



NEW ZEALAND
FOOTBALL

YOUTH

GAME
CARDS





HOW TO USE THE YOUTH FOOTBALL GAME CARDS

Our goal is to engage new young people to football and also to ensure those already participating continue to play and love football for life. To help achieve this, the Youth Football Game cards offer coaches enjoyable training sessions to provide to 13-19 year olds. Each session focusses on a particular Main Moment of the game and a Key Principle within that main moment.

WEEK 1 | ATTACKING

WEEK 2 | TRANSITION TO DEFEND

WEEK 3 | DEFENDING

WEEK 4 | TRANSITION TO ATTACK

Each activity is an opportunity for our young people to take part in fun, challenging games that help them develop as players, as a team and as people. Each game can be used for Football or Futsal and are perfect for playing in or outdoors. Ensure that SMILES are evident in your session:

- S Safe.** Check that the playing area, playing and coaching equipment is safe, ensure all players are warmed up and cooled down appropriately and know your emergency procedures.
- M Maximum Participation.** Try to ensure that all players are engaged in the activities provided.
- I Inclusive.** Think of ways to adapt the games and activities to allow any child to join in.
- L Learning.** Try to help the players to learn through playing and don't give them all of the answers straight away.
- E Enjoyment.** Create a positive, fun environment which will help children fall in love with the game.
- S Success.** Observe the activity and try to make the challenge point for players not too easy and not too hard.

MAIN MOMENTS & KEY PRINCIPLES

ATTACKING

When in possession of the ball

- **Controlled possession** – Build up play
- **Incisive possession** – Penetration into the middle and final third
- **Combination play** – In the middle and final third
- **Individual play** – To create goal scoring opportunities

TRANSITION TO DEFEND

From having possession to not having possession

- Press the ball immediately after losing it
- Prevent forward passing
- Quickly into defending positions

DEFENDING

When not in possession of the ball

- Win the ball back as close to the opponents goal as possible
- Deny time and space
- Limit goal scoring opportunities

TRANSITION TO ATTACK

From not having possession to having possession

- Quick forward passing
- Quickly into attacking positions



11+ WARM UP

A WARM UP AND CONDITIONING PROGRAMME, RESULTING IN FITTER, FASTER AND STRONGER ATHLETES

Perform the 11+ Warm Up and conditioning programme Parts 1, 2 & 3 before trainings and parts 1 & 3 before game day. Move onto your ball warm up following the 11+. For all exercises, make sure hips, knees and ankles are aligned and core muscles engaged.

YOU WILL NEED:

- 20-30m of space
 - 12 cones
- 1 ball between 2 athletes (if adding a ball in)

VISIT [FIT4FOOTBALL.CO.NZ](https://fit4football.co.nz) FOR FULL WARM-UP PROGRAMME



11+ WARM UP OVERVIEW

Part 1: Running



PART 1: RUNNING

1. Straight Ahead
2. Hip Out
3. Hip In
4. Circling Partner
5. Jumping with Shoulder Contact
6. Quick Forwards and Back

Part 2: Strength



PART 2: STRENGTH

7. Plank
8. Side Plank
9. Hamstrings
10. Single Leg Stance
11. Squats
12. Jumping

Part 3: Running



PART 3: RUNNING

13. Sub Maximal Sprint
14. Bounding
15. Plant and Cut

These final running exercises are designed to lift the heart rate so your body is primed for training or your game. Keep your knees in line with toes and make sure to decelerate and land softly.

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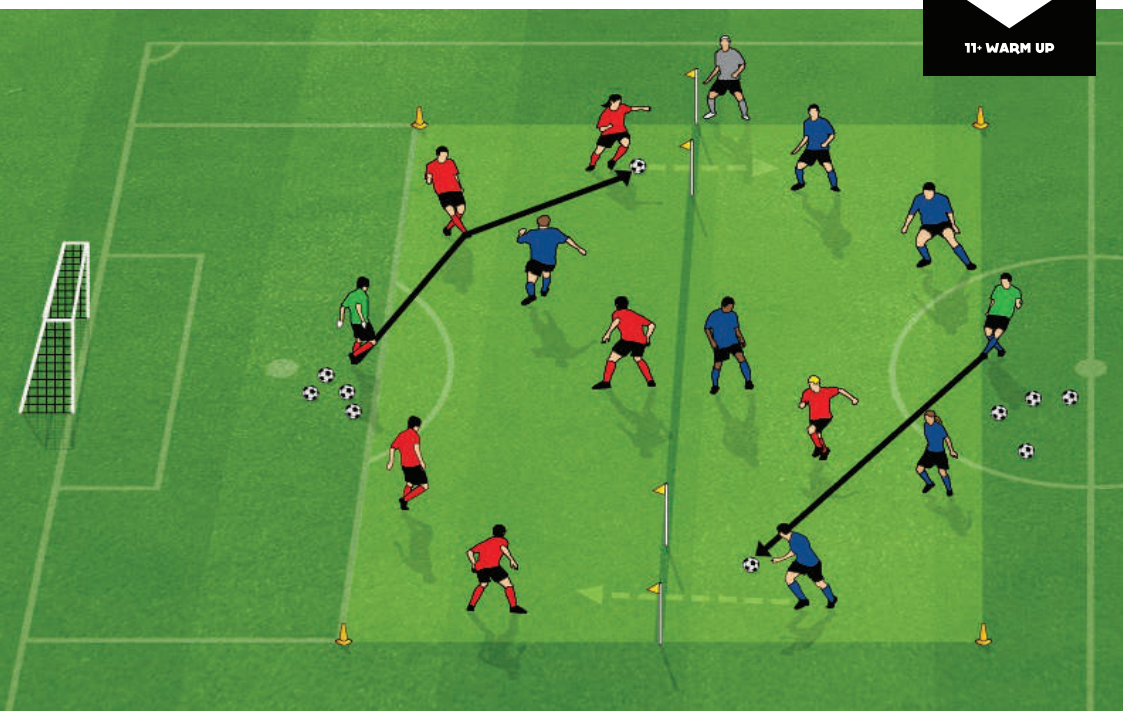
SESSION 1 ATTACKING

CONTROLLED POSSESSION - BUILDING FROM THE BACK

REMEMBER TO DO
YOUR 11+ WARM UP
BEFORE STARTING
THIS SESSION

11+

11+ WARM UP



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 45x35m. Modify the area depending on the number and ability of your players
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- All players begin in their defending half, except for one player who begins in the attacking half
- Have a target player on each end
- Place spare balls with the target players

EXPLANATION

- Ball is played in from the target player to their respective team so two balls are going at the same time
- Each team is trying to progress through the gates (flags) by the wide player receiving the ball and dribbling through the gate

- Once through the gate, the ball should be transferred to the opposite target player
- All but one player on the team should follow the ball over half way to start the process again in the opposite direction

