

McDONALD'S  
**YOUTH FOOTBALL**  
GAME CARDS  
2022



# 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 and The Fit4Football programme offers support and guidance for enhancing player welfare and injury prevention. Each session focusses on a particular Main Moment of the game and a Key Principle within that main moment.

Each session is an opportunity for our young people to take part in fun, challenging trainings that help them develop, both as players and as a team. Ensure that SMILES are evident in your session:

- S SAFE.** Check that the playing area, playing and coaching equipment is safe 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 player 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 players engage in the game
- S SUCCESS.** Observe the activity and try to make the challenge point for players not too easy and not too hard

To help you modify your sessions to meet the needs of your players, we recommend you use the any of the modifications highlighted in the STEP principle.

## SPACE

- Manipulate the space of the playing area to help your players to achieve success with the session objective.
- Change the challenge point for your players by making the area bigger or smaller
- E.g. a larger area makes it easier for a team in possession, while a smaller area makes it easier for your team when defending.

## TASK

- Change the objective of the session or give players roles to achieve the session objective.
- Change the rules of the activity to get different outcomes or make the training less or more challenging for the players (e.g. no touch limit vs touch limits).
- E.g. Dribbling into an end zone before shooting will encourage more dribbling behavior.

## EQUIPMENT

- Adding, subtracting or altering equipment can help players to achieve with your session objectives.
- Altering the equipment can increase or decrease the challenge point for your players.
- E.g. a bigger goal will make it more challenging for your goal keeper, but easier for your players to score goals (and may encourage players to shoot more often).

## PEOPLE

- Increase or decrease the challenge point or help the players achieve the session objective.
- Pair players and teams up so they have similar ability levels will help keep activities more even.
- Adding neutral players (e.g. 5v5 + 2 neutral players instead of 6v6) will make keeping possession easier for a team and defending more challenging for the other team.

## 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 part 2 before or after training, and parts 1 and 3 before training and 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 are engaged.

#### YOU WILL NEED:

- 20-30m of space
- 12 cones

VISIT [FIT4FOOTBALL.CO.NZ](https://www.fit4football.co.nz)  
TO FIND MORE ABOUT THE  
11+ KIDS PROGRAMME



**ACC**  
**SportSmart**

# 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.

VISIT [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ)  
FOR FULL WARM-UP  
PROGRAMME



**ACC**  
**SportSmart**



## SESSION 1: ATTACKING | A. PASSING PRACTICE

Controlled Possession – Building from the back

### 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 two 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

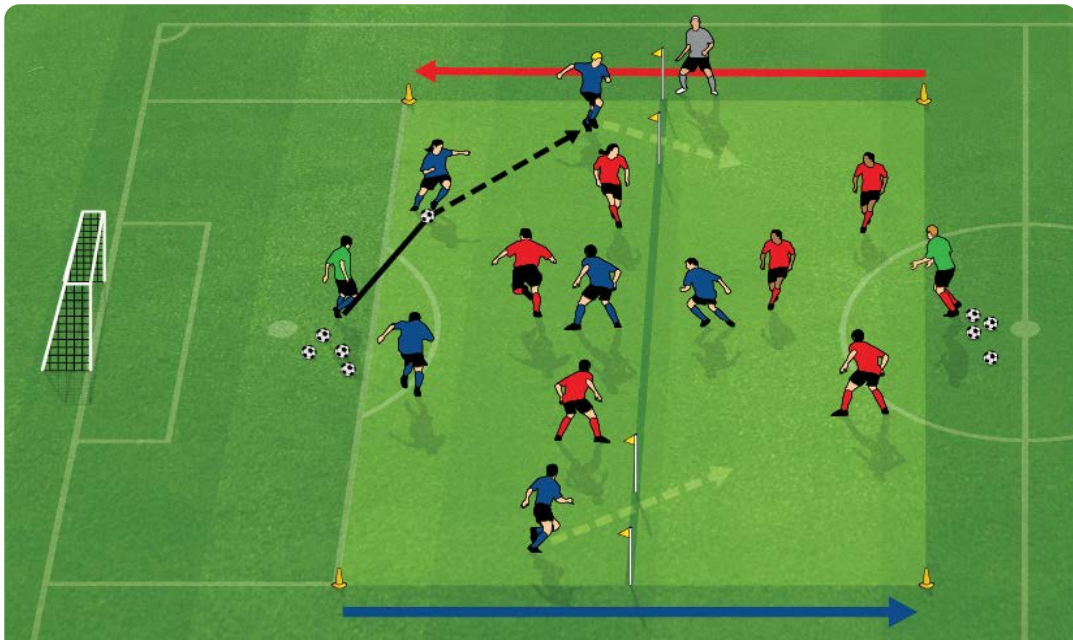
1. Ball is played in from the target player to their respective team so two balls are going at the same time.
2. Each team is trying to progress through the gates (flags) by the wide player receiving the ball and dribbling through the gate.
3. Once through the gate, the ball should be transferred to the opposite target player.
4. 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

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

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 1: ATTACKING | B. POSITIONING GAME

Controlled Possession – Building from the back

### 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 two 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

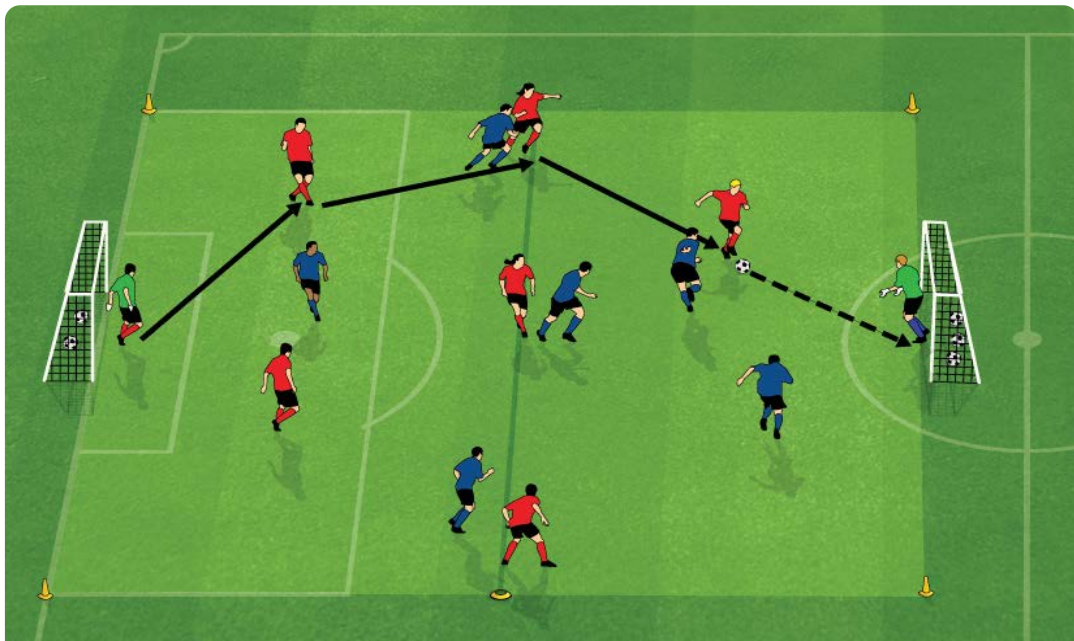
1. Ball is played in from the target player to their team in their defending half.
2. The team in possession is trying to progress the ball through either of the gates.
3. Once the team in possession is through one of the gates they now can score by getting the ball to the opposite target player. This can be done either in one pass or a combination of passes with teammates.
4. 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.

