

Performance Phase Session 1

Performance Phase – Model Session 1 Football Conditioning (Big games)

Football problem:

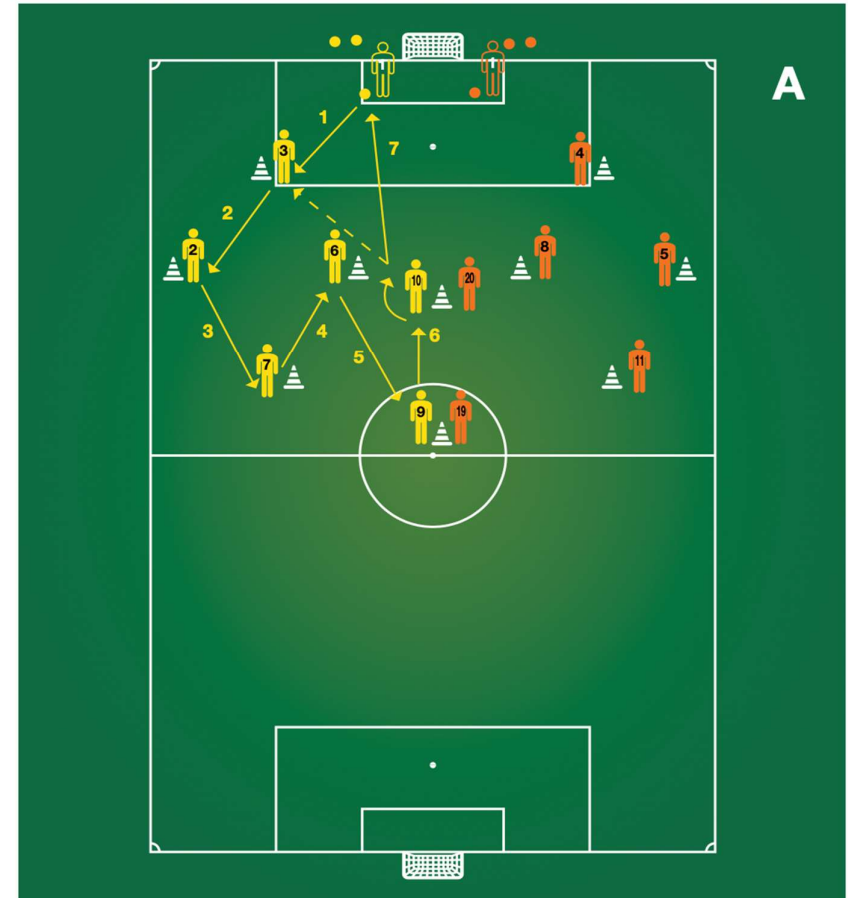
“Our team struggles with playing out from the back. Too often we play a senseless ball forward that is easily intercepted by the opponent.

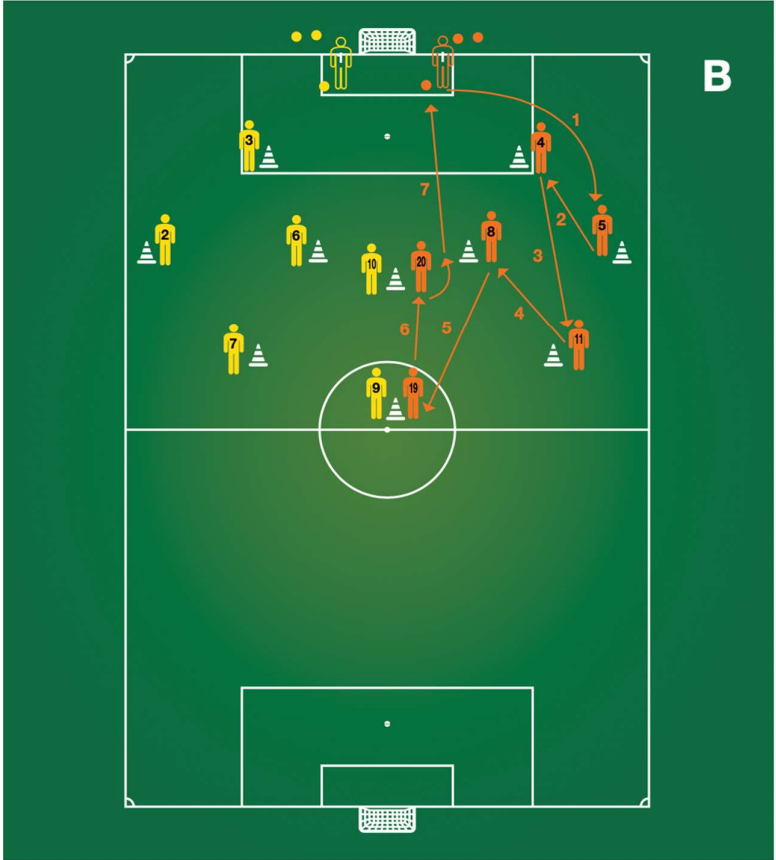
The players do not recognise the right moments to play a forward pass or see the solutions too late.