POSSIBLE PROGRESSIONS

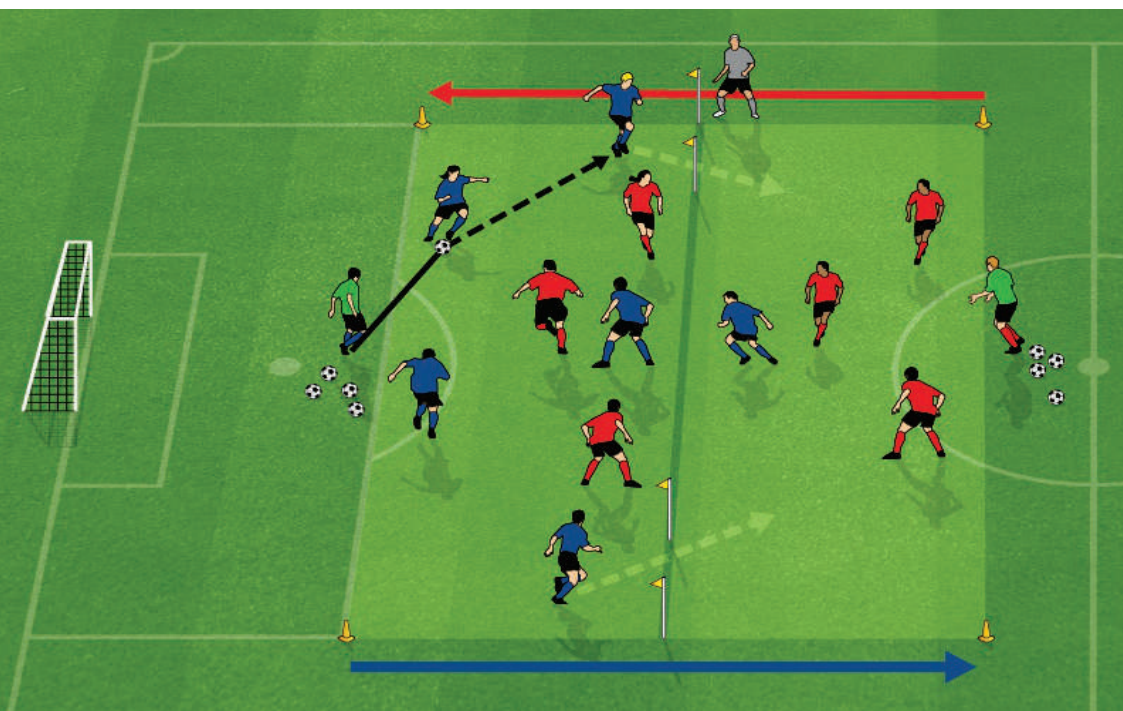
1. The wide player must travel through the gate using their first touch
2. Both teams cannot travel through the same gate at the same time
3. If a gate is blocked from natural player movement, you are unable to travel through it and must quickly find the other gate
4. If both gates are blocked, you can dribble over half way anywhere along the line



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 1 ATTACKING

CONTROLLED POSSESSION - BUILDING FROM THE BACK



B. POSITIONING GAME

ORGANISATION

- Create an area up to 45x35m. Modify the area depending on the number and ability of your players
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- Defending team must maintain 3 players in each half. Attacking team must maintain 5 players in the half where the ball is
- Red will always attack in one direction and blue will always attack in the other direction
- Have a target player on each end
- Place spare balls with the target players

EXPLANATION

- Ball is played in from the target player to their team in their defending half
- The team in possession is trying to progress the ball through either of the gates
- Once the team in possession is through one of the gates they now can score by getting the ball to the opposite target player. This can be done either in one pass or a combination of passes with teammates

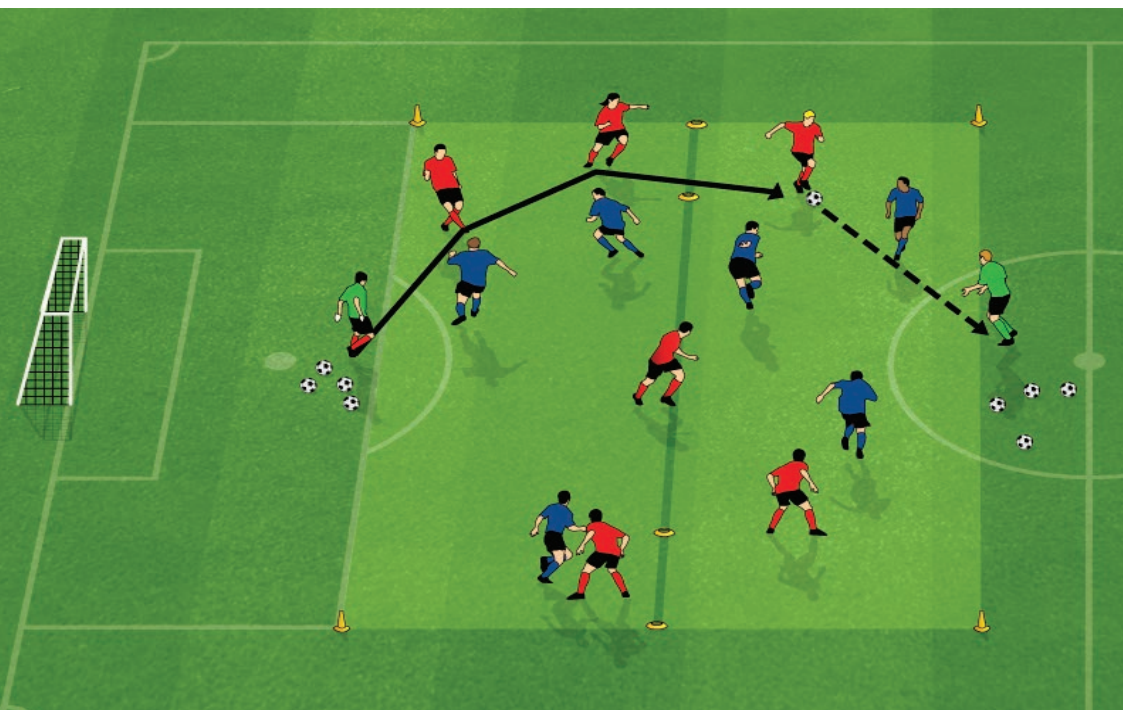
- If the defending team win the ball in their attacking half, they can score by getting the ball into the target player ahead of them
- If the defending team win the ball in the defending half, they must progress through the gates in order to cross half way
- At all times, players can use defensive target players to keep possession
- If the ball goes out play restarts with a target player

POSSIBLE PROGRESSIONS

1. The wide player must travel through the gate using their first touch
2. The wide player must travel through the gate to receive the pass on the other side of the gate (through ball)

SESSION 1 ATTACKING

CONTROLLED POSSESSION - BUILDING FROM THE BACK



C. TRAINING GAME

ORGANISATION

- Create an area up to 55x45m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones
- Divide the players into 2 even teams
- Play to large goals
- Have spare balls in the goals

EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Players must stay in their zones unless they are able to dribble the ball out of it
- Once in an advanced zone, players should try and use their numerical advantage to progress to the next zone
- The ball must touch a player in each zone before a goal is scored

POSSIBLE PROGRESSIONS

1. One player can now leave their zone into the next zone on a pass or a dribble
2. Take out the thirds and play a regular game

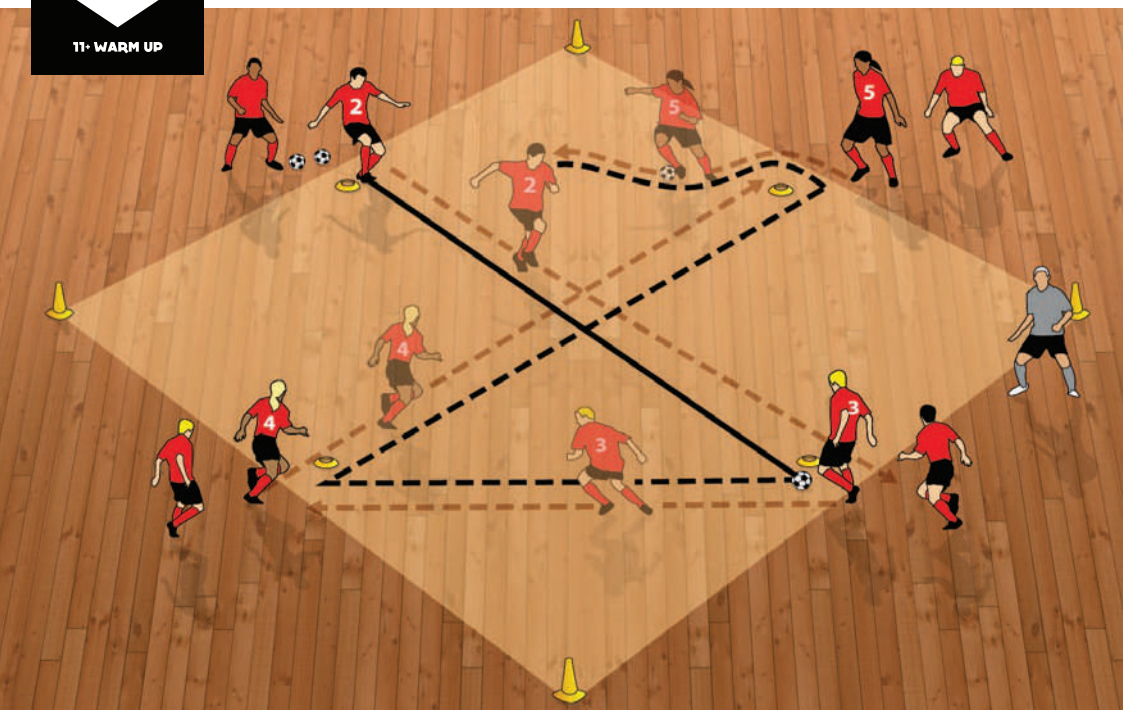
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11+ WARM UP