5. If the defending team win the ball in the defending half, they must progress through the gates in order to cross half way.
6. At all times, players can use defensive target players to keep possession.
7. If the ball goes out play restarts with a target player.

### POSSIBLE PROGRESSIONS

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





## SESSION 1: ATTACKING | C. TRAINING GAME

Controlled Possession – Building from the back

### ORGANISATION

- Create an area of up to 45x50m
- Divide the pitch in half using cones
- Divide the players into two even teams
- Place spare balls in the goal

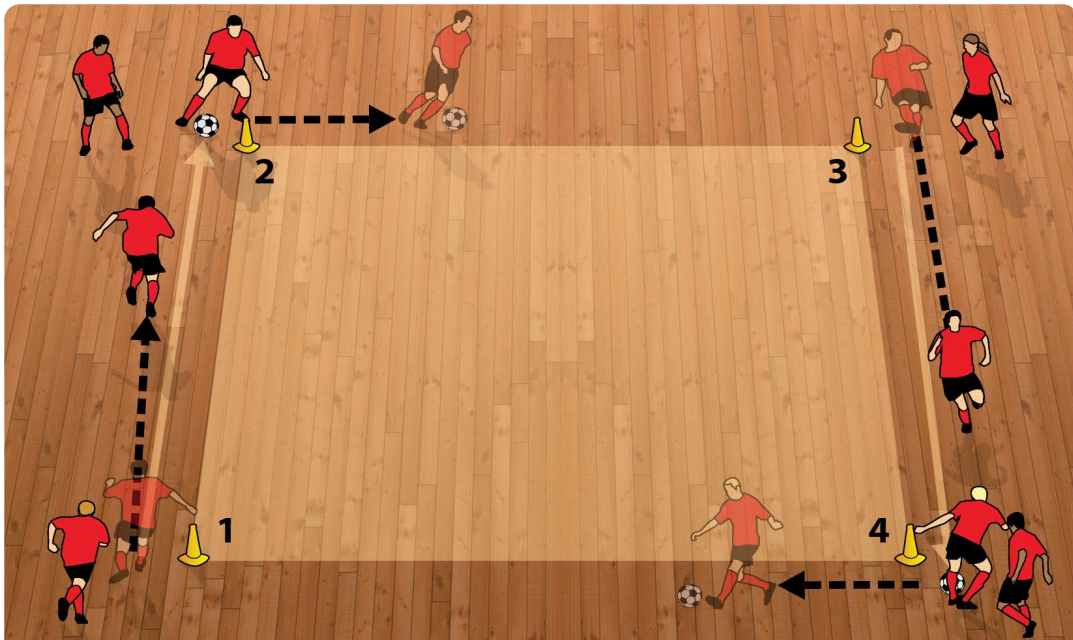
### EXPLANATION

1. Teams play 7 v 7 in a 1-2-3-1 formation and are trying to score in their opponents goal.
2. If the ball goes out, start with the GK.
3. The ball must be passed over the half way line.

### POSSIBLE PROGRESSIONS

- One touch finish
- Two touch in the attacking half
- Remove all restrictions and play a regular game





## SESSION 2: ATTACKING | A. PASSING PRACTICE

Controlled Possession – Combination play using incisive movement

### ORGANISATION

- Area of up to 15x15m, modify the area depending on the number and ability of your players
- Place flat discs or cones in a square as shown
- 2 balls in the practice with spare balls on the outside
- Spread players out evenly

### EXPLANATION

#### Pattern 1

1. Balls start simultaneously from each end.
2. Red 1 passes to Red 2 and follows their pass, as Red 3 passes to Red 4 and follows their pass.

3. Red 2 and Red 4 dribble clockwise to the next position/cone/disc.

#### Pattern 2

1. Red 1 passes to Red 2 and runs diagonally across to Red 3 starting position. Simultaneously, Red 3 passes to Red 4 and runs across diagonally to Red 1 starting position. The ball is returned by repeating this in the opposite direction.

#### Pattern 3

1. Red 1 passes to Red 3 and runs to Red 2 starting position. Simultaneously, Red 2 passes to Red 4 and Red 1 starting position. The

ball is returned by repeating this in the opposite direction.

### TECHNICAL FOCUS

- Receiving with the sole of the foot

### POSSIBLE PROGRESSIONS

- Pattern 1, dribbling counter-clockwise to encourage receiving/controlling with alternate feet
- Ball rolling with the sole of the foot when dribbling
- Include checks or feints after passing the ball with a quick change of direction

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development







## SESSION 2: ATTACKING | B. POSITIONING GAME

Controlled Possession – Combination play using incisive movement

### ORGANISATION

- Area of up to 20x15m, modify the area depending on the number and ability of your players
- Two teams of 2 plus 2 neutral players
- 2x1m goals or cones marking goals at the ends of the area
- Place spare balls at each end and behind neutral players

### EXPLANATION

1. Teams play 2 v 2 with neutral players with the team in possession.
2. Teams try to score, using neutral players as passing outlets. If a goal is scored or the ball goes out, the game is restarted from where it went out.
3. Neutral players can move up and down in their zones, with no other players allowed inside. Neutral players can't dribble, score or pass to each other.
4. Swap player roles after 2 minutes of play.

