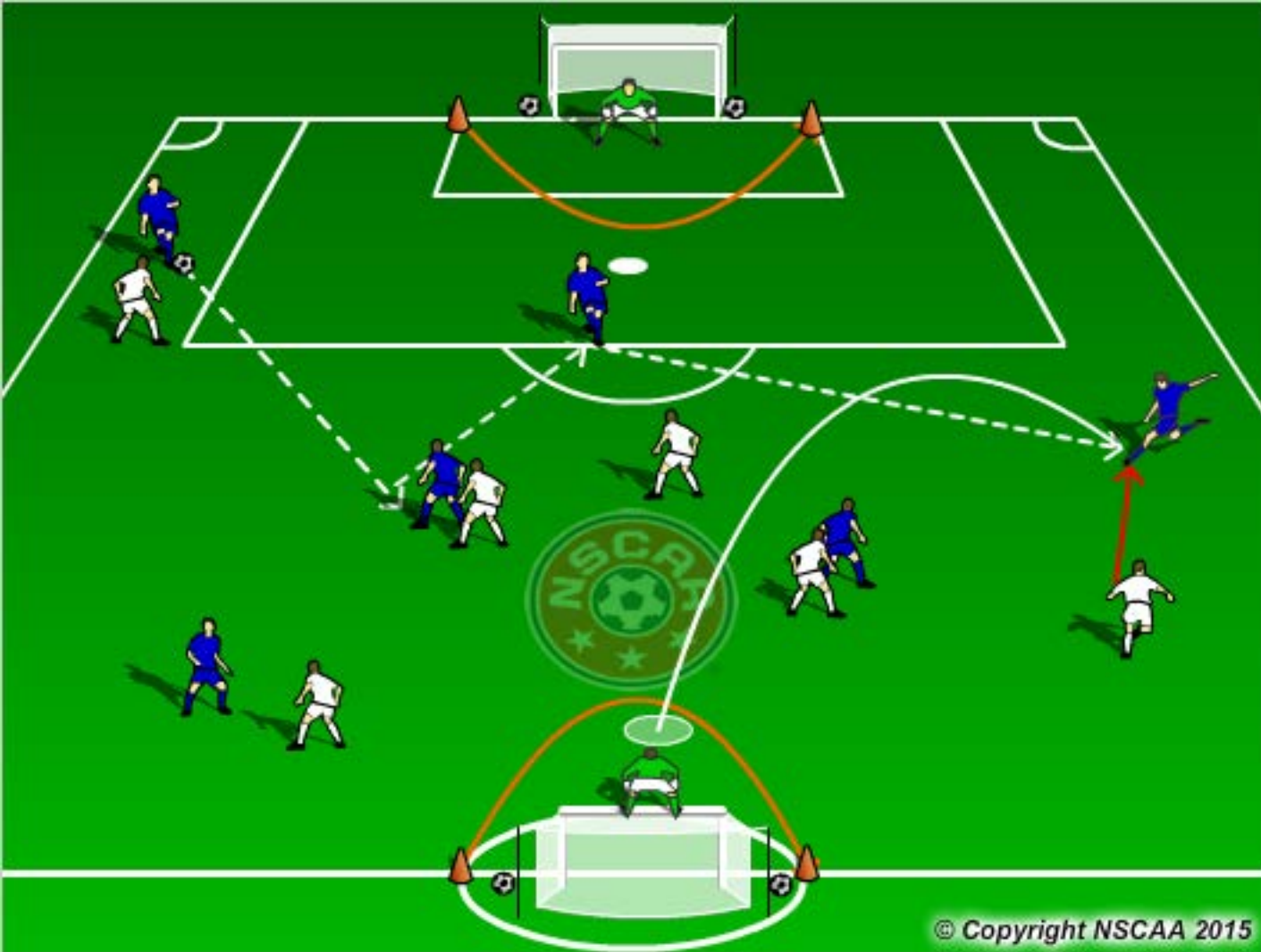
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Warm up for x18 players including keepers. Keepers defend two smaller goals back to back, players pass/chip/drive balls in and then move to receive a return ball from keeper and dribble on. Excellent sensible keeper warm up with technical reps for all. The rest of the group play a 4v4+2 possession