SESSION 2 ATTACKING

COMBINATION PLAY - MIDFIELD COMBINATION



A. PASSING PRACTICE

ORGANISATION

- Create an area of 20x20m. Modify area depending on the number and ability of players
- Place 4 cones as shown in the diagram
- Players begin as shown in diagram with spare players behind where player 2 starts

POSSIBLE PROGRESSIONS

1. Limited touches
2. More balls running if enough players

EXPLANATION

- Players follow their pass
- Play begins with Player 2 passing to Player 3
- Players follow the sequence on 2 - 3 - 4 - 5
- Player 5 dribbles to the starting point



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 2 ATTACKING

COMBINATION PLAY - MIDFIELD COMBINATION



B. POSITIONING GAME

ORGANISATION

- Create an area of 30x20m with the half-way line marked and include 2 5x20m areas. Modify area depending on the number and ability of players
- Create 2 even teams
- Place spare balls with the coach on halfway

EXPLANATION

- Each team sets up with 3 players in middle zone and 1 in opposite end zones
- Players in the end zone must stay in there
- The player in the blue end zones start by passing to the red team
- The red team keeps possession until they can find there teammate in the end zone to get a point

- If blue win the ball they try find the pass to their teammate in the other end zone to get a point
- When the ball goes out or a team hits the end zone it restarts from the coach

POSSIBLE PROGRESSIONS

1. End zone players have to lay off the ball to a teammate to get a point
2. After a team finds the player in the end zone they change direction and play towards the opposite end zone

SESSION 2 ATTACKING

COMBINATION PLAY - MIDFIELD COMBINATION



C. TRAINING GAME

ORGANISATION

- Use the full Futsal court
- Mark the court into thirds
- Both teams set up in 1-1-2-1 formation
- Place spare balls in the goals

EXPLANATION

- Play begins with the GK
- Teams are trying to score in opponents goal
- If players can score after combining for over 5 passes in the defensive and middle third then it is worth 3 points

POSSIBLE PROGRESSIONS

1. Increase/reduce number of passes required
2. Remove the thirds and play a regular game

SESSION OBJECTIVES

- Passing, receiving, shooting, running with the ball
- Combination play

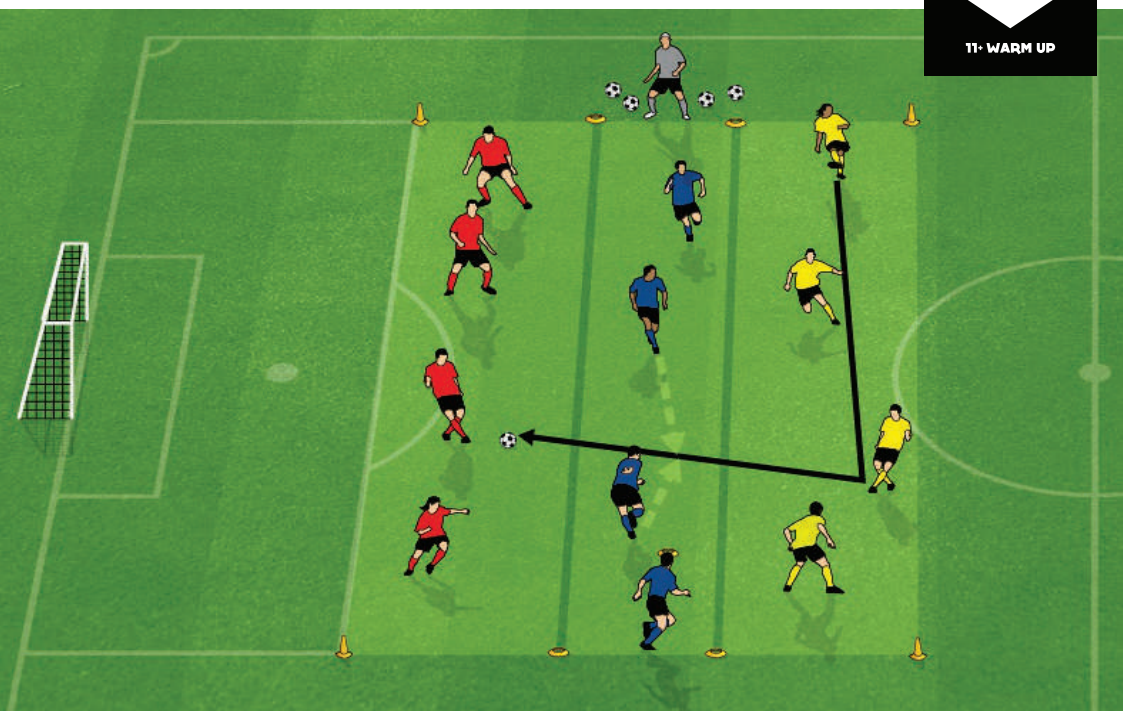
SESSION 3 DEFENDING

COLLECTIVE AND INTELLIGENT PRESSING -
DEFENDING WITH PRESSURE AND COVER

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11+

11+ WARM UP



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 44 x 30m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones (12m, 6m & 12m)
- Divide the players into 3 even teams
- Place spare balls with the coach

EXPLANATION

- Ball starts with the yellow team who are trying to score by playing a pass on the ground between or around the blue defenders and to the red team
- Blue team must move as a unit to prevent the ball being played between or around them

- If yellow successfully plays the ball across to the red team, the blue team is now trying to stop the red team doing the same
- If the blue team wins the ball from yellow, the ball starts from the red team on the opposite side
- The team in the middle stays in for 1 minute before rotating

POSSIBLE PROGRESSIONS

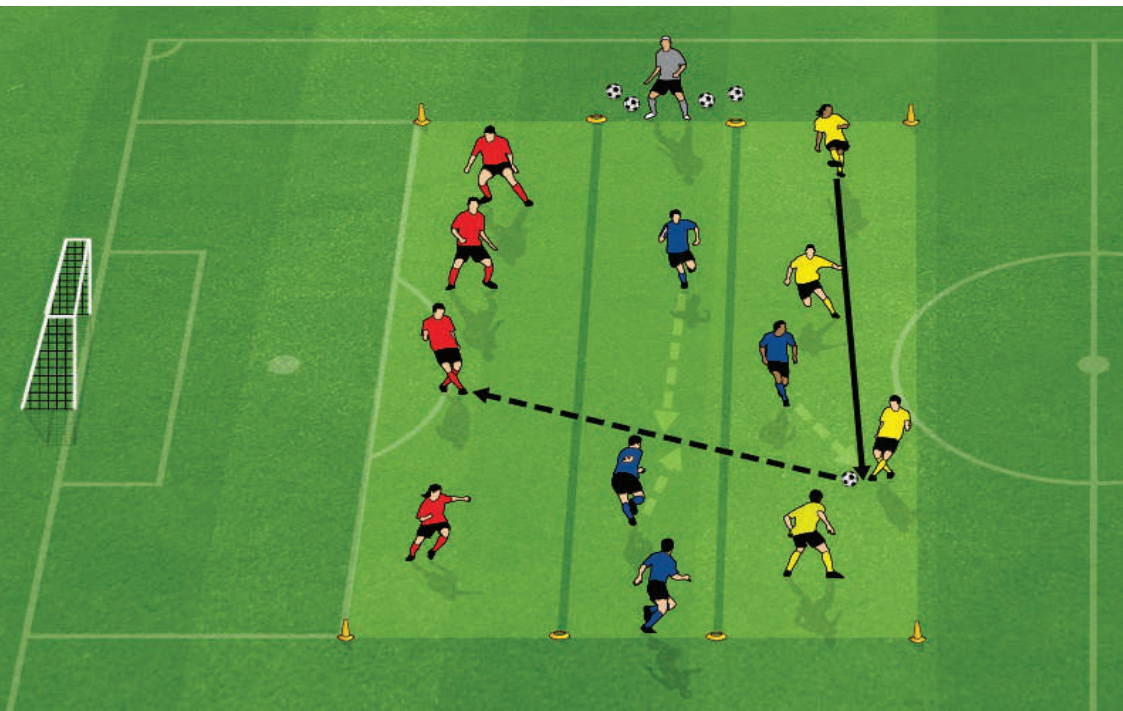
1. Pass to the other side must be in one touch
2. Make the area wider