### POSSIBLE PROGRESSIONS

- Limit touches or time limits for neutral players
- All players allowed inside neutral zones





## SESSION 2: ATTACKING | C. TRAINING GAME

Controlled Possession – Combination play using incisive movement

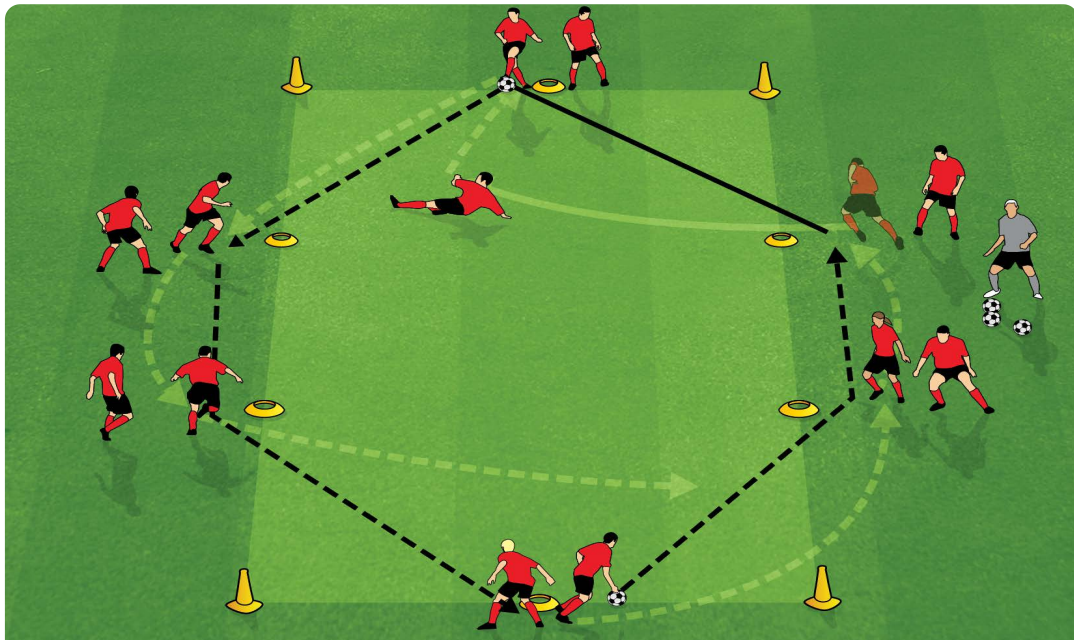
### ORGANISATION

- Use the whole court or create an area of up to 30x16m or 40x20m. Modify the area depending on the number and ability of your players
- Divide the players into two even teams
- Place balls in the goals or the outside of the area

### EXPLANATION

1. Teams play 5 v 5 with GKs in a 1-2-2 formation.
2. Ball starts with the GK and teams try to score in the opponents goal.
3. It is worth 1 point when a player scores into the goal.
4. It is worth 3 points if any player in the attacking scores after a player in their team passes and receives it again in a more attacking third. e.g. When a player passes from defensive third and receives it again in middle third without losing possession.





## SESSION 3: DEFENDING | A. PASSING PRACTICE

Collective and intelligent pressing – defending with pressure and cover

### ORGANISATION

- Create an area of up to 30x20m
- Place flags and cones as shown
- Place spare balls at each end

### EXPLANATION

#### Pattern 1

1. Balls start simultaneously from each end.
2. Players are trying to progress the ball from one end to the other and can do this with any combination of forward passes (ball cannot be played square across the area, only diagonally).

3. Both balls should not end up at the same flag, therefore players must be aware at all times where the other ball is and chose the correct pass accordingly.

4. Players follow their pass to the next flag or to the end of the line at each end.

#### Pattern 2

1. Same as pattern 1 above.
2. After a player makes the final pass to the end player, they must cut off one of the passing options or “show them one way”.

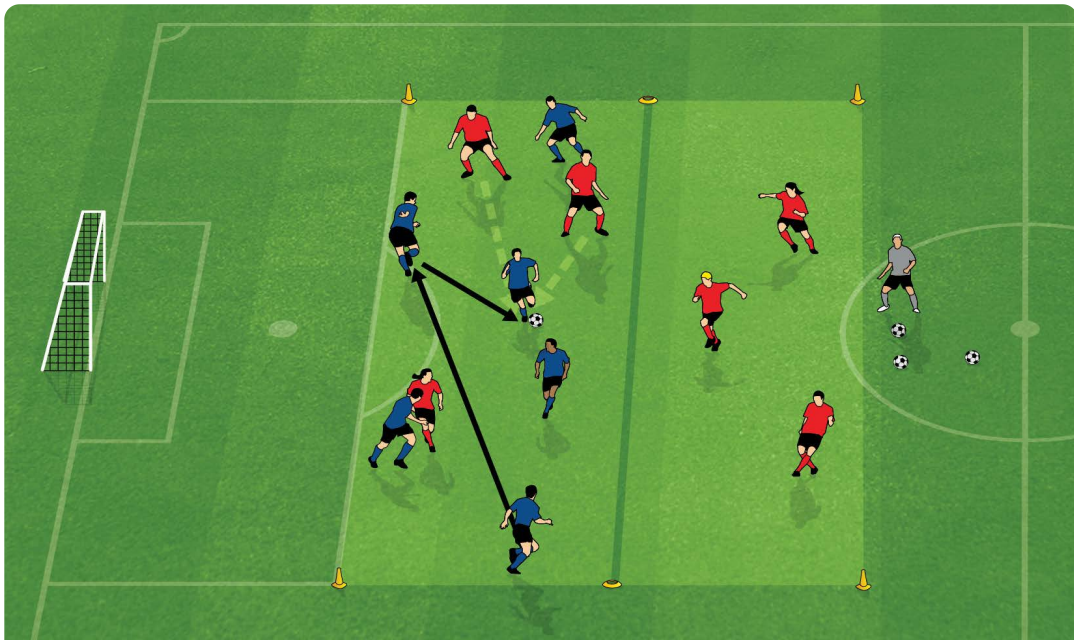
3. The player at the front of the line must play the pass to the player that is not cut off.

### POSSIBLE PROGRESSIONS

- 2 touch limit

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 3: DEFENDING | B. POSITIONING GAME

Collective and intelligent pressing – defending with pressure and cover

### ORGANISATION

- Create an area of up to 40x30m
- Divide the pitch in half using cones
- The defending team must have 3 players in each area
- The attacking team must have all players in one area
- Spare balls on half way with the coach