They are also hesitant to break the line and create a numerical advantage by moving forward with the ball at their feet”.

1. Warm-up: passing exercise

- Players in game positions as shown in diagram A
- The passing sequence starts with the two goalkeepers (can be simultaneous): one to the right side; the other to the left side
- The players pass the ball in a ‘logical’ order (1-7) while staying in their positions
- “Pass precision and ball speed”
- “Now follow your pass to the next position” (NB: #10 goes to position #3/4)
- “Gradually increase your running speed”



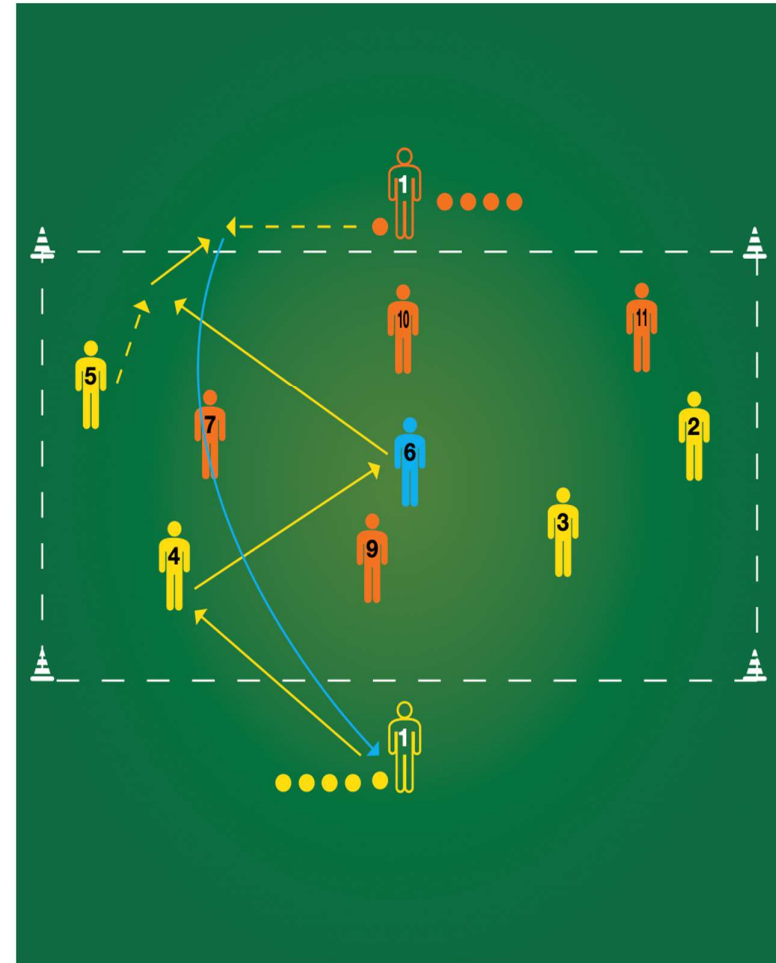


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2. Positioning game: 5 v 4 + 2 (7 v 4)

- A grid of approximately 40m wide x 30m long
- 2 groups of 4 outfield players (orange + yellow)
- Yellow consisting of the players #2-3-4-5
- Orange consisting of the players #7-9-10-11
- #6 is a neutral player who always plays with the team in possession
- The 2 goalkeepers are neutral players who always play with the team in possession and are positioned just behind each back line
- The players as far as the game allows in 'logical' positions
- Yellow #1 starts the game for the yellow team, who must try to pass the ball to orange #1 on the opposite side (see diagram)
- If they succeed, orange #1 must now pass the ball across the grid back to yellow #1 on the opposite side, who must catch the ball and start again
- If orange wins the ball, they must try to pass the ball to orange #1 who restarts the game with orange in possession and yellow defending



