

Training content

Training of the whole team

KEY

- > Path of the player without the ball
- ~~~~~> Path of the player with the ball
- > Path of the ball (from a pass or shot)
- ▲ Coach
- A, B, C, D Designation of players
- A1, A2 Positions of A players

Training of the whole team: 1. Attacking play

1. 11 v 0 – occupying the pitch and keeping the ball

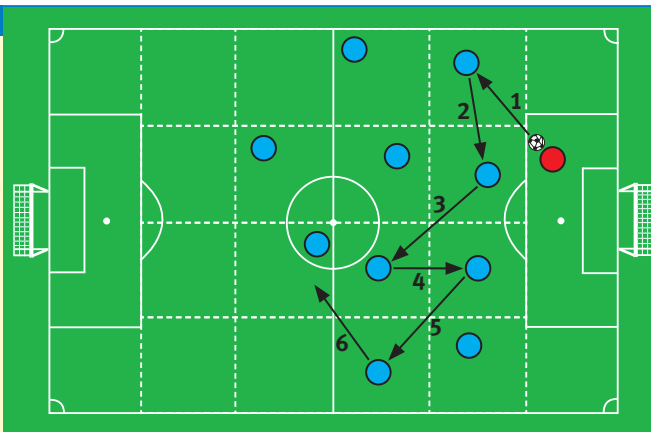
Organisation: – The team plays in its chosen formation (4-4-2 / 4-3-3 / 3-5-2 / etc.). – The playing area is marked out in zones covering the length and breadth of the pitch (these zones mark the zones to be occupied by the team).

Procedure: – The ball starts with the goalkeeper and is moved around the team (1-2 touches each); the players are constantly on the move and they occupy the marked-out zones (as a compact unit).

– The players can work on retaining possession in one half of the pitch, in the central area of the pitch or in an attacking position.

→ The coach directs the team's play, placing emphasis on the quality of the passes, on occupation of the pitch and on the overall movement of the team.

Variation: – The coach feeds the ball into a different zone at the end of each action.



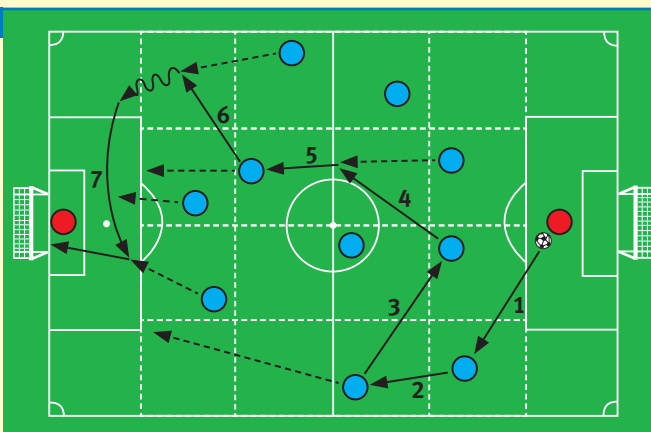
2. 11 v 1 – keeping the ball and scoring

Organisation: – The blue team plays in its chosen playing formation. – The playing area is marked out in zones covering the length and breadth of the pitch (these zones mark the zones to be occupied by the team). – The action starts from the goalkeepers (the players occupying a defensive position spread out wide as soon as they receive the ball).

Procedure: – The ball is moved around quickly (1-2 touches each), with the players creating moves or working on simulated match situations and then trying to finish on goal. – The number of passes made before shooting on goal should be restricted. → The whole team is constantly moving, passing on the run, running into space to receive the ball.

Variations: – A passive defence can be introduced to provide opposition (cones, dummies, static players, etc.).

– Using a pitch with no zones marked out.



3. 11 v 6 (7) + goalkeepers; attempting to score

Organisation:

- The blue team with 11 players adopts its chosen playing system.
- The yellow team with 6 players defends in two blocks from the middle of the pitch.