### EXPLANATION

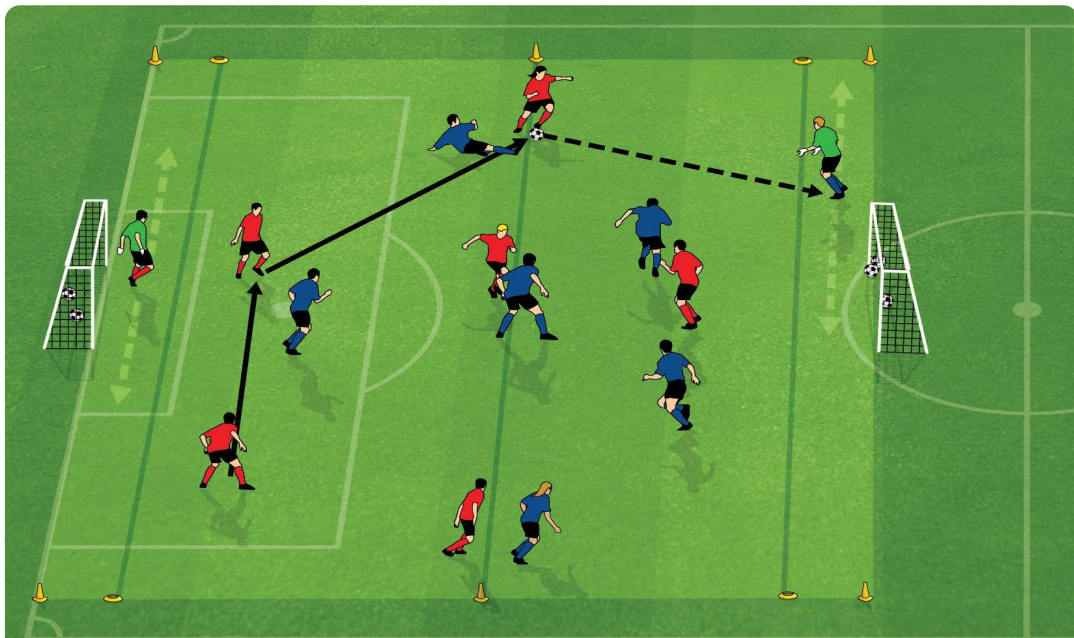
1. The ball always starts from the coach.
2. The blue team is trying to score 1 point by making 6 passes.
3. The red team is trying to stop the red team scoring and win the ball.
4. The blue team gets 1 'strike' if the ball goes out of the area (3 strikes and the ball starts on the other side with the reds).

5. If red wins the ball, they can keep it by playing it back to their teammates remaining in the other half.
6. If this happens, the game becomes a transition game (the blue players now become the defenders).
7. The team that scores 5 points wins.

### POSSIBLE PROGRESSIONS

- Limit the teams to 2 touches





## SESSION 3: DEFENDING | C. TRAINING GAME

Collective and intelligent pressing – defending with pressure and cover

### ORGANISATION

- Create an area of up to 50x40m. Modify the area depending on the number and ability of your players
- Create 2 “end zones” 50x8m
- Large goals
- Divide the players into two even teams
- Place spare balls in the goals

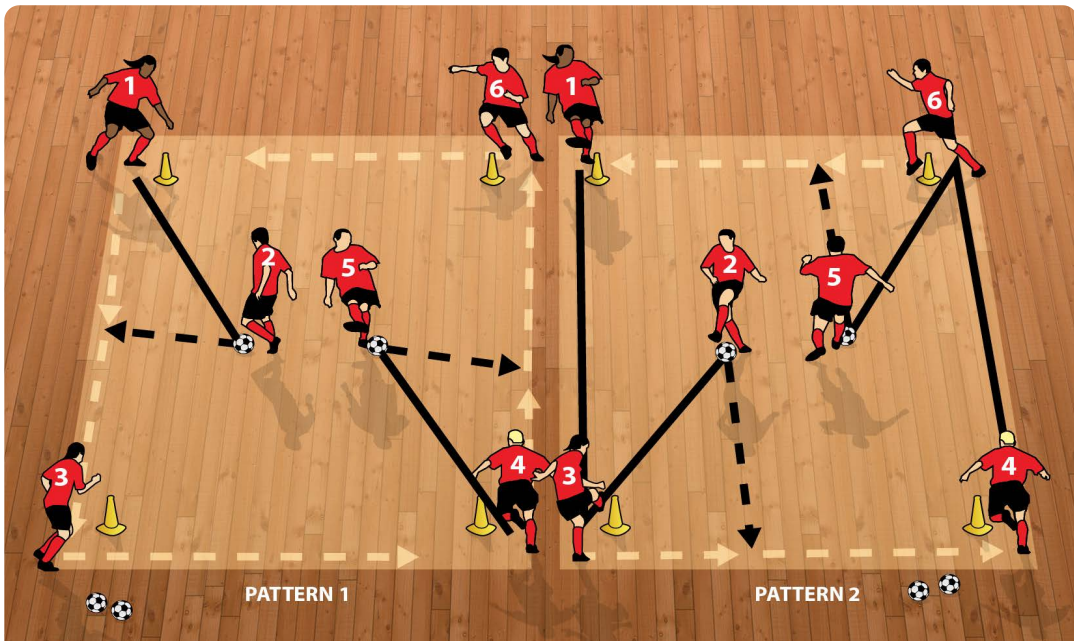
### EXPLANATION

1. Teams play 7 v 7 in a 1-2-3-1 formation and are trying to score by passing the ball into the opposite GK’s feet or hands from anywhere in the area.
2. GK’s are free to move anywhere within their “end zone”.
3. If the ball is played into a GK, the GK starts the play again by playing to their own team.
4. If the defending team successfully wins the ball back in their attacking half, and score within 5 seconds, then that is worth 3 points.

### POSSIBLE PROGRESSIONS

- Limit the teams to 2 touches
- Remove the zones for the GK’s and play a regular game





## SESSION 4: ATTACKING | A. PASSING PRACTICE

Combination play – Pivot/target combination

### ORGANISATION

- Area of up to 20x20, modify the area depending on the number and ability of your players
- Place flat discs or cones in a square as shown
- Balls behind Players 1 and 4, with spare balls on the outside

### EXPLANATION

#### Pattern 1

1. Balls start simultaneously from each Player 1 and 4.
2. Player 1 passes to Player 2, receives it back and passes to Player 3. Player 3 dribbles across to Player 4s starting position.

3. Players rotate to the next position in the sequence.
4. Players 4-6 complete the same sequence.

#### Pattern 2

1. Player 4 passes to Player 6. Player 6 passes to Player 5 and receives it back before dribbling to Player 1s starting position.
2. Players 1-3 complete the same sequence.

