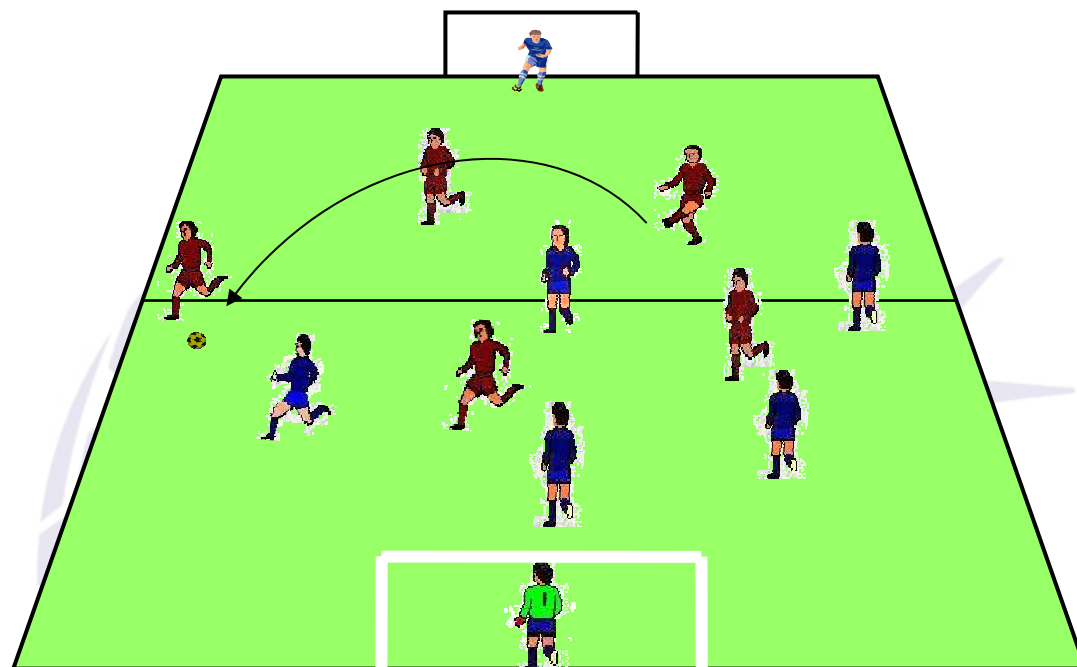


4. CONDITIONED GAME

- Introduction of rules, modifications, procedures in the coaching practice to achieve objectives, e.g. touches on the ball, demarcation of zones,



Practice 1

- Objective-Quick build up of Attack
- Condition-Only one touch in defending half and two touches in attacking half

Practice 2

- Objective-Improve aerobic endurance
- Condition-Only two touches and all players must be in attacking half for goal to be valid

Note:

