



MultiTeam night

Category: Technical: Turning
Difficulty: Beginner

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Individual-Adult Member

SAQ - on Arrival

Organization

Set up several SAQ Ladders, As players arrive we fill up the ladders approx 6-8 players per ladder.

Add a Ball at the end of the line to add some ball Mastery skills. excellent way to set up, without to many issues for players, we can filter by gender or team too.



Skill Squares

Organization

10x10 Squares all over the field.

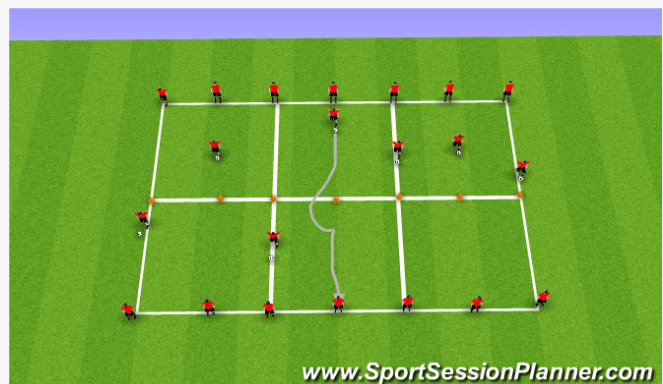
Place tall cones across the center line which separates the two squares.

Two players at one end with a ball and one (or Two) players at the far end. Players dribble down and beat the defender(cone) then continue to dribble down to their teammate, then switch.

Dribbles 1 - Shoulder feint 2 - Matthews 3 - Scissors 4 - Double scissors 5. Let the players create their own.

Coaching Points

1. Distance - Make sure that players are performing the skill about 1-1 1/2 yards away from the cone - this will give the attacker the best opportunity to perform the skill and beat the defender
2. Slow down to perform the skill.
2. Push the ball in the opposite way to the feint completed - use a diagonal touch
3. Accelerate away past the defender.



2v1 Then 3v2

Organization - 2v1

15x20

Defender(Blue) passes the ball out to either Attacker(Red). They must try and cross the line behind the defender.

Coaching Points

1. Be positive and attack with speed
2. Can the supporting player stay wide and offer a good supporting angle - if possible can we play to their front foot.
3. Attacker makes a decision depending on how the defender acts - if he closes the ball down pass if the defender stays to cut off the angle then attack the end line.
4. Once past the defender can we get across the line quick

Organization 3v2 - 15x20

Two defender's(Blue) pass the ball out to any of the three Attacker's(Red). They must try and cross the line behind the defender.

Coaching Points

1. Be positive and attack with speed.
2. Can supporting players offer good options in support of the player with the ball. Wide, Forward or back - keep possession of the ball.
3. Stay wide and use the full width of the pitch
4. Make quick decisions be creative 1-2's, overlaps etc.



Small Sided Games

Organization - 6 Goal Game

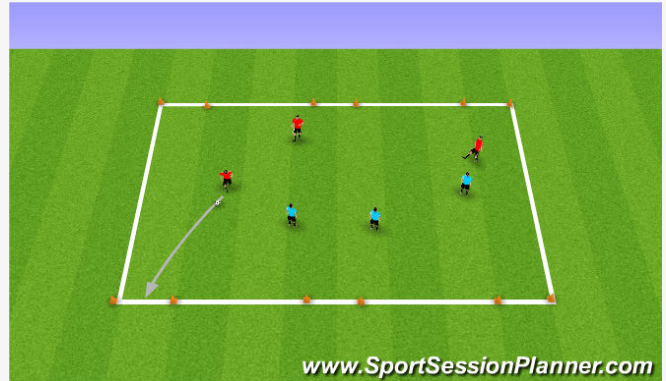
30 x 20

This small sided game will be used to help with the development of creating width.

The 6 goal game offers players the opportunity to create chances by scoring in wide goals or through central ones.

Coaching points

1. When we are in possession of the ball, can we of support by staying wide, this will help create space
2. Can we play with speed and accuracy while keeping good technique - creative freedom.
3. Encourage players to attack defenders when in a 1v1 or when space is in front of them
4. Counter quick - if we win the ball get forward fast.



3v3 or 4v4 Game

Organization

4v4 - Diamond shape, position numbers 4,7,11 & 9.

Coaching Points

1. When attacking can we keep wide and help create space. (Red Team).
2. When defending can we stay narrow. (Blue Team).
3. Be positive with the ball, in 1v1