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 3 DEFENDING

COLLECTIVE AND INTELLIGENT PRESSING - DEFENDING WITH PRESSURE AND COVER



B. POSITIONING GAME

ORGANISATION

- Create an area up to 44x30m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones (12m, 6m & 12m)
- Divide the players into 3 even teams
- Place spare balls with the coach

EXPLANATION

- Ball starts with the yellow team who are trying to score by playing a pass on the ground between or around the blue defenders and to the red team
- Blue team can send one player at any one time into the area where yellows are keeping possession (this does not have to be the same player all the time)
- If yellow successfully play the ball across to the red team, the blue team is now trying to stop the red team doing the same

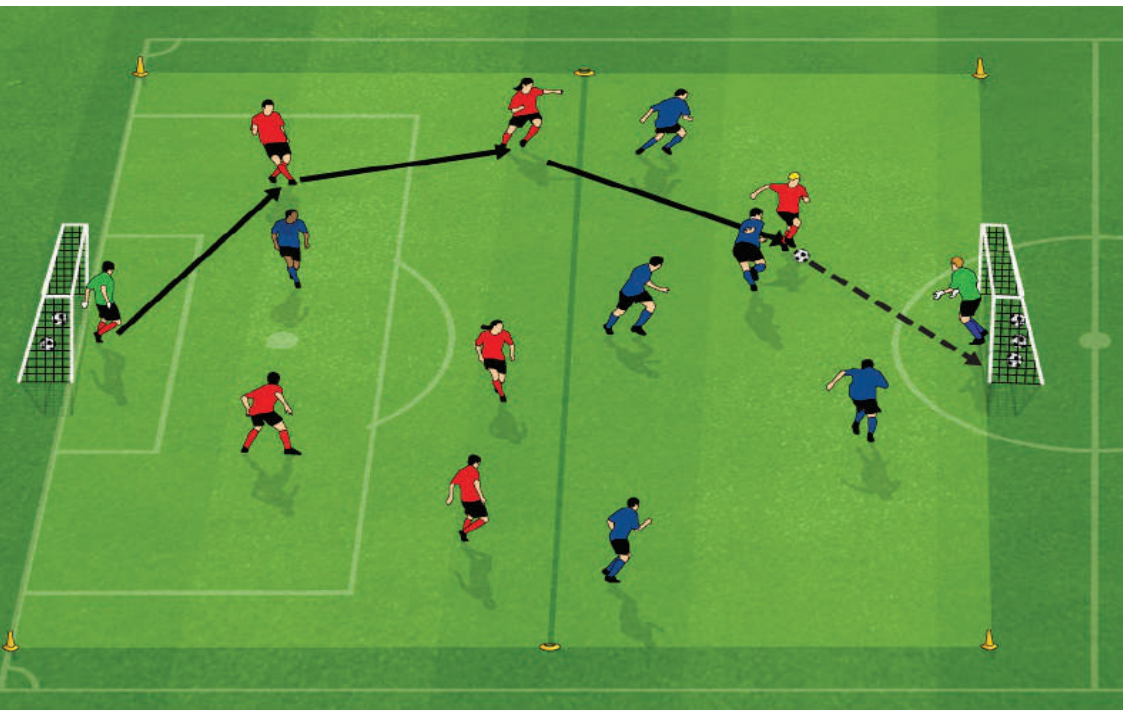
- If the blue team wins the ball from yellow, they have to try and score by dribbling over the end line behind yellow
- If this happens, the blue team switches with the yellow team and the game starts again
- At all times the team in the middle should try and work together to stop the pass to the other side

POSSIBLE PROGRESSIONS

1. Pass to the other side must be in one touch
2. Make the area wider

SESSION 3 DEFENDING

COLLECTIVE AND INTELLIGENT PRESSING - DEFENDING WITH PRESSURE AND COVER



C. TRAINING GAME

ORGANISATION

- Create an area up to 55x50m. Modify the area depending on the number and ability of your players
- Divide the players into two even teams
- Place spare balls in the goals

EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Only one player from each team is allowed to defend in the attacking half (this does not have to be the same player all the time)
- If the ball goes out, start with the GK of the team who's throw in it would have been

POSSIBLE PROGRESSION

1. Take out the half way line and play a regular game

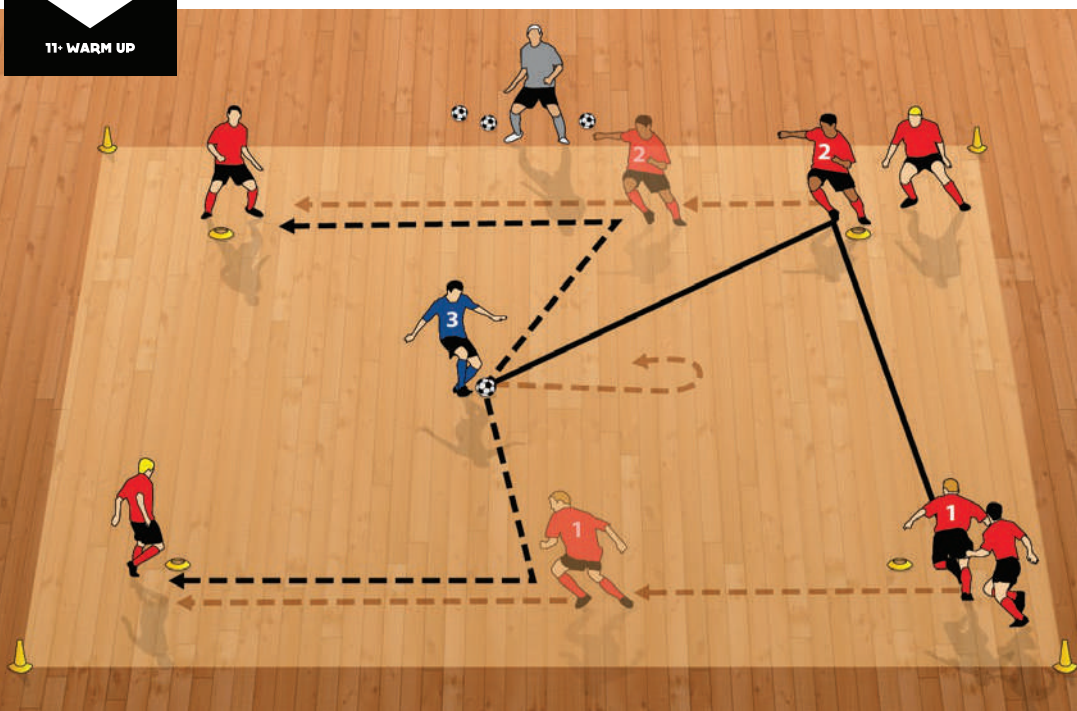
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11+ WARM UP

SESSION 4 ATTACKING

COMBINATION PLAY - COMBINATION IN THE FINAL THIRD



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 10x24m. Modify area depending on the number and ability of your players
- Players start behind each of the four cones with one player (the Pivot) in the middle
- Make sure there are 2 players behind the cones at the end where the ball starts from

EXPLANATION

- Play starts with player 1 passing across to Player 2
- Player 2 then passes the ball to Player 3
- Player 3 can then lay the ball off to either Player 1 or 2 who have moved up the area

- Player 1 or 2 then pass the ball to the players waiting at the other end to repeat the pattern
- Middle player must move to a new starting position at the opposite end to where the ball starts