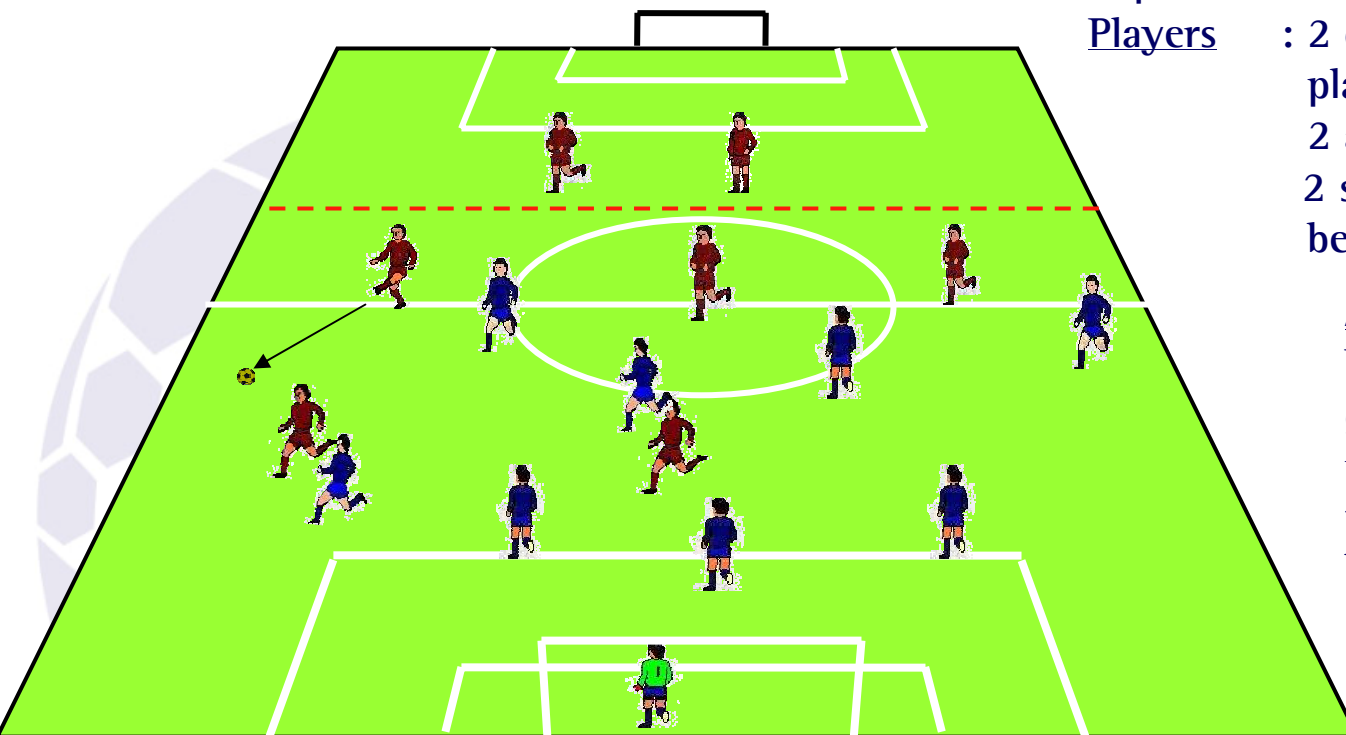
The same practice can meet different objectives depending on the conditions set.

Discussion

- What other conditions can the coach impose and what are their effects on the practice?

5. SQUAD PRACTICE

- Involving two way practice of 12-18 players to coach group or team tactics
- Link from small-sided-game to Full Squad Practice (11 vs. 11)



Topic : Defending in own half
Players : 2 defending blocks of 4 players + GK (BLUE) against 2 attackers + 3 midfielders (RED) 2 supporting players behind the line (RED team)

Activity

BLUE team to defend goal and upon winning possession, has 4 passes to run ball over red end line