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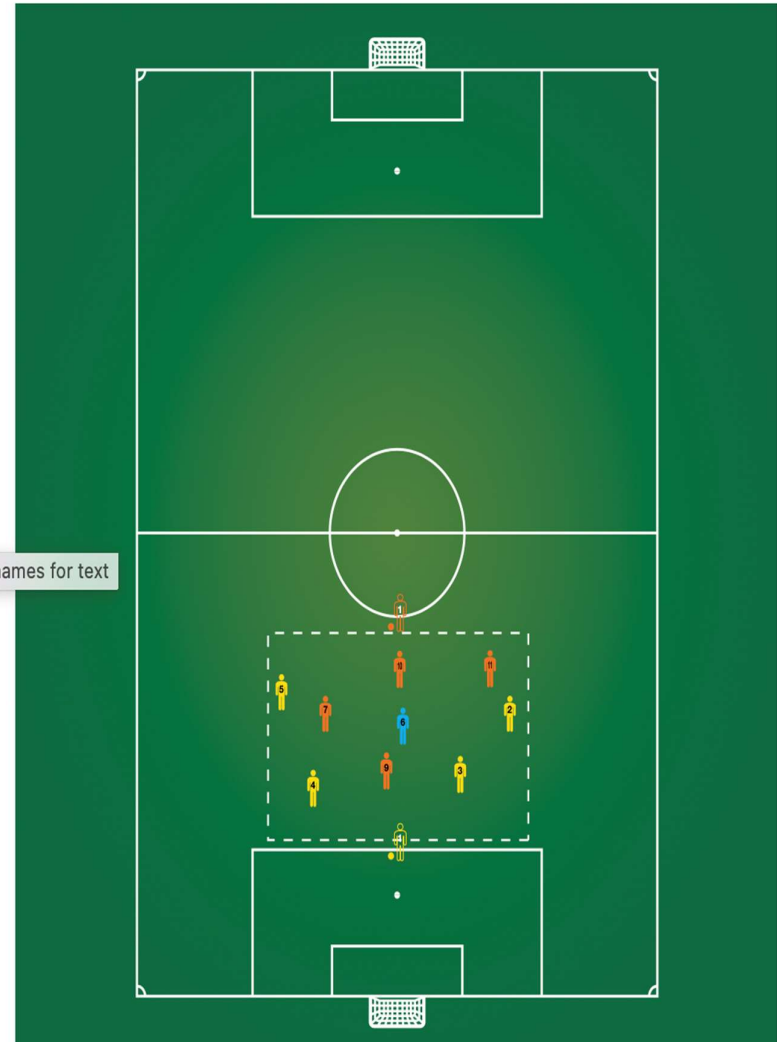
Steps up or down:

- Make grid bigger/smaller
- Free/limited touches
- Free/minimum number of passes before you can pass to #1
- 1 point for every successful pass from goalkeeper to goalkeeper

Remark:

- Position the grids in 'game realistic' areas of the field (see diagram)

Search documents and file names for text

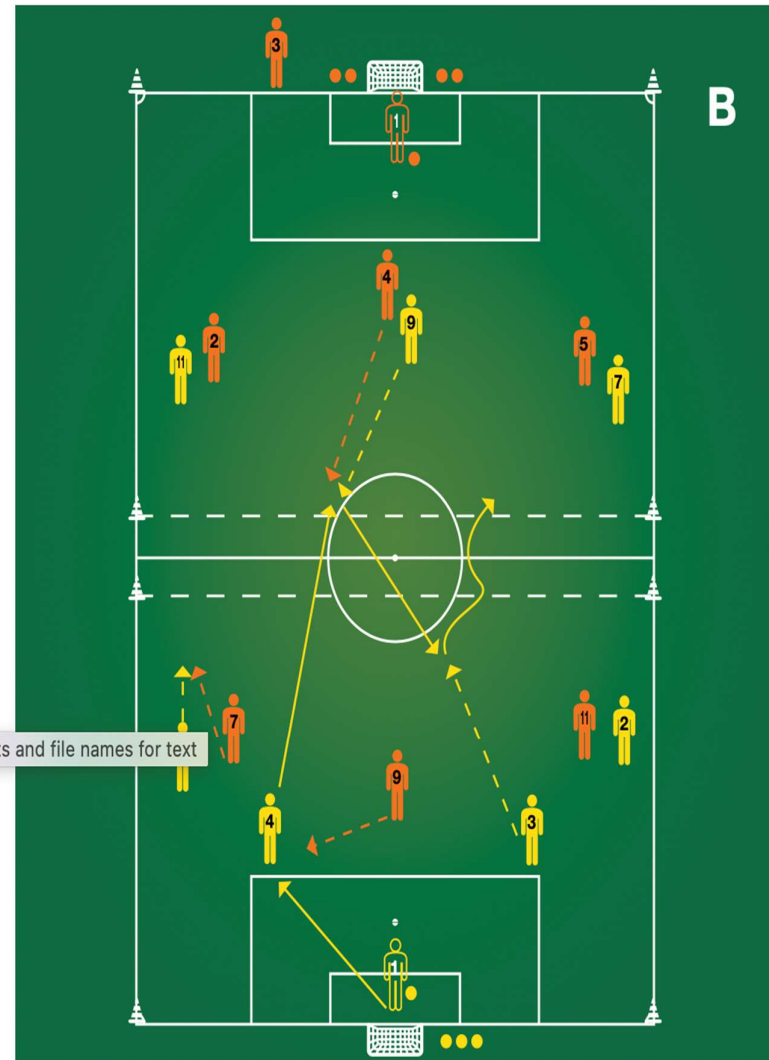


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Progression:

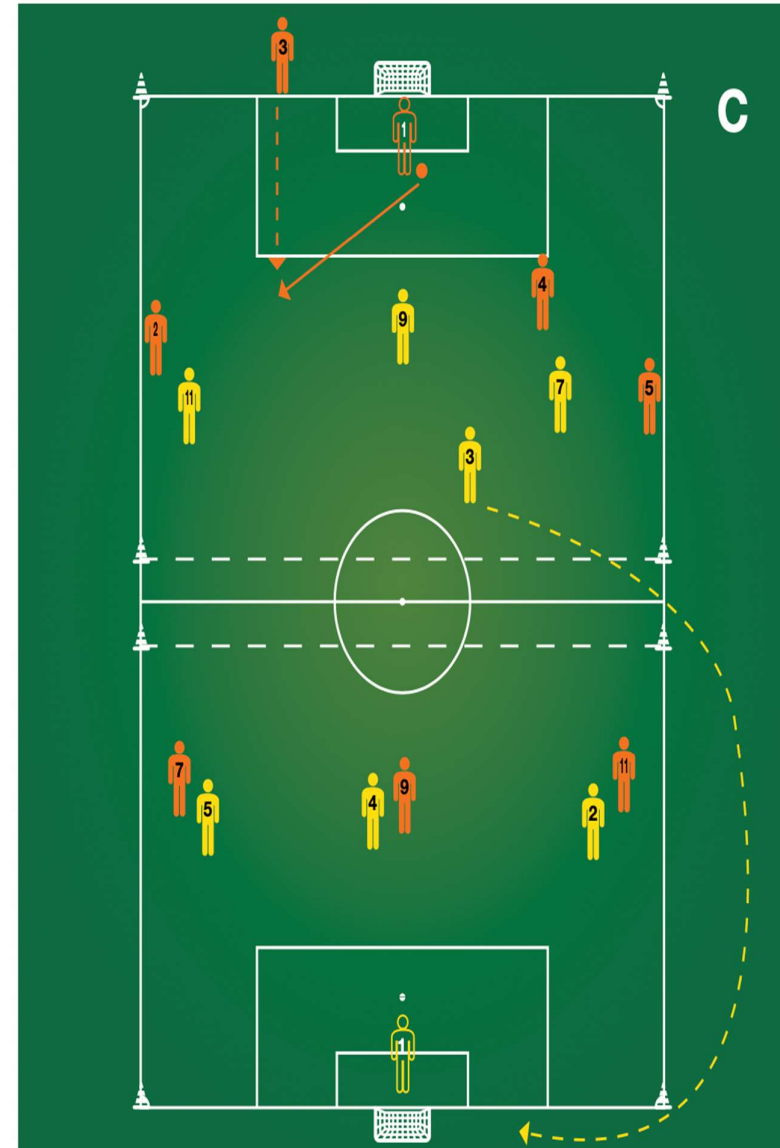
- Now we 'connect' both grids (see diagram B)
- Yellow starts playing out from the back and tries to get one defender across to the other grid
- They can now also use the yellow attackers in the other grid as bouncers (offside applies)
- One orange defender waits next to the goal
- So yellow has a numerical advantage (4 v 3) and tries to score
- If the yellow team loses the ball in their defensive grid, orange can try to score (1 attempt only)
- If yellow loses the ball in the attacking grid, orange play back to their goal corner and the action has ended



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- Now the orange defender (#3), who was waiting next to the goal, comes on to the pitch and the yellow defender (#3) that had joined the attack steps out and jogs back to wait next to the goal
- The same action starts again but now with orange playing out and attacking while the yellow team defends (see diagram C)
- The next step up would be to decrease the size of the grids, with portable goals on the edge of each box and narrowing the pitch 5m each side. The halfway line now divides the attacking and defensive halves



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4. Conditioning Game: 8 v 8 (7 v 7 + goalkeepers, see diagram D)

- Formation of both teams 1-4-3
- All players can move across the whole field
- Normal rules, offside applies
- Pitch size depends on player's ability (see diagram D)

- **Since it's a conditioning game the intensity must be high.** Therefore there are no stops for throw-ins; corners; free kicks or goal kicks. The goalkeeper of the team that should have had the throw-in, corner or free kick immediately serves a new ball (within 3 seconds otherwise the coach serves a ball to the other team)

- **Play 2 games of 10 minutes with two minutes rest between the games**