- Normal pitch, but with a limited defensive zone.

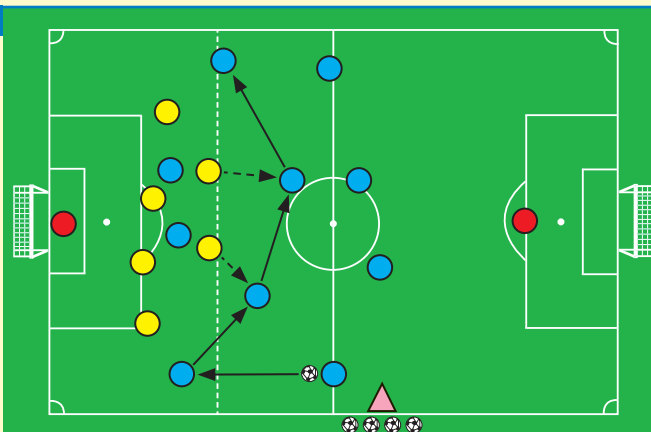
Procedure:

- The coach feeds the ball in and always gives it to the blue team, who try to score.
- If the yellow team gains possession, they try to string together 4 passes to score a point. When the yellow team is in possession, the blue team tries to win the ball back very quickly.

→ Transition from attack to defence to attack

Variation:

- If the yellow team wins the ball, they can play the ball deep to the blue goalkeeper.



4. 10 v 7 (8), controlled build-up and scoring

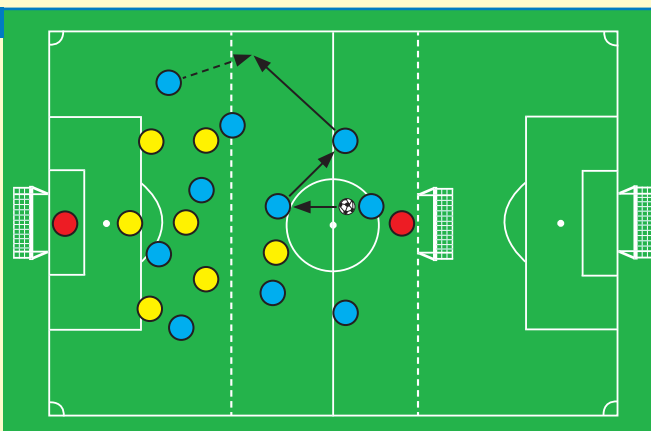
Organisation:

- The blue team has numerical supremacy (10 players). The yellow team has fewer players (7).
- 2 neutral goalkeepers play with both teams.
- A marked-out pitch is used.

Procedure:

- The blue team tries to string together 10 passes in unrestricted play before scoring in one of the 2 large goals.
- The yellow team tries to gain possession as quickly as possible and to score in one of the 2 large goals.
- Play is always restarted by one of the goalkeepers to the blue team.

→ Transition from attack to defence (emphasis on retaining possession, changing tempo, pressing, regaining lost possession, scoring).



Training of the team unit: 2. Defensive play

1. 0 v 11 – imaginary game

Organisation:

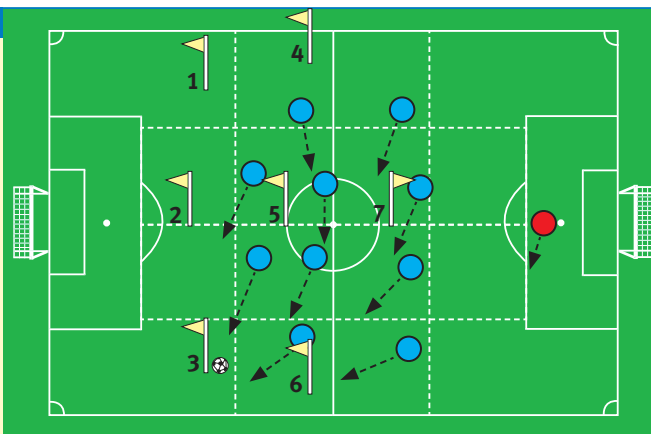
- The ● team plays a 4-4-2 system (or 4-3-3 / 3-5-2).
