

Performance Phase Session 3

Performance Phase – Model Session 3 Football Conditioning (Small games)

Football problem:

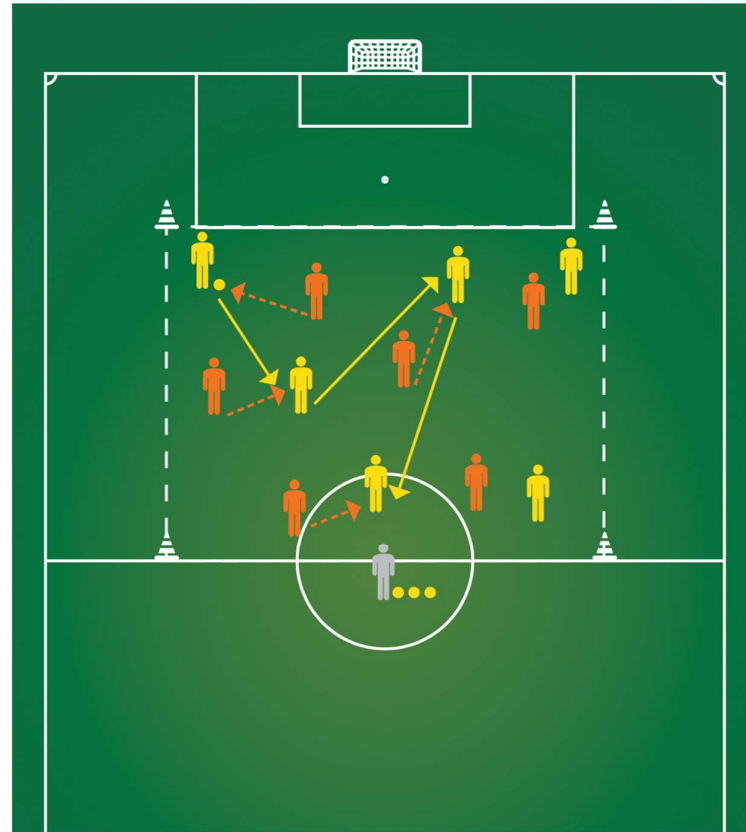
“Our team is not good at regaining the ball from the opponent. Our players are generally too passive and give their opponents too much time and space to receive, pass, shoot or run with the ball. We must improve our ability to defend more aggressively as a team as well as individually”.

1. Warm-up: passing exercise

- Two groups of 6 players position themselves in a grid of approximately 40m x 40m as shown in diagram
- The yellow players move freely in the grid while passing a ball in an un-prescribed order
- The yellow players must actively ask for the ball, check off, anticipate, etc
- The orange players ‘pressure’ the ball without intercepting it or disrupting the passing sequence

Progression:

- Change the role of the yellow and orange team regularly
- Dynamic stretches possible in the intervals
- Increase the passing and running speed
- Introduce a 2nd (3rd) ball



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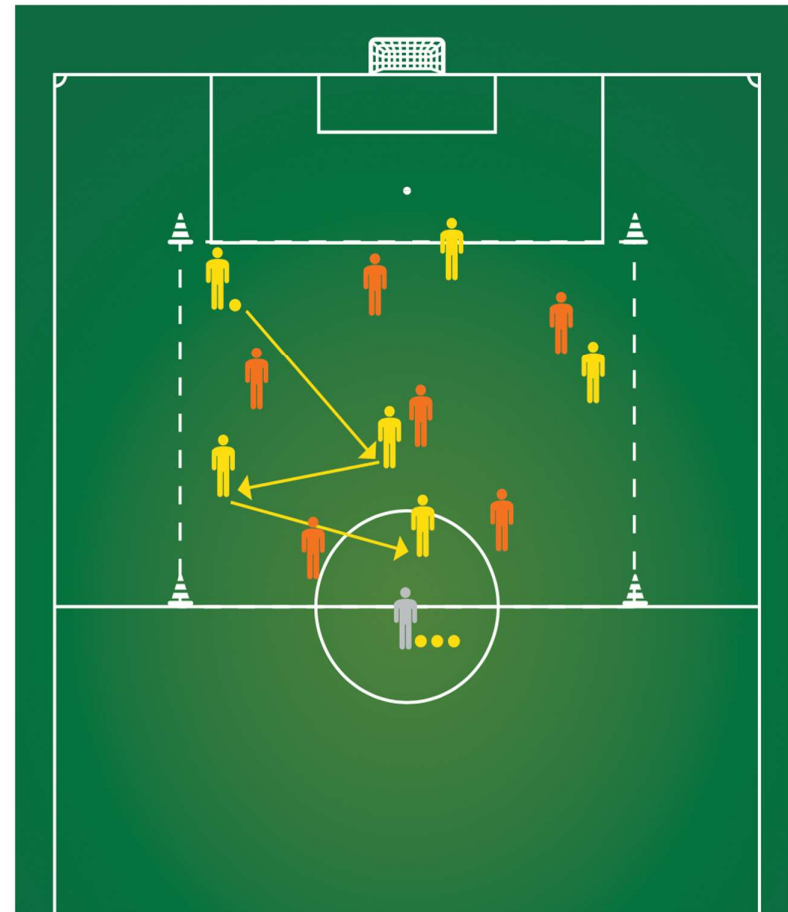
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2. Positioning game: 6 v 6