### TECHNICAL FOCUS

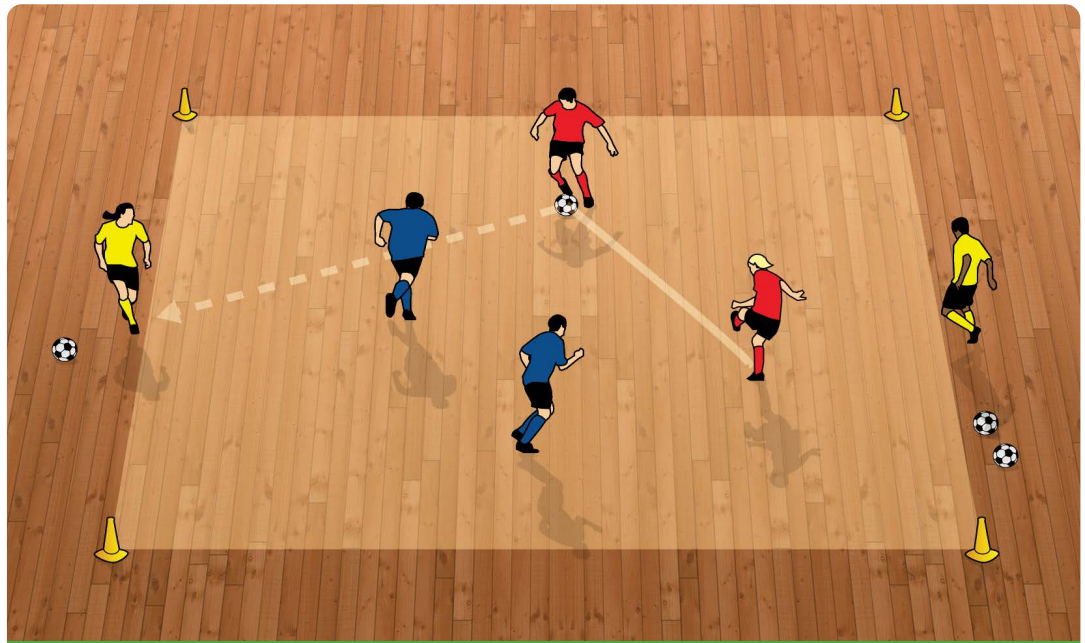
- Receiving with the sole of the foot
- Body position when receiving

### POSSIBLE PROGRESSIONS

- Go through the sequence clockwise to encourage passing and receiving with alternate feet
- Ball rolling with the sole of the foot when dribbling

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 4: ATTACKING | B. POSITIONING GAME

Combination play – Pivot/target combination

### ORGANISATION

- Area of up to 20x15m, modify the area depending on the number and ability of your players
- Two teams of 2 plus 2 neutral players
- Place spare balls at each end and behind neutral players

### EXPLANATION

1. Teams play 2 v 2 with neutral Pivots/Targets on the ends.
2. Teams try to combine and find the target on the opposite end of the court. If successful, the team turns around and attacks the other way, trying find the opposite target. If the opposing team wins the ball, they do the same.

### POSSIBLE PROGRESSIONS

- Limit touches or time limits for neutral players





## SESSION 4: ATTACKING | C. TRAINING GAME

Combination play – Pivot/target combination

### ORGANISATION

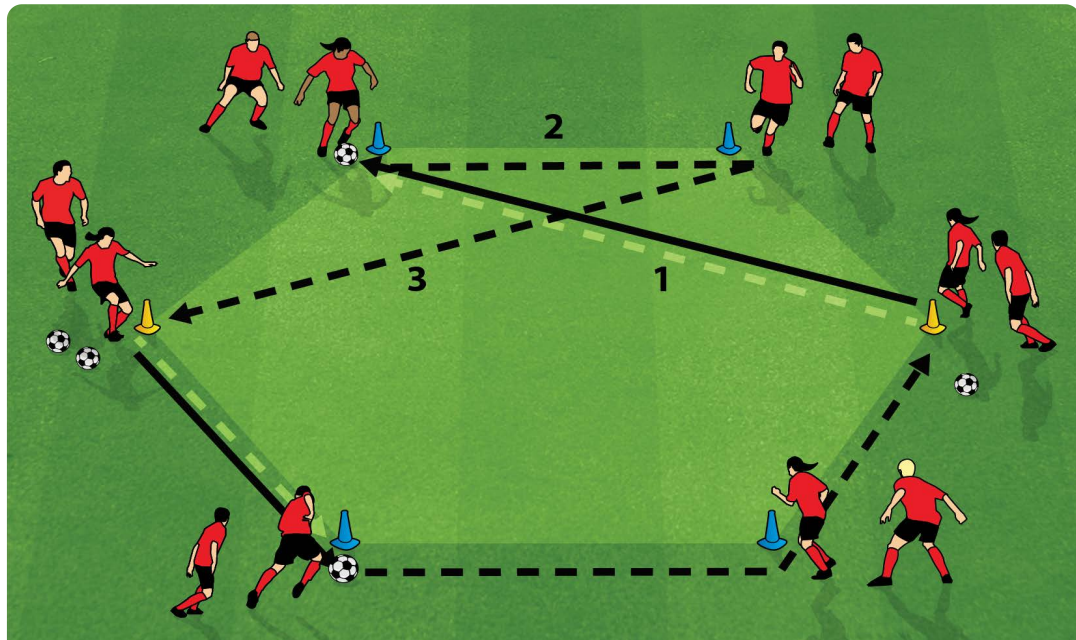
- Use the whole court or create an area of up to 30x16m or 40x20m. Modify the area depending on the number and ability of your players
- Divide the players into two even teams
- Place balls in the goals

### EXPLANATION

1. Teams play 5 v 5 with GKs in a 1-1-2-1 formation.
2. Ball starts with the GK and teams try to score in the opponents goals.
3. If a player scores after combining with the target/pivot its worth 3 points.







## SESSION 5: ATTACKING | A. PASSING PRACTICE

Controlled possession – Switching the point of attack

### ORGANISATION

- Area of up to 40x20m, modify the area depending on the number and ability of your players
- Place cones as a hexagon as shown
- Place spare balls at each end

### EXPLANATION

#### Pattern 1

1. Ball starts simultaneously from each end.

2. Players progress the ball to the opposite end of the pitch using any combination of pass they wish.
3. Players move to the next cone in a the same direction that the ball is travelling.

#### Pattern 2

1. Play to the furthest blue cone before combining to play to the end cone.

#### Pattern 3

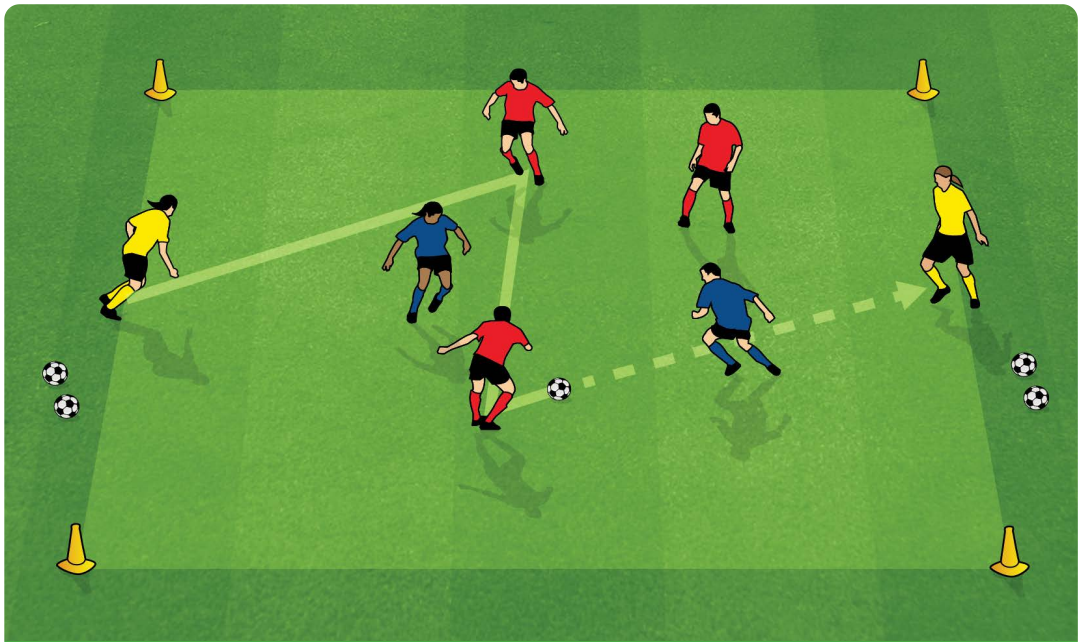
1. Players combine at the top of the area before play restarts again. e.g. With a 1-2.

