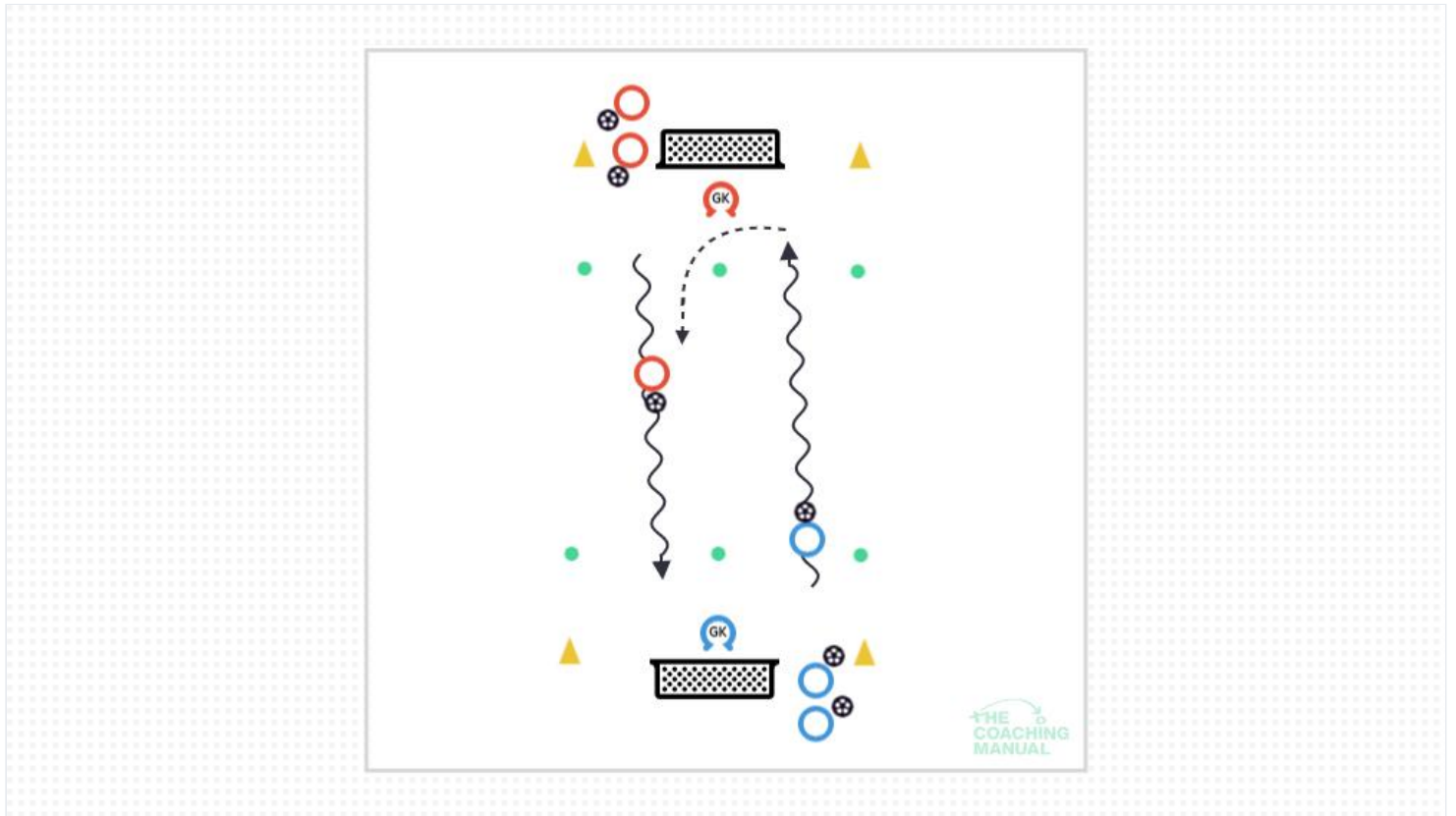


1v0 + Recover

Written by Will Dodds

Set Up

🕒 25 mins 👤 8 players 🧢 4 bibs 🚧 10 cones 🏟️ Long & Narrow area



How to Play the Game:

- Note: Ideally, every player will have his own ball. At the very least, there needs to be a 2:1 player:ball ratio.
- The first player: The first player in line for the blue team will leave his line and run with the ball towards the opposite goal. He cannot shoot on goal until he enters the "end zone" through the near-sided gate.
- The second player: As soon as this blue player enters the end zone, the first red player enters the game and carries his ball towards the opposite goal, abiding by the same "entering and shooting" rules.
- The recovery run: As soon as the initial blue player has shot on goal, he should chase the advancing red player and attempt to prevent this player from scoring.
- Players always return to the same line.
- Rotate the side of the goal from which players enter. That way, they get to attack and recover from different sides of the field.
- The game should be continuous. Stop every few minutes to make coaching points.

Coaching Points:

- Sprint!
- First, cut off the goal, aka recover to get "goal side," etc.
- Then, deal with the attacker: Contain, show him wide, press tight upon cues, etc.