POSSIBLE PROGRESSIONS

1. Encourage different combinations, cross over runs, third man runs
2. Ask the pivot to play in 2 touches



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 4 ATTACKING

COMBINATION PLAY - COMBINATION IN THE FINAL THIRD



B. POSITIONING GAME

ORGANISATION

- Create an area up to 16x20m. Modify area depending on the number and ability of your players
- Divide the area in half
- Divide the players into two even teams
- Players start to the side of the goal with 2 players (Pivot's) start in the opposite half of the field

EXPLANATION

- Play starts with the red player at the start of the line playing a wall pass with the blue pivot
- The red player must then pass the ball over half way to the red Pivot
- The two red players then go 2v1 against the blue defender to score
- The play stops when the red team gives up possession (goal, shot, etc)

- The red player that started the play must get back and defend the blue pivot
- The next play immediately starts from the other end with the blue player at the start of the line playing a wall pass with the Red Pivot

POSSIBLE PROGRESSIONS

1. After initial wall pass the Pivot can defend in the attacking half
2. Ask the pivot to play in 2 touches
3. The red player can now dribble or pass over half way

SESSION 4 ATTACKING

COMBINATION PLAY - COMBINATION IN THE FINAL THIRD



C. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Both teams are set up in a 1-1-2-1 formation
- Place spare balls in the goals

EXPLANATION

- Play begins with either GK
- The Pivot for each team must stay in their attacking half
- Teams are trying to score in opponent's goal
- Teams get 3 points if they score using the Pivot

POSSIBLE PROGRESSIONS

1. Remove restrictions and play a regular game

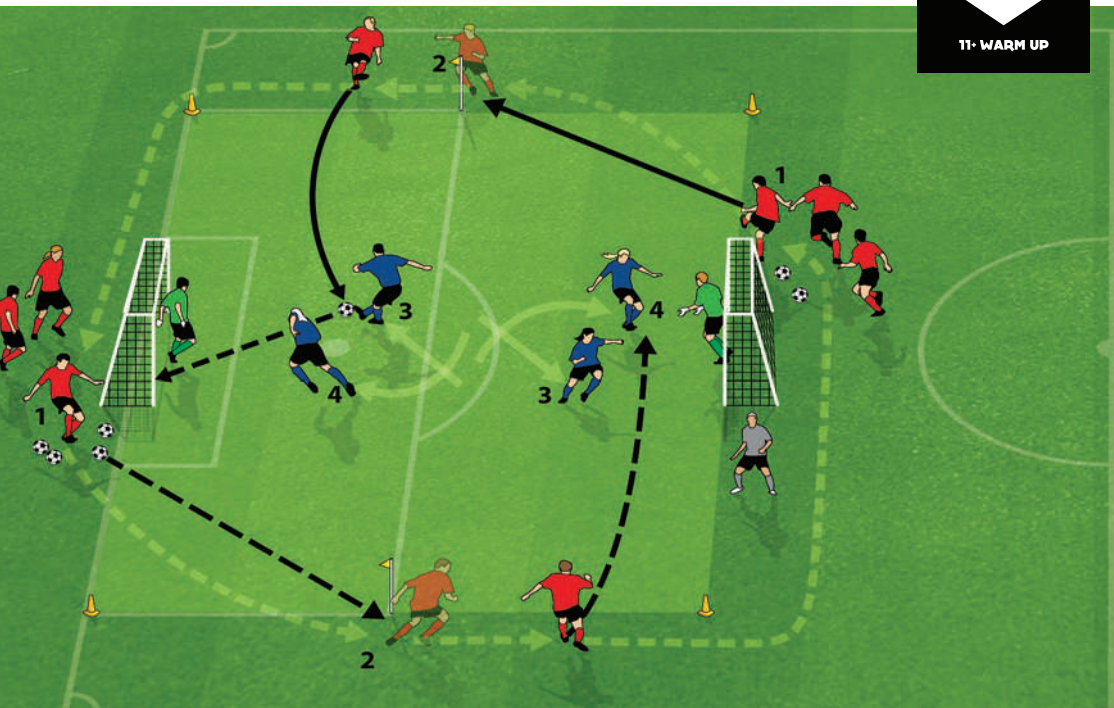
SESSION 5 ATTACKING

INDIVIDUAL AND COMBINATION PLAY - ATTACKING USING WIDE AREAS

REMEMBER TO DO
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11+

11+ WARM UP



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 44 x 36m or double the 18 yard box
- Divide the area in half
- Put flags or mannequins on the corner of the 18 yard box
- Split players up so there are even numbers to the side of the goals, one player at each flag and players in the middle to finish on goal
- Balls to the side of the goals with the players

EXPLANATION

Pattern 1

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 receives the pass outside the flag, dribbles down the edge of the 18 yard box and closest to players 3 and 4 who try and score
- Player 1 moves to player 2's starting position. Player 2 moves to the back of the line closes to the goal they just crossed the ball towards

Pattern 2

- Both balls start at the same time with player 1 passing the ball into player 2
- The two players perform a wall pass around the flag
- Player 2 should then try and cross the ball in one touch to players 3 and 4 who try and score
- Players rotate the same

Pattern 3

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 passes inside to player 3 or 4 while player 1 overlaps player 2
- Player 3 or 4 then pass back out wide to the overlapping player 1
- Player 1 crosses to players 3, 4 and 2 who try and score
- Players rotate the same

Pattern 4

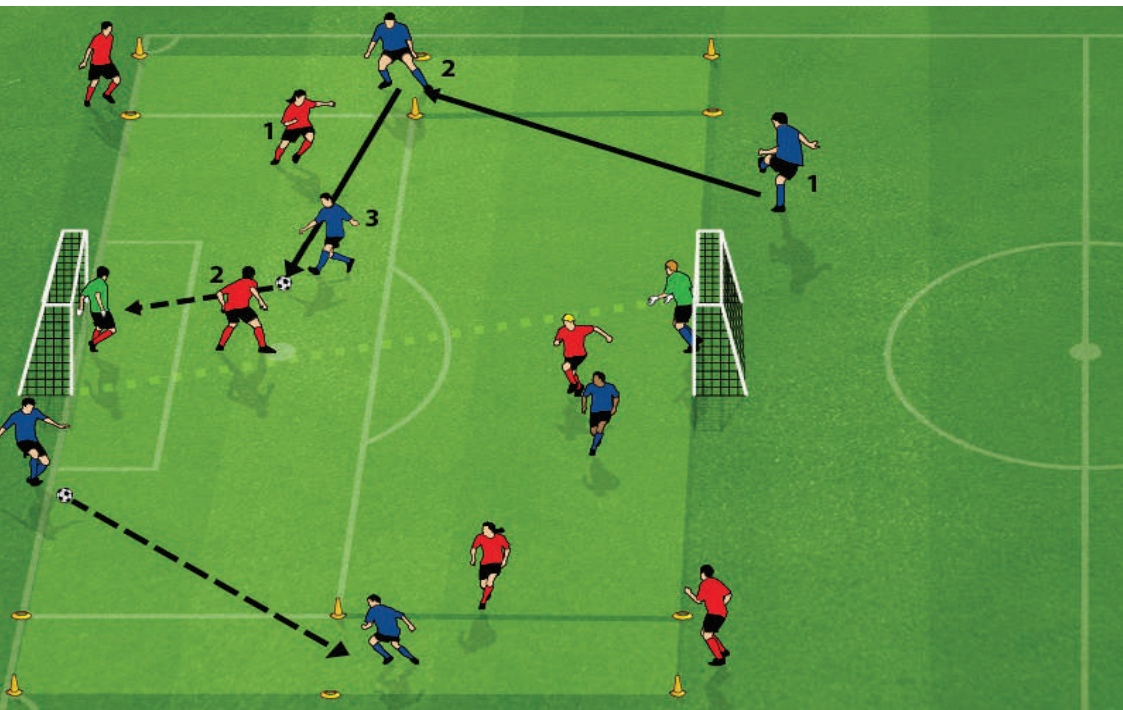
- Players can choose any of the above three patterns
- Rotate the players who are attempting to score
- Rotate which side the crosses are coming from



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 5 ATTACKING

INDIVIDUAL AND COMBINATION PLAY - ATTACKING USING WIDE AREAS



B. POSITIONING GAME

ORGANISATION

- Create an area up to 44x36m or double the 18 yard box
- Divide the pitch in half
- Place a diagonal line from the side of one goal to opposite side of the other goal
- Divide the players into 2 even teams
- Players begin in the positions shown in the diagram
- Create 4 wide areas 8x18m
- Balls to the side of the goals with the players

