

Positional play

WHY? – Encourage players to HOLD positions and PASS up the field

GameFocusResetProgression

1. 4v4, 5v4, 6v6, 8 v 8 in a grid
2. Numbers and grids can vary depending on pitch size
3. Players must stay in their zones
4. Players must pass up the field in order to score
5. 2 defenders and 1 attacker to encourage running off the ball

Scoring

1. In one of the 4 goals
1. Move off the ball
2. Speed of pass before “setup”
3. One touch passing
4. Look for long passes (can reward with goals when going over lines)
5. Draw the defenders then pass
6. Easy pass
7. Pivots

1. Normal game

Progression

1. Turn & Burn – so suddenly 2 attackers and 1 defender
2. Remove vertical line in defence/attack in top 2 boxes
3. Widen pitch

4. Add players
5. Centralise the goal