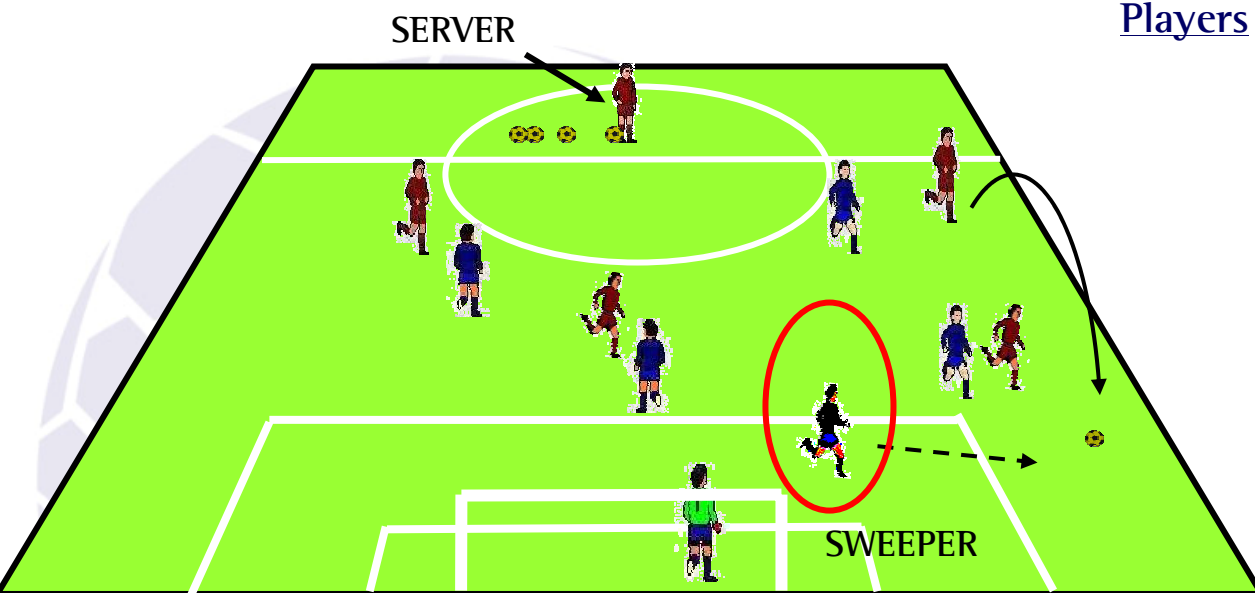
6. FUNCTIONAL PRACTICE

- To coach specific positional roles (e.g. sweeper, winger, left fullback, etc)
- Using relevant zone/areas involved for the position
- Realistic to the game

Topic : Coach the Sweeper (BLUE)

Area : 1/2 Pitch

Players : 1 sweeper + 2 defenders
+ 2 midfielders (BLUE)
2 attackers + 2 midfielders
1 server behind the line



Activity

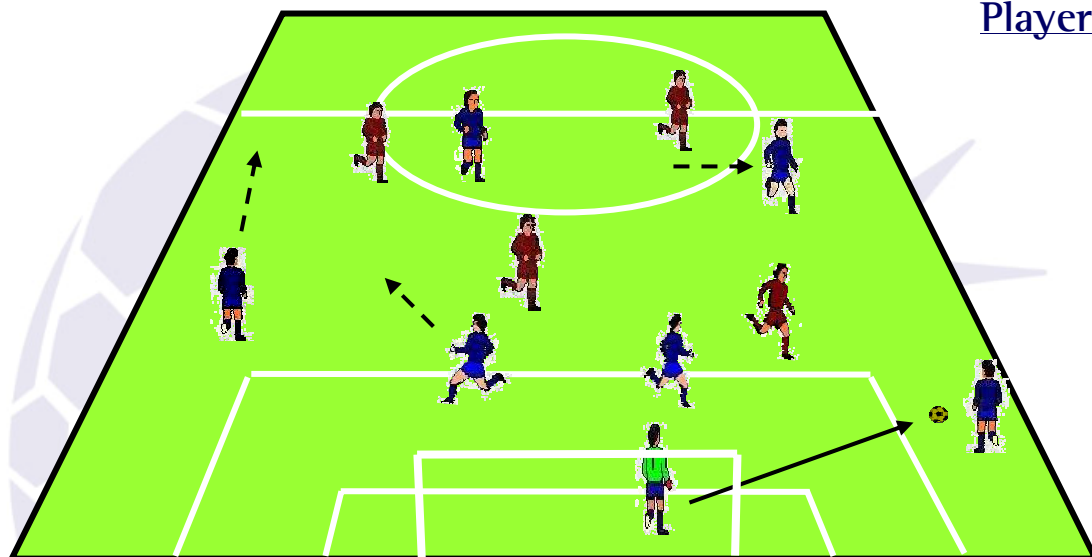
BLUE team to defend goal and upon winning possession, has 3 passes to pass to server

Key points

- Sweeper's start position
- Provide cover-distance, angle
- Organization of defense
- Initiation of attack
- Passing, running with the ball

7. PHASE OF PLAY

- To coach a specific phase of the game with the relevant players and zones involved
- Specific group or line tactics are developed during Phase of Play practices



Topic : Build-up from the Back
Area : 3/4 Pitch
Players : 4 defenders + 2 midfielders (BLUE)
 2 attackers + 2 midfielders (RED)

Activity

BLUE team to start attack after GK regains possession and 'score' by running over the end line

Key points

- Spread and supporting position
- Receive and retain
- Mobility and quality of passing, receiving, dribbling, running with the ball

8. FULL SQUAD PRACTICE (11 vs. 11)

- The Transfer Of Training into a full match environment with 22 players.
- Emphasis is on overall team tactical understanding (defence and attack).
- Executing team roles/responsibilities and transferring into actual match situations.

Discussion

- Review all the different coaching methods. Discuss when you would use each method.
- What are the appropriate methods for coaching children? Why?