- The playing area is marked out in zones (these zones mark the different zones of occupation of the team); the opposing defence comprises either poles or static players.

Procedure:

- The ● team moves according to the instructions issued by the coach.
- e.g. the team moves as a block towards whichever pole is indicated by the coach (poles 1, 2, 3, etc.)
- Emphasis is on quick and aggressive movement; the players have to apply the tactical instructions dictated by the coach.

Variations:

- The poles are replaced by 6 players passing the ball to each other; the team moves as a compact block.



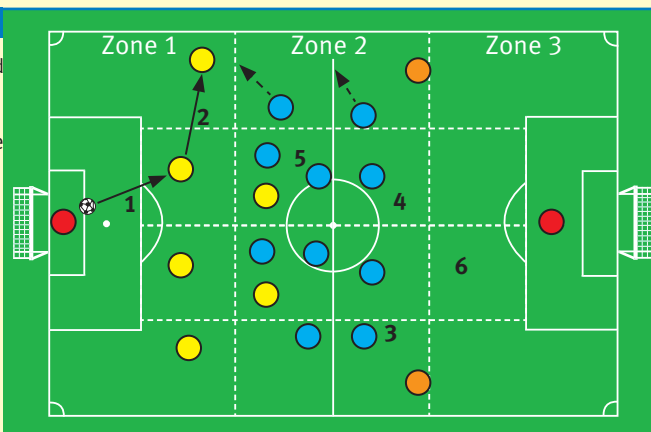
2. 5 (6) v 11 – defending in the opponents' half

Organisation: – The ● team has numerical supremacy and is organised according to its chosen playing system. – The ● team has 6 players + 1 goalkeeper and two extra players in the opponents' half. – The pitch is marked out in zones covering the length and breadth of the pitch (these zones mark the different zones of occupation of the team).

Procedure: – The ● team tries to move the ball out of defensive zone 1; 2 or 3 passes after the ball has been received from the goalkeeper, the players play the ball deep to one of the two ● extra players. – The ● team tries to prevent the ball from being played deep and to gain possession. Once they have won the ball, the team works the ball back and then tries to retain possession in the central zone 2.

→ The coach directs play and corrects errors in the play.

Variations: – When a ● player receives the ball, he tries to score with the help of the other ● player; the ● defenders are active in zone 3.



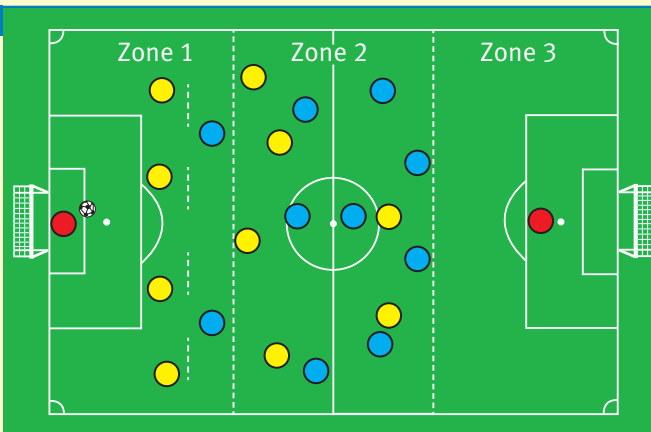
3. 8 + 2 attackers defending against 10

Organisation :

- The ● team defends with 10 players (with 8 in zones 2 + 3).
- The ● team plays with 10 players on the whole pitch.
- The pitch is marked out into 3 zones. Unrestricted play.
- Transition from defence to attack.

Procedure:

- The ● team attacks with the goalkeeper launching the attack. In zone 1, only the 2 ● attackers play a defensive role.