- Two touch limit

### POSSIBLE PROGRESSIONS

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 5: ATTACKING | B. POSITIONING GAME

Controlled possession – Switching the point of attack

### ORGANISATION

- Area of up to 20x10m, modify the area depending on the number and ability of your players
- Place cones as shown
- Place spare balls at each end
- Mirror this practise with the remaining players
- Teams play 3 v 2 + 1 neutral players on each side

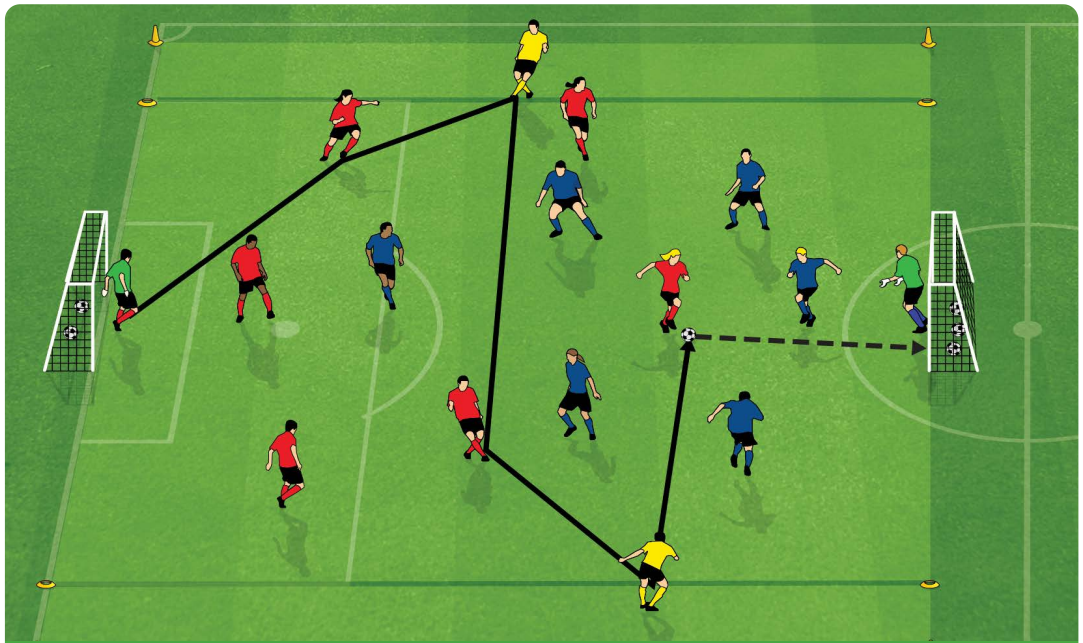
### EXPLANATION

1. The three players in the middle attempt to transfer the ball from target player to target player. If they are successful they receive 1 point and try shift the ball back to the opposite player.
2. If the defenders win the ball, they try keep it for 3 passes to get a point.
3. Swap player roles after 2 minutes of play.

### POSSIBLE PROGRESSIONS

- Two touch limit for target players
- Make the area narrower and/or longer





## SESSION 5: ATTACKING | C. TRAINING GAME

Controlled possession – Switching the point of attack

### ORGANISATION

- Create an area of up to 50x40m. Modify the area depending on the number and ability of your players
- Divide the players into two even teams and two neutral players to play on the outside of the area
- Place balls in the goals

### EXPLANATION

1. Teams play 7 v 7 + 2 neutral players in a 1-3-2-1 formation and are trying to score in the opponents goal.
2. Players can use the wide players to help them retain possession of the ball.

### POSSIBLE PROGRESSIONS

- The team gets an extra 3 points per goal scored if they switch the ball from neutral player to neutral player
- Limit the touches of the neutral players





## SESSION 6: DEFENDING | A. PASSING PRACTICE

Collective and intelligent pressing - Winning the ball in the attacking half

### 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

1. Blue players pass the ball around or through the area to each other. Each player must take two touches of the ball.
2. Players passing the ball must follow their pass.
3. Reds must adapt their defensive position in relation to where the ball is, without tackling or intercepting.
4. After 45 seconds swap teams around.

### POSSIBLE PROGRESSIONS

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

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development







## SESSION 6: DEFENDING | C. TRAINING GAME

Collective and intelligent pressing - Winning the ball in the attacking half

### ORGANISATION

- Use the full Futsal court
- 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

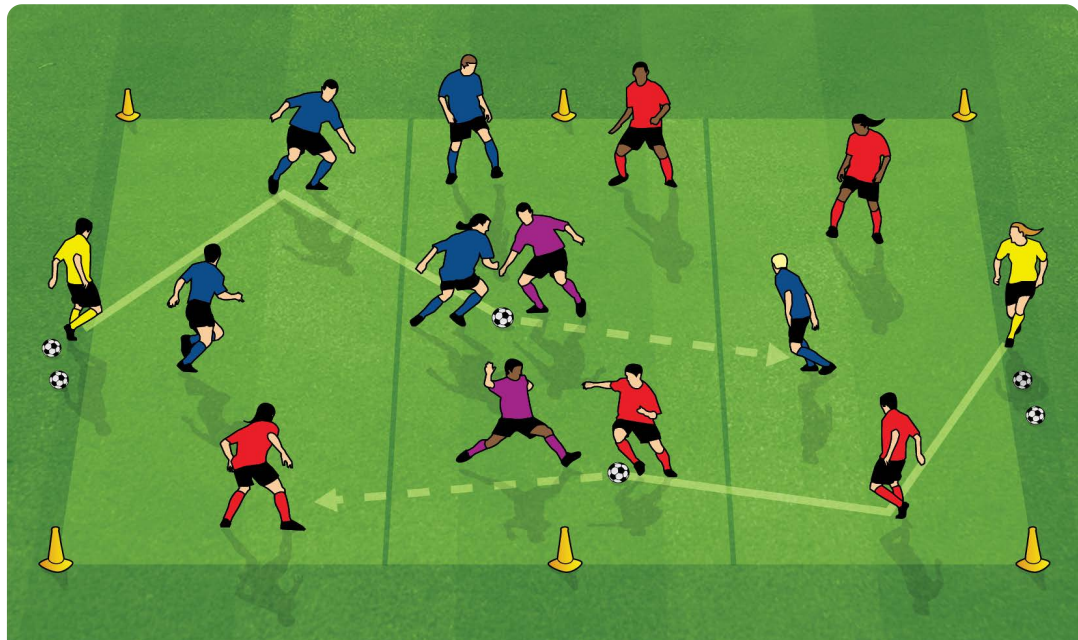
### EXPLANATION

1. Play begins with either GK.
2. Teams are trying to score in opponent's goal.
3. One player for the team in possession is allowed to drop into their end zone to join the GK in that zone.
4. 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