EXPLANATION

- Both balls start at the same time with player 1 passing the ball into player 2
- Players 1, 2 and 3 for the blue team try and score against players 1 and 2 for the red team

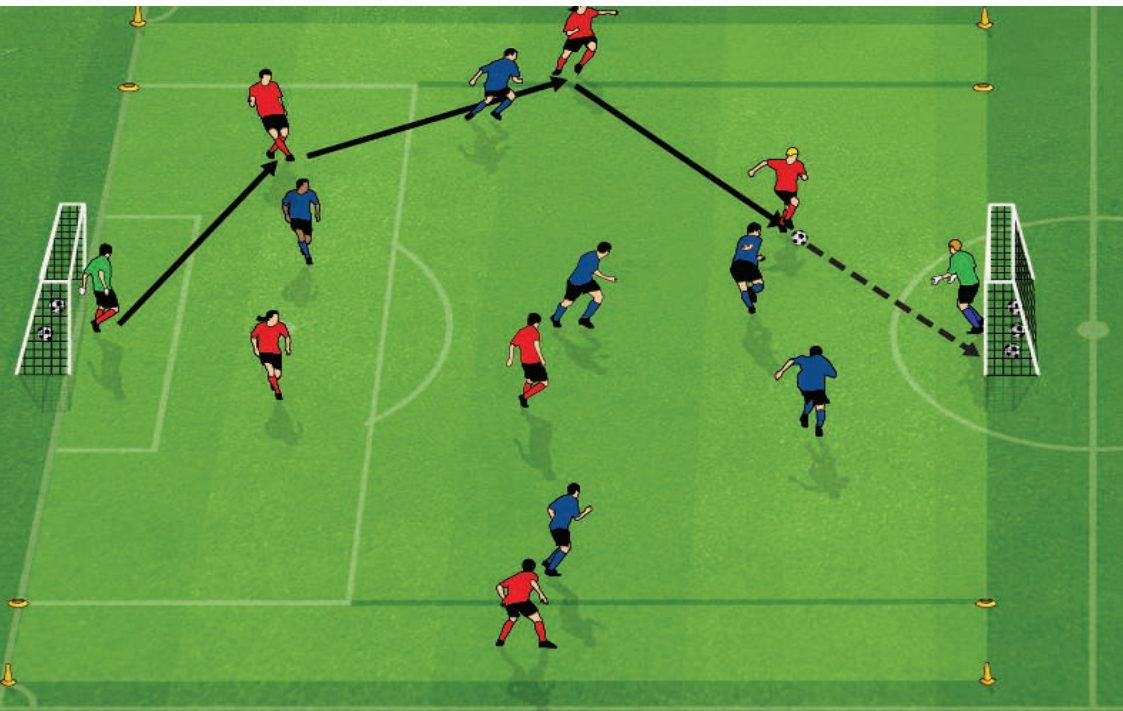
- Blue players rotate through their positions
- Red players rotate through their positions
- Start the next ball at the same time
- Rotate which side the crosses are coming from
- Switch the defending and attacking teams

POSSIBLE PROGRESSIONS

1. Wide players must try to beat their defender 1v1
2. 1 touch finish

SESSION 5 ATTACKING

INDIVIDUAL AND COMBINATION PLAY - ATTACKING USING WIDE AREAS



C. TRAINING GAME

ORGANISATION

- Create an area up to 44x50m. Modify the area depending on the number and ability of your players
- Create wide areas 8x50m with cones
- Balls in the goals

EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Ball starts with the GK
- Normal game played with wide channels
- Team gets 3 points for a goal from a cross or a combination from wide channels and 1 point for a goal from normal play
- Wide players do not have to stay in wide areas
- If the ball goes out, start with the GK

POSSIBLE PROGRESSIONS

1. If the ball goes wide, players must try to beat their defender 1v1
2. 1 touch finish
3. Remove all restrictions and play a regular game

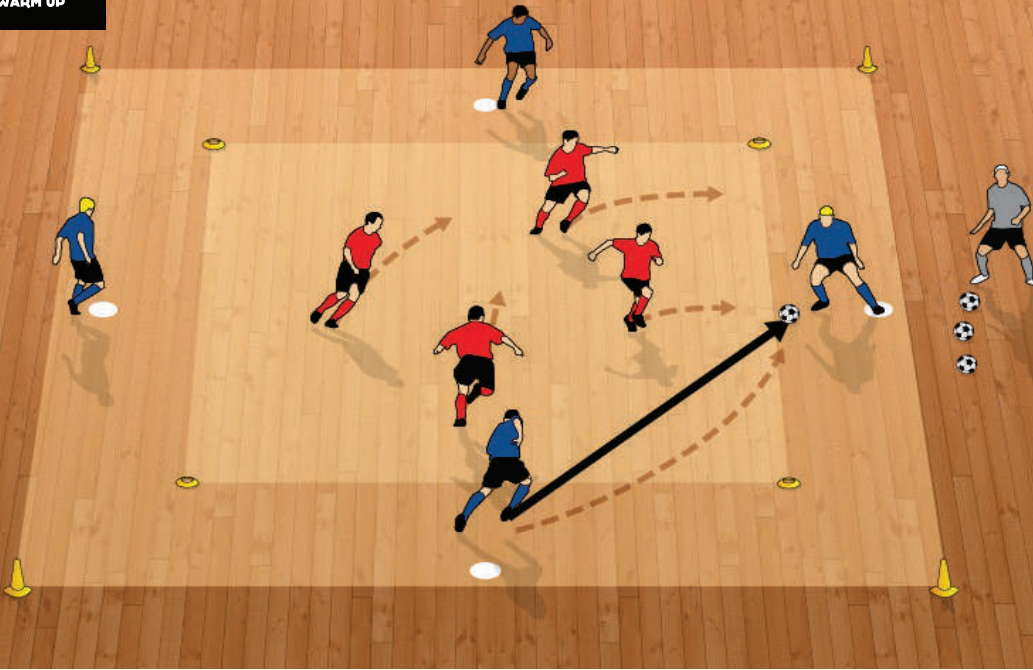
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SESSION 6 DEFENDING

COLLECTIVE AND INTELLIGENT PRESSING -
WINNING THE BALL IN THE ATTACKING HALF



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 20x20m with a smaller area inside. Modify area depending on the number and ability of players involved
- Place 4 flat spots as shown in the diagram
- Players begin with four red players in the middle square area and all blues starting on the flat spots
- Extra footballs with the coach

EXPLANATION

- Blue players pass the ball around or through the area to each other. Each player must take two touches of the ball
- Players passing the ball must follow their pass

- Reds must adapt their defensive position in relation to where the ball is, without tackling or intercepting
- After 45 seconds swap teams around

POSSIBLE PROGRESSIONS

1. Reds are allowed to intercept the ball inside the square
2. Blues can now play in 1 touch
3. If the Reds intercept the ball and can dribble out of the square then the teams change places



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 6 DEFENDING

COLLECTIVE AND INTELLIGENT PRESSING - WINNING THE BALL IN THE ATTACKING HALF



C. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Create two 10m zones at each end of the pitch
- Both teams are set up in a 1-1-2-1 formation
- Place spare balls in the goals

EXPLANATION

- Play begins with either GK
- Teams are trying to score in opponent's goal
- One player for the team in possession is allowed to drop into their end zone to join the GK in that zone
- Only one player from the defending team is allowed to be in the opponent's end zone to try and win possession high up the field

POSSIBLE PROGRESSIONS

1. The GK and the other player in possession who are in the end zone can only take two touches when in this zone
2. Remove the zones and play a regular game