- In zones 2 and 3, the ● team defends with 8 players. The ● players play normally and try to score.
- When they gain possession, the ● players try to score quickly with the 2 attackers who have remained in zone 1 (the 5-metre offside zone). Play is normal in zone 1: the ● defenders defend, and the ● midfielders come up to support the attackers.



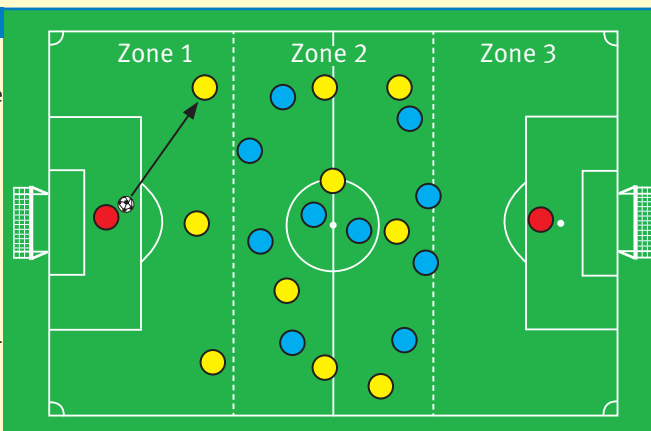
4. 11 v 11 – transition from defence to attack

Organisation:

- The ● team defends using the playing system specified by the coach (4-4-2 / 4-3-3, etc.).
- The ● team attacks using a different formation.
- The pitch is marked out into 3 zones.

Procedure:

- The ● team organises its defence according to which zone it is in: – In **zone 1**, the aim is to break up the opponents' play.
- In **zone 2**, the aim is to prevent the opponents from getting over the halfway line.
- In **zone 3**, the aim is not to concede a goal.
- In zone 2, the ● team cannot play a long ball forward.
- When the ● team wins the ball, play continues with no restrictions or according to the instructions issued by the coach.
- The aim is to open up play, occupy the different zones and to try to get the ball upfield.



Training of the team unit: 3. 11 v 11 games

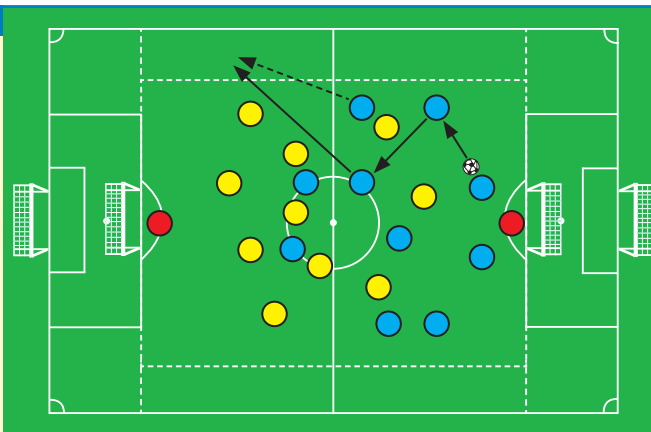
1. 11 v 11 – with the flanks free

Organisation: – 2 teams of 11 on a marked out pitch with the flank areas free. – The teams adopt a specific playing formation (4-4-2 / 4-3-3 / etc.).

Procedure: – Normal play in the central area of the pitch.

– One player may enter the marked-out areas on the flanks by running onto the ball there; he is allowed a maximum of three touches and then he comes back into play again (control, pass, cross). – Players in the game are also restricted to 2-3 touches only. – A goal from normal play scores 1 point; a goal scored from a cross is worth 2 points.

Variations: – After the ball has been played out to the flank for an attacker, a defender may also enter the zone (to produce a 1 v 1 situation). – The exercise can also be performed with 2 attackers on the flanks (producing a 2 v 1 situation).