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





## SESSION 7: TRANSITION | A. PASSING PRACTICE

Quick transition to attack

### ORGANISATION

- Area of up to 30x20m, modify the area depending on the number and ability of your players
- Split the pitch into thirds as shown
- Place spare balls at the top of each end
- Place a yellow player at each end and they start with the balls
- Place two defenders in the middle third as shown
- Split the remaining players into two even teams

### EXPLANATION

#### Pattern 1

1. Ball starts simultaneously from each yellow player from the ends (they will always play the ball to the same colour team).
2. Players progress the ball to the opposite end of the pitch using any combination of pass they wish as quickly as possible. Reds and blues always attack the same end.
3. When the ball reaches the target player, they will play the ball to the opposite team (the blue team always attacks in one direction and the red team always attacks in the opposite direction).

4. The defenders in the middle zone try and win possession in the middle third only. If they win the ball, they quickly play to the target player at the top.

5. Swap players after 2 minutes of play.

#### Pattern 2

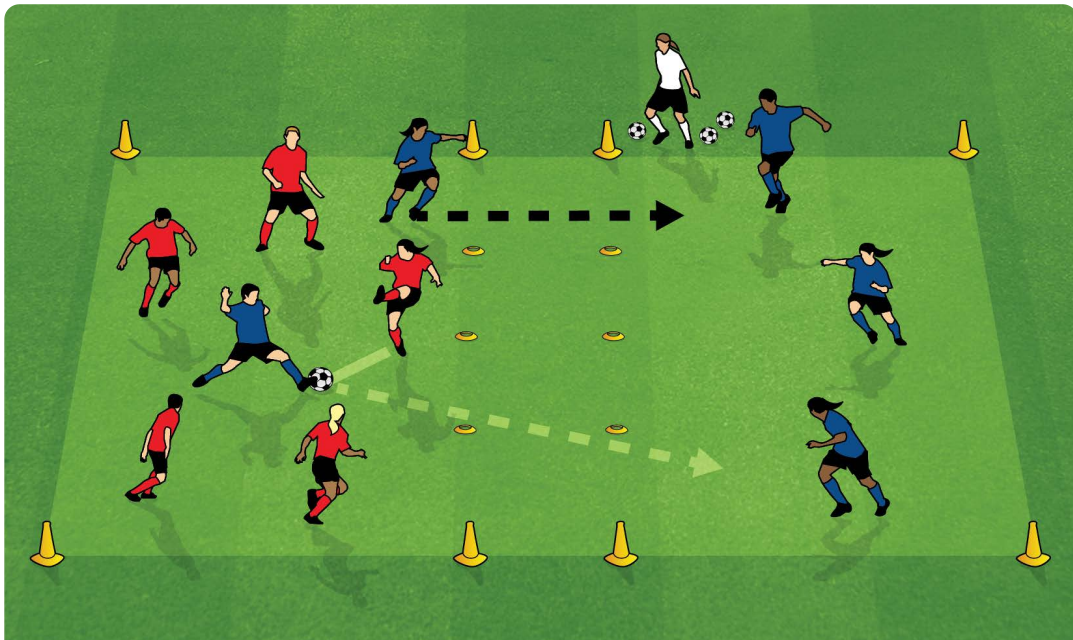
1. The ball must progress through the middle zone.

#### POSSIBLE PROGRESSIONS

- Two touch limit for target players
- Make the area smaller

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 7: TRANSITION | B. POSITIONING GAME

Quick transition to attack

### ORGANISATION

- Two zones 20x20m separated by 5m as shown below. Modify the area depending on the number and ability of your players
- Split the group into two even teams
- Spare balls with the coach

### EXPLANATION

1. The red team starts in possession with 1 blue defender in their zone.
2. On every 5 passes the red team makes, a new blue defender enters the zone.

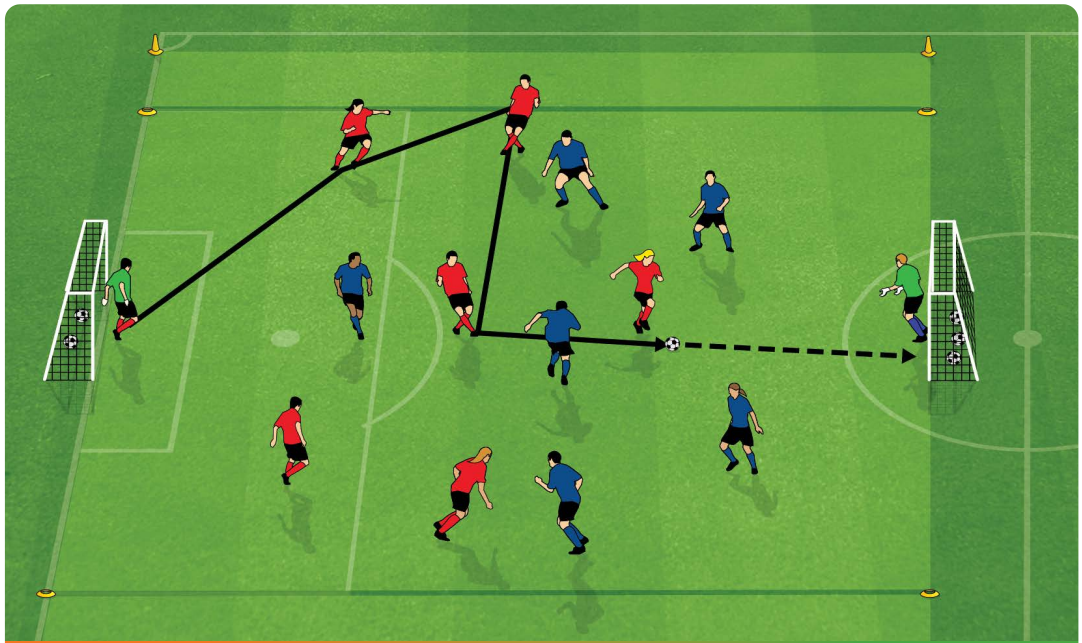
3. If the blue players win the ball, they quickly transition the ball to a their own player in their own zone, and all blue players and 1 red defenders now enter the blue zone and blues try keep possession while red player(s) try regain possession.
4. The defending team must always have at least one player remaining back in their own zone to receive the ball.
5. If the attacking team play the ball out of the area, the coach quickly plays a ball to the defending team in their own zone and the game quickly restarts.