- Use the grid from the passing exercise
- One team keeps possession of the ball while the other team tries to win it back
- Series of 3-4 minutes max with 2 minutes rest in between

Steps up or down:

- Make the grid bigger/smaller
- Free/limited touches
- Zonal marking/man-marking



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3. Game training component: duel 1 v 1

Organisation:

Outside the penalty box is a 15m x 15m grid with 6 cones placed as shown in the diagram.

Two teams (orange and yellow) are divided into 2 groups of equal numbers and positioned as shown.

Groups orange A and yellow C have a ball each. The exercise starts with A1 passing the ball to B1. A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone.

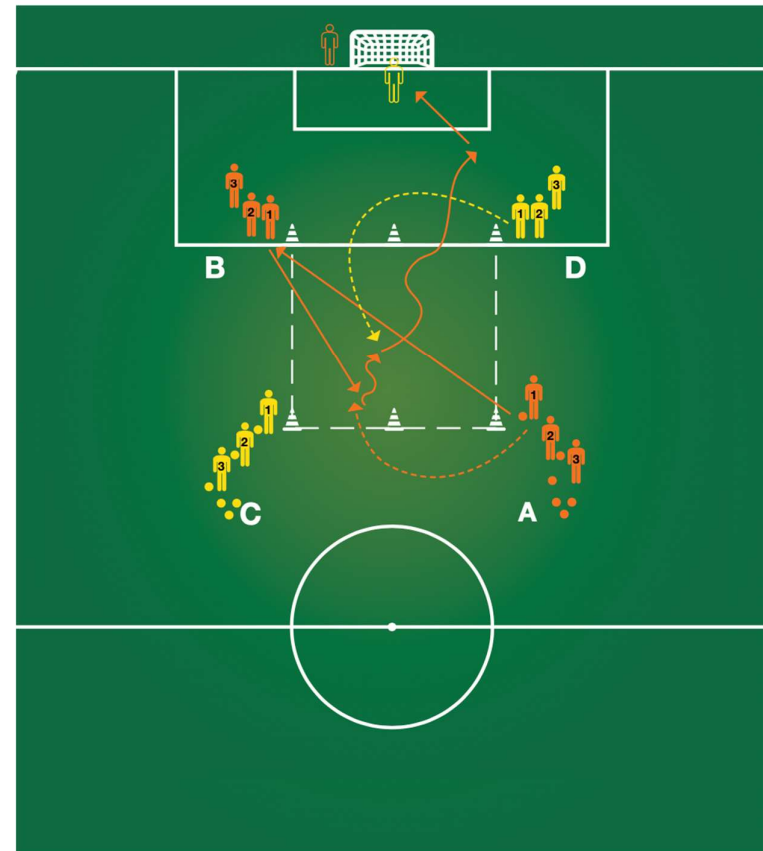
A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal. D1 can only defend in the grid and is not allowed to enter the penalty box.

The action stops when A1 has finished on goal; D1 captures the ball from A1 or the ball goes out of the grid.

After the action has finished the players involved move as follows:

- A1 to group B (bring back the ball)
- B1 to group A (bring ball from A1)
- D1 goes back to group D (line up at the back)
- Next sequence is C1 passing to D2 with B2 defending

“Which team can score the most?”