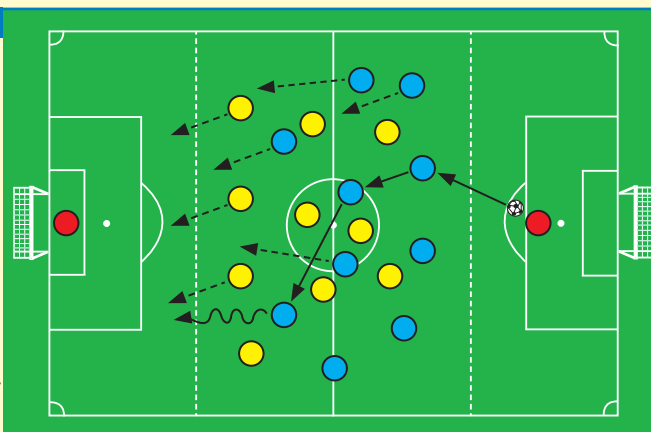


2. 11 v 11 in the central zone

Organisation: – The blue team plays 4-4-2 and the yellow team 4-3-3. – Play takes place in the marked-out area. – Off-sides are indicated.

Procedure: – The goalkeeper always plays the ball to his team in the central zone. – The team in possession of the ball is allowed 2 touches each and tries to enter the opponents' defensive zone (by passing or dribbling) by crossing the line. – Once they have gained access to the defensive zone, play continues normally. – A goal scored counts only when the whole team (apart from the goalkeeper) have crossed the halfway line. If the other team win the ball, they play it back to their goalkeeper before launching an attack. → Transition from attack to defence / defence to attack.

Variation: – After winning the ball, the opposition can start their attack immediately and try to score (without going backwards or passing back to the goalkeeper).

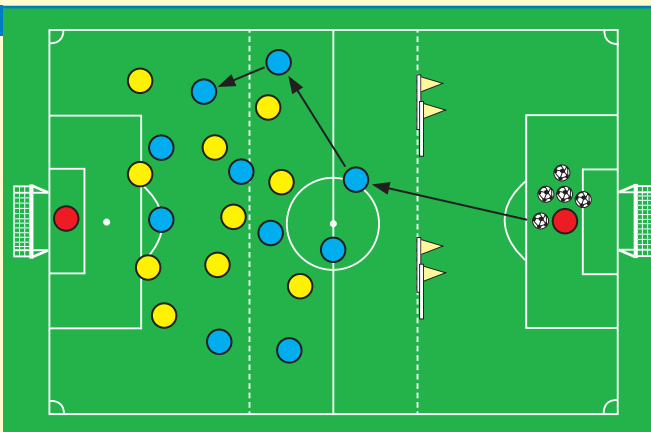


3. 11 v 11 in the opponents' half

Organisation: – The blue team plays 4-4-2 and attacks the large goal. – The yellow team plays 4-4-3 (or in another formation) and defends, but they can counter-attack. Play takes place within the marked-out area.

Procedure: – Play always starts with the goalkeeper of the team that is attacking the large goal. – The blue team tries to work out ways of scoring. – If the yellow team gains possession, its players can score a goal in one of the small gates (by passing along the ground or running with the ball). A 2nd goal can then be scored when the player runs through the gate with the ball at his feet and scores in the large goal (1 on 1 with the goalkeeper).

Variation: – When a yellow player is running on goal on his own, a blue player may come back to challenge him.



4. 11 v 11 – try-out match

Organisation:

- A normal match played on the whole pitch.
- Each team plays in the formation decided by the coach.
- Duration: 3 x 15' / 3 x 20' / (or whatever the coach decides).

Procedure:

- Unrestricted play or with specific instructions.
- Example: For 15', the blue team plays 4-4-2; the yellow team defends its half of the field, playing 3-5-2 and plays a counter-attacking game. The blue team then plays 4-3-3 for 15'.
- For the last 15', the coach decides that the yellow team is leading 2-1 and is defending this score while the blue team tries to equalise.

→ The coach can either direct play or allow the teams to play freely. He can adjust his team's playing systems and correct any tactical errors.