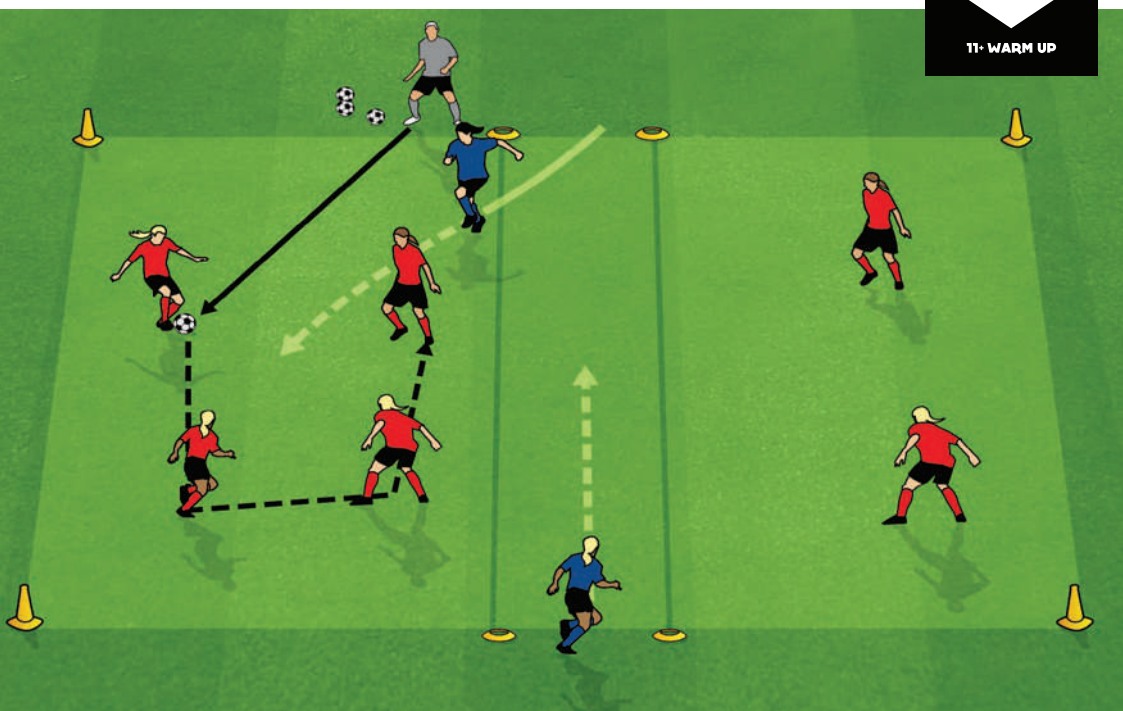
SESSION 7 TRANSITION

QUICK TRANSITION MENTALITY - REACTING IN THE TRANSITION MOMENT

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11+ WARM UP



A. PASSING PRACTICE

ORGANISATION

1. Create a 30x20m with a 5m middle zone. Modify the area depending on the number and ability of players
2. Team of 6 attackers and 2 defenders
3. Balls to the side of the pitch

EXPLANATION

- Ball is played to the group of 4 who try to play 3 passes before switching the ball across to the waiting player in the opposite area
- 1 defender can enter the box to try and win the ball from the group of 4 while the second defender operates in the middle zone to try and intercept the pass through

- Once ball is played across to the waiting 2 players, any two players transfer across the area to make a new group of four in the opposite box
- If the defense win the ball they then try to either play a pass to the other defender or break out of the sides of the middle zone area with the ball under control

POSSIBLE PROGRESSION

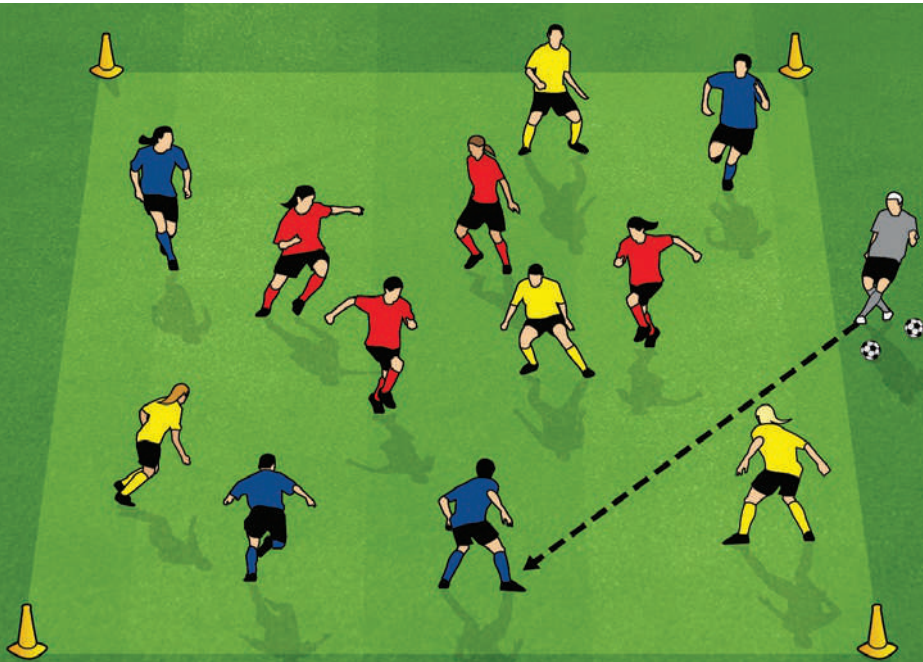
1. 2 defenders can press into same area



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SESSION 7 TRANSITION

QUICK TRANSITION MENTALITY - REACTING IN THE TRANSITION MOMENT



B. POSITIONING GAME

ORGANISATION

- Create an area up to 25x25m. Modify the area depending on the number and ability of your players
- Divide players up into 3 even teams
- Place spare balls with the coach

EXPLANATION

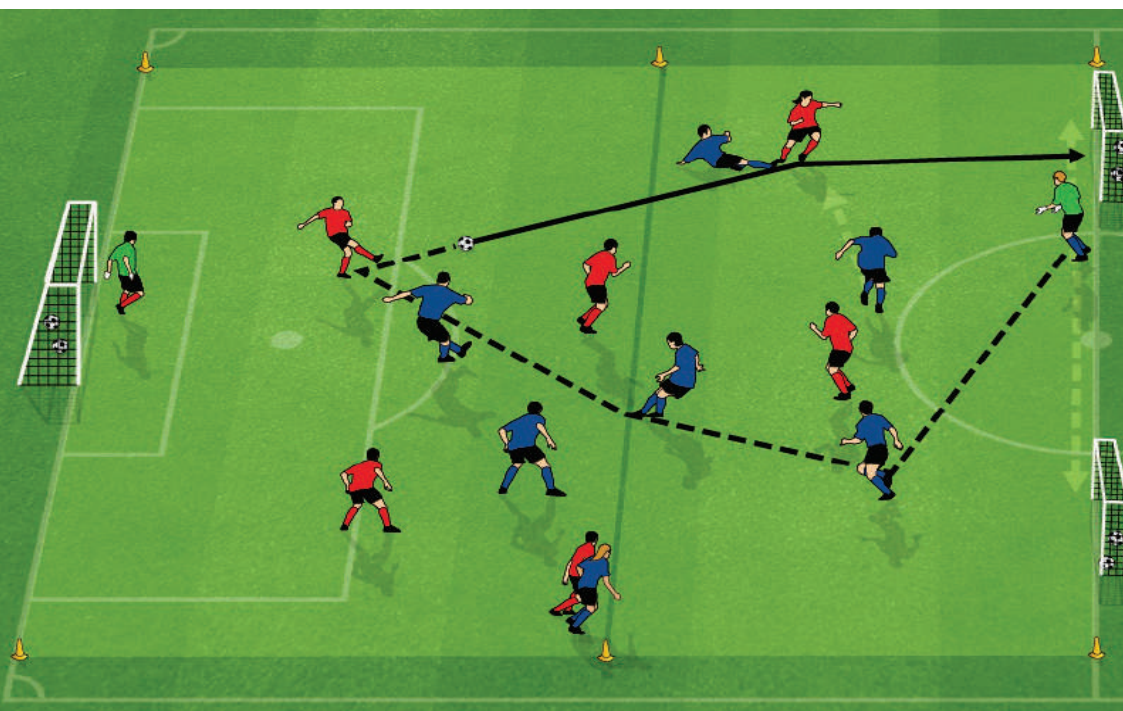
- Two teams (blue and yellow) keep possession of the ball while the other team (red) defends
- The game starts by the coach passing the ball into one of the teams that is not defending
- If red win the ball and keep possession, the team that lost the ball (blue) become the defenders and the red team now keeps possession with the yellow team