### POSSIBLE PROGRESSIONS

- Start with 2 defenders transitioning at the start of play







## SESSION 7: TRANSITION | C. TRAINING GAME

Quick transition to attack

### ORGANISATION

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

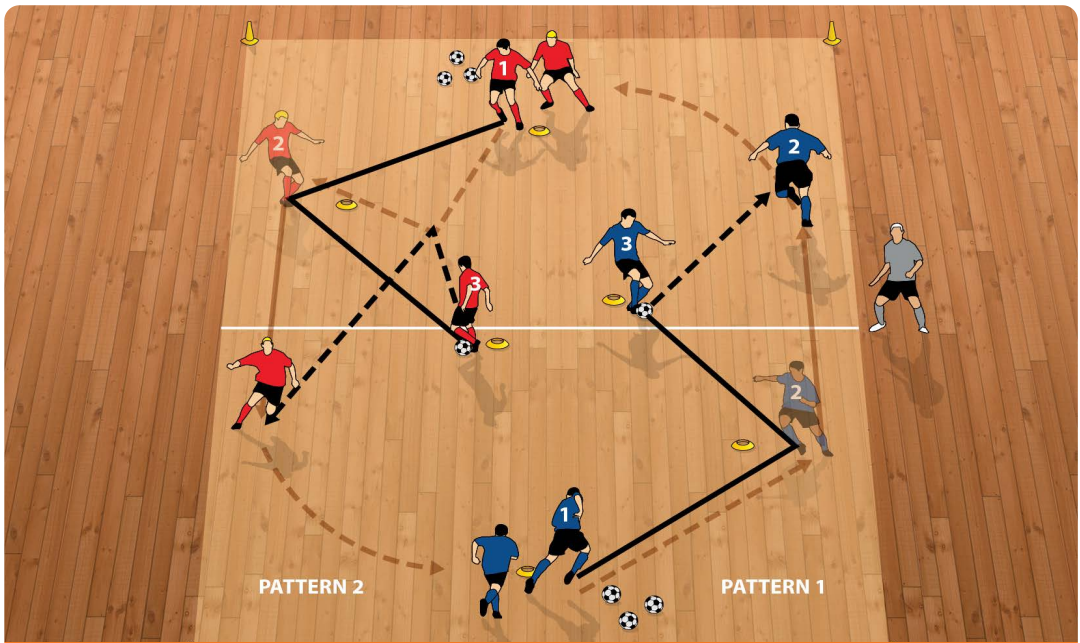
### EXPLANATION

1. Teams play 7 v 7 in a 1-2-3-1 formation and are trying to score in the opponents goal.
2. Only 1 person can defend in the attacking half (this does not have to be the same player all the time).
3. If a team wins the ball in their defending half and score within 10 seconds they get 3 points. If they score a goal outside of this time or from a goal kick they get 1 point.
4. If the ball goes out start with the GK.

### POSSIBLE PROGRESSIONS

- Shorten the amount of time to score
- Take out the half-way line and play a regular game





## SESSION 8: ATTACKING | A. PASSING PRACTICE

Incisive possession - Attacking using wide areas

### 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

1. Both balls start at the same time with Player 1 passing the ball to Player 2.
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.

3. 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

1. Both balls start at the same time with Player 1 passing the ball into Player 2.
2. Player 2 receives the pass outside the cone and passes the ball to Player 3.

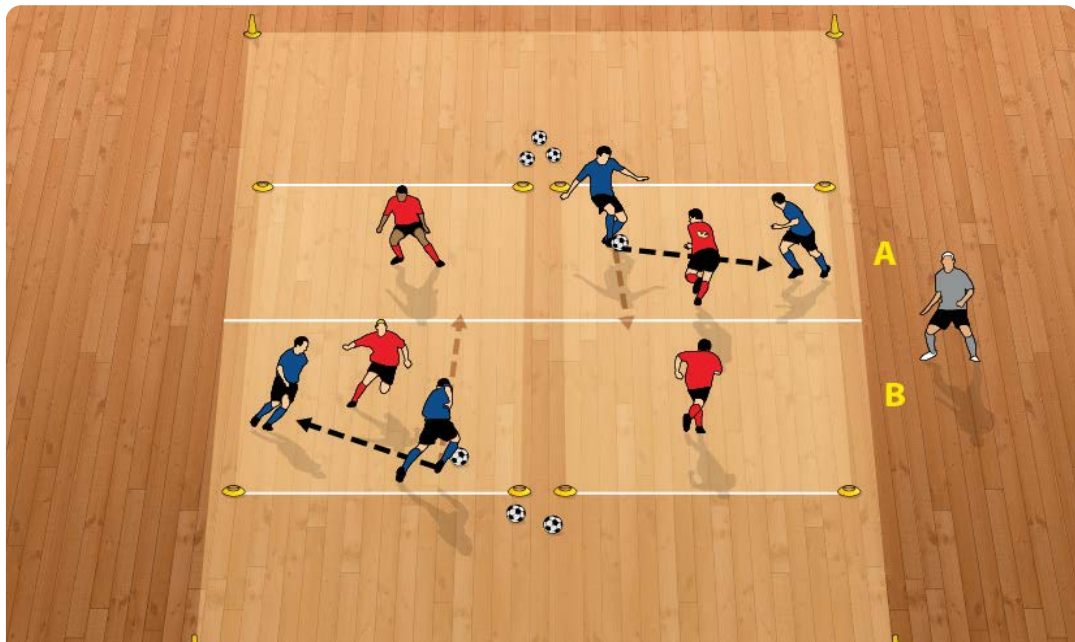
3. Player 3 lays the ball off to Player 1 who then passes a through ball to Player 2 to receive over the half way line.
4. Players rotate the same.

### POSSIBLE PROGRESSIONS

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

Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development





## SESSION 8: ATTACKING | B. POSITIONING GAME

Incisive possession - Attacking using wide areas

### 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

1. 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.
2. 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.
3. If they get over both the half way and end line they repeat the action going back the other way.

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

### POSSIBLE PROGRESSIONS

- First defender can retreat into zone B once beaten
- Players must use 2 touch





## SESSION 8: ATTACKING | C. TRAINING GAME

Incisive possession - Attacking using wide areas

### ORGANISATION

- Use the full Futsal court
- 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

1. Play begins with the GK.
2. Teams are trying to score in opponent's goal.
3. 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