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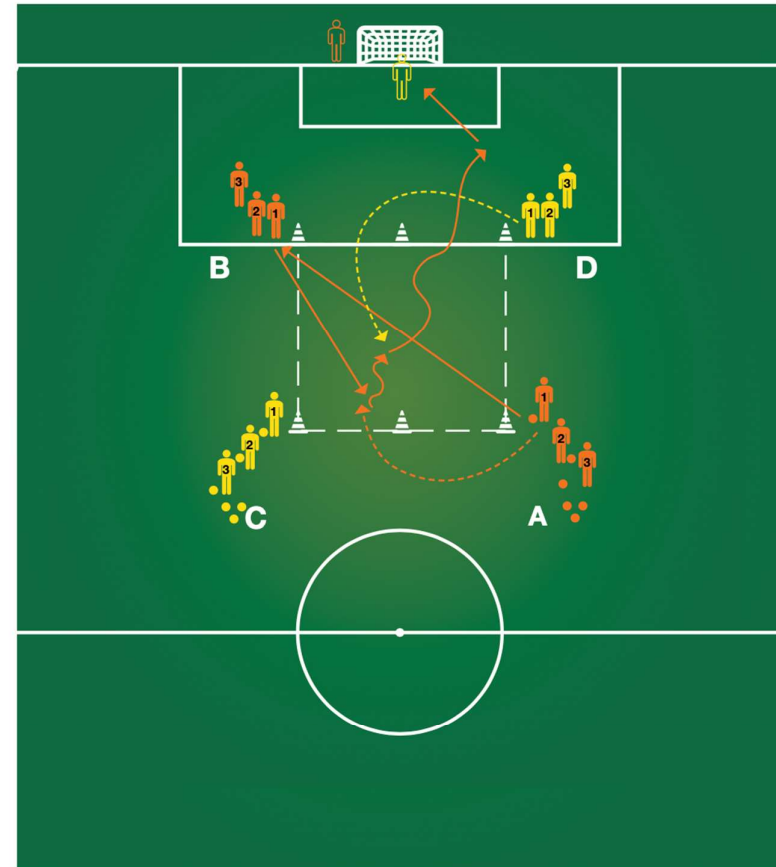
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Remember the coaching must focus on the defenders:

“Make contact and force the attacker to one side”

“Use feint attacks to slow the attacker down”

“Attack the ball aggressively when the opponent loses control of the ball or stops”



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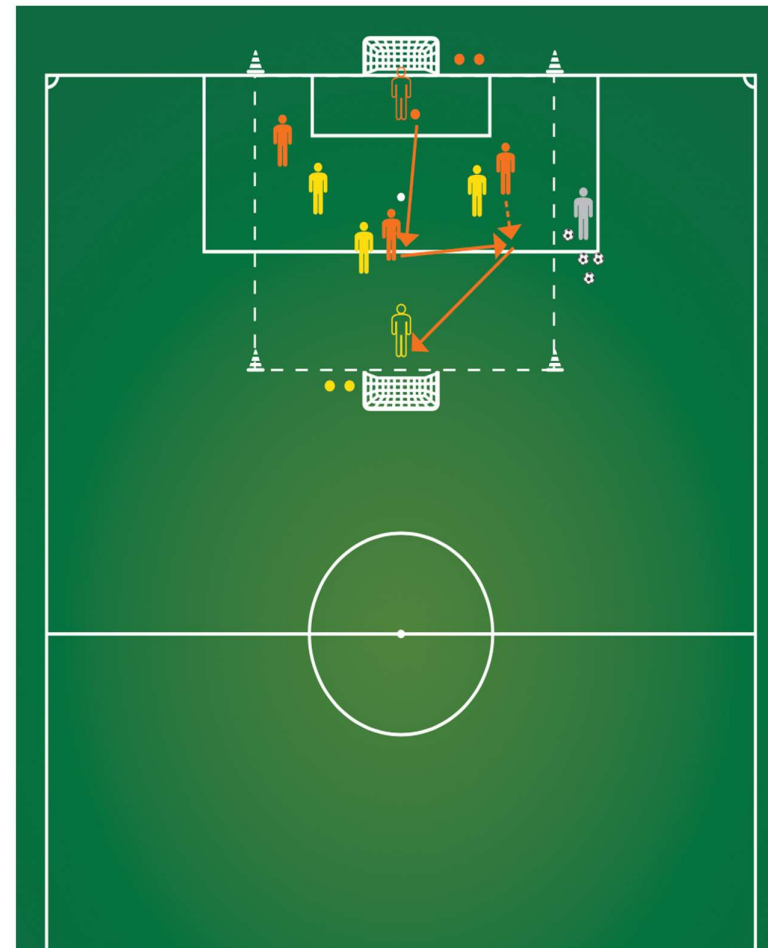
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4. Conditioning game: 3 v 3 games + goalkeepers

- A field of approximately 30m x 25m with two big goals and plenty of balls next to the goals
- The coach with balls on the sideline
- The team in possession must keep a diamond shape to make combination play possible
- The attackers can score from any position on the pitch, therefore the defenders must mark closely and defend aggressively everywhere

- **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 12 games of 1 minute with 3 minutes rest between the games and a longer (6 minutes) break after the 6th repetition**



- The rest periods must be a so-called 'active rest'. This is a low intensity activity like juggling individually or as a group
- This can be done while another group of players is working (see diagram)