POSSIBLE PROGRESSIONS

- Make the space smaller or larger
- Enforce a two touch limit

SESSION 7 TRANSITION

QUICK TRANSITION MENTALITY - REACTING IN THE TRANSITION MOMENT



C. TRAINING GAME

ORGANISATION

- Create an area up to 50x50m. Modify the area depending on the number and ability of your players
- Large goal at one end and two small goals at the other end
- Divide the players into two even teams
- Place spare balls in the goals

EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation
- The attacking team (blue) is trying to score in the large goal. If they score they get the ball back from half way and attack again
- If the defending team (red) wins the ball, they score by quickly attacking the small goals. If they score in the small goals they now turn around and attack the big goal
- GK on half way can try and stop players scoring in either small goal. They are also an option for whichever team is attacking the big goal to play back to for support

POSSIBLE PROGRESSIONS

1. If the team defending the big goal wins the ball, they must score in the small goals within 5 seconds
2. Join the 2 small goals together and play a regular game

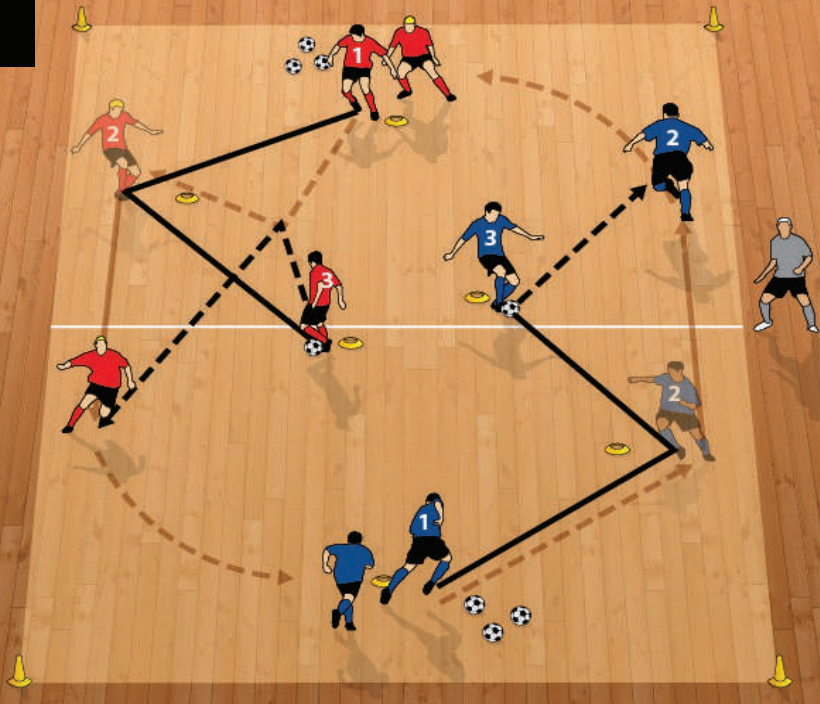
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11+ WARM UP

SESSION 8 ATTACKING

INCISIVE POSSESSION - ATTACKING USING WIDE AREAS



A. PASSING PRACTICE

ORGANISATION

- Create an area up to 20x28m. Modify area depending on the number and ability of players
- Place 6 cones as shown in the diagram
- Players begin as shown in diagram with spare players behind the end cones

EXPLANATION

Pattern 1

- Both balls start at the same time with Player 1 passing the ball to Player 2
- Player 2 receives the pass outside the cone and plays a wall pass with Player 3 to receive the ball back over the half way line
- Player 1 moves to player 2's starting position. Player 2 dribbles to start the sequence again from the other end. Player 3 stays on the same cone. Rotate this player periodically

Pattern 2

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 receives the pass outside the cone and passes the ball to player 3
- Player 3 lays the ball off to player 1 who then passes a through ball to player 2 to receive over the half way line
- Players rotate the same

POSSIBLE PROGRESSIONS

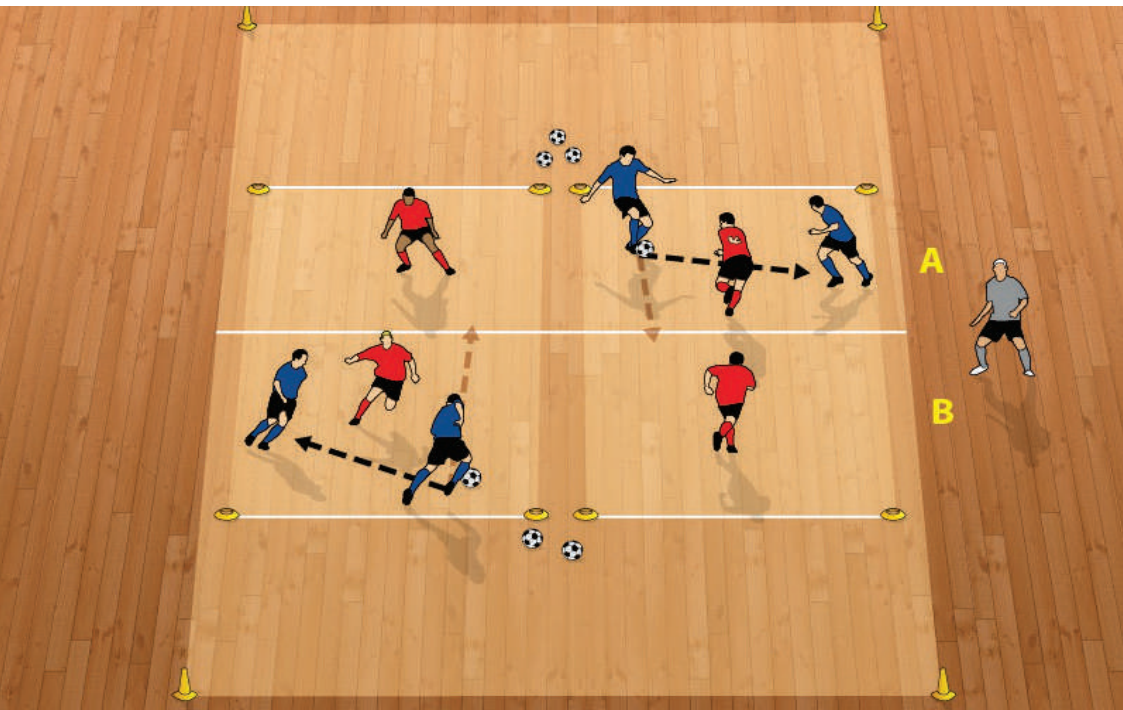
1. Travel in the opposite direction
2. Both ends running at the same time down the same side providing possible interference for each other



Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development

SESSION 8 ATTACKING

INCISIVE POSSESSION - ATTACKING USING WIDE AREAS



B. POSITIONING GAME

ORGANISATION

- Create an area of 8x20m. Modify the area depending on the number and ability of players
- Each area has 2 zones separated by the half way line
- Have 1 Red player in each zone and 2 Blue players zone A
- Place spare balls at either end of each area

EXPLANATION

- The two Blue players are playing 2 v 1 against the Red player in zone A attempting to progress the ball over the half way line into zone B
- Once they get over the half way line, they are now playing 2 v 1 against the next red defender in zone B to try and get over the end line
- If they get over both the half way and end line they repeat the action going back the other way

- If they do not, they must start from the start
- If the defending players stop them 3 times then the teams swap positions

POSSIBLE PROGRESSIONS

1. First defender can retreat into Zone B once beaten
2. Players must use 2 touch

SESSION 8 ATTACKING

INCISIVE POSSESSION - ATTACKING USING WIDE AREAS



C. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Create two 5m zones on the sides of the court
- Both teams set up in 1-1-2-1 formation
- Place spare balls in the goals

EXPLANATION

- Play begins with the GK
- Teams are trying to score in opponent's goal
- If players can score after getting the ball in either attacking wide zone then it is worth 3 points

POSSIBLE PROGRESSIONS

1. Remove the zones and play a regular game