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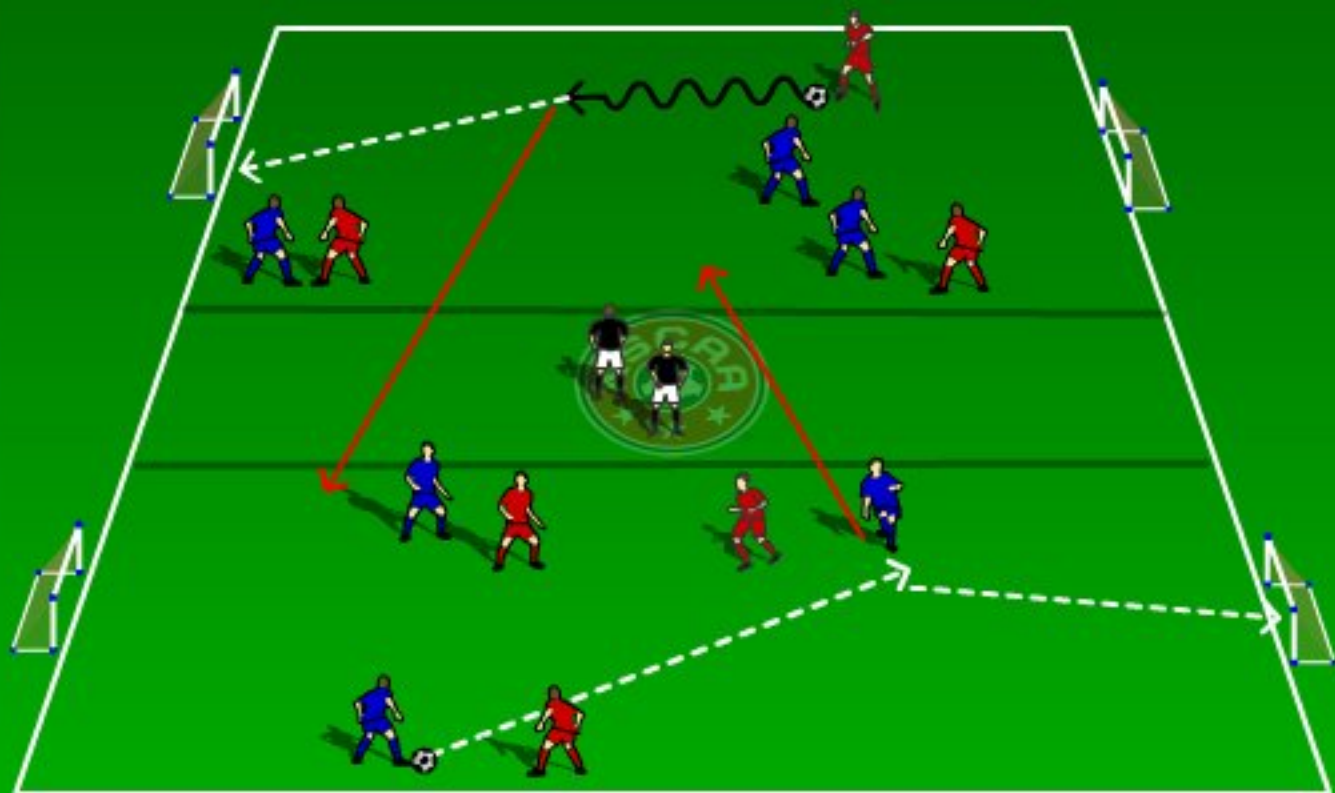
**Possession activity: Blue team of x5 and x2 GKs working on ball circulation. Yellow team of x3 seek to dispossess/intercept and if they do may attack either goal. Subs are ready to keep defending pressure high. Possession team should have objectives e.g 10 passes for a "goal" etc.**



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**For Possession to Penetrate and for Pressure and Cover.**  
**Objective to get into opposing GK on the fly. GK must stay in an area.**  
**Possess always looking to play directly.**  
**Defensively pressure to deny ball over and cover to help the 1 vs. 1s.**





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**Play x2 even number games (3v3-5v5)**

**Game condition is after a player scores they join the other game**

**The potential for overloads and underloads is great**

**The opportunity to play with and against all players is great**



**Getting deep players into the attack off the ball.**  
**3 +keeper v2 in each back third. 2 neutrals restricted to middle area.**  
**Start with keeper and the 3 who must find a pass into middle third.**  
**One player from deep can be released forward to make a 3v3 in attacking area.**



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5v5 including GKs and an all time offense player  
2 touch in defending half unlimited touch in attacking half  
All time offense player seeks to give numbers up in defending half  
Coach: efficient low risk possession in back half and go for goal in front half





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**5v2 or 5v3: 5 score by dribbling through corner goal, 2/3 score by winning ball and playing to outside team mates. Here as the player dribbles to goal as team mates clear out space for the next attack.**  
**An activation game before a more formal directional game.**



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Play 5v3 in one half. If the the 5 score or the 3 win the ball and play long to their two colleagues a 5v3 occurs in the other half with two players always staying in the attacking half.  
Game is fun and energetic and serves as a good second activity in 4 part plan.