Delay + Recover (1v2 --> 2v2)

Written by Will Dodds

Set Up



25 mins



8 players



8 balls



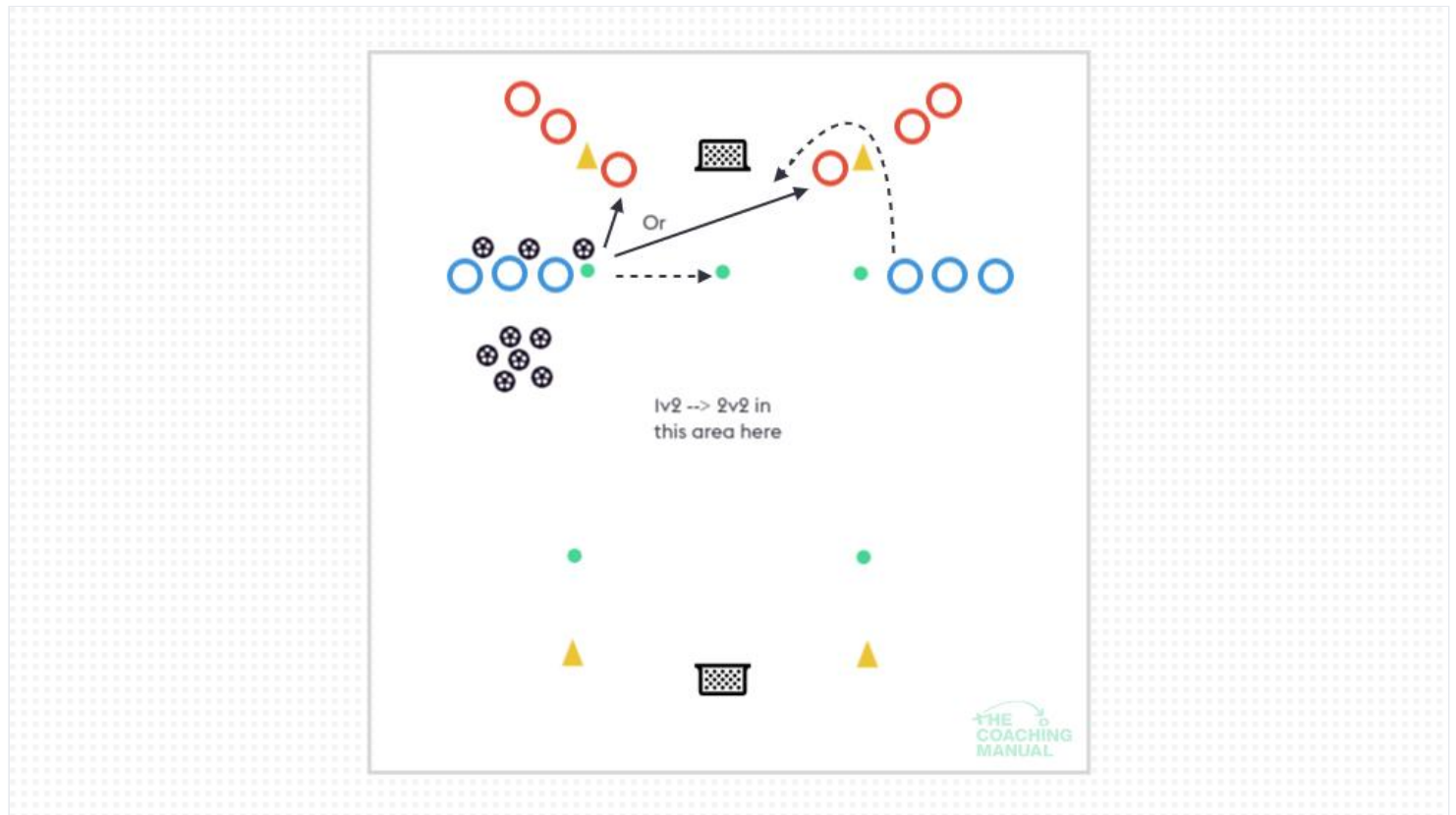
4 bibs



9 cones



Long & Narrow area



How to Play the Game:

- Restarts: Each wave always starts with one defender passing to either one of the attackers and entering the field to touch the middle cone.
- The second defender: As soon as the first defender passes the ball into an attacker, this guy must run around the nearest corner cone before entering the game. (This means that he will probably be chasing the play from behind.)
- The 1v2: As soon as one attacker receives the inbound pass, the attackers should advance toward the opposite goal vs. the first defender.
- The 2v2: Once the second defender recovers and joins the game, play 2v2 with each team defending and attacking their respective goals.
- Note: NO OFFSIDE
- Ball out = Game over
- To EXTEND the "delay time" of the first defender, require the second defender to run around the corner AND GOAL.
- To REDUCE the "delay time" of the first defender, require the second defender to simply touch the corner cone.

Coaching Points:

- First defender = Delay
- Delay = Backpedaling or shuffling, screening the goal, preventing the attackers from getting behind you, with eyes on both players, maybe cutting off the pass and forcing the ball carrier wide (if you are lucky), and buying your teammate time to recover behind the ball to help you defend.
- Second defender = Recover
- Encourage the attackers to challenge the defenders by creating realistic, threatening, game-like scenarios: Run with the ball at the first defender, pass to space behind him, etc.

- Teamwork, communication, discipline, work ethic

Delay + Recover End Game

Written by Will Dodds

Set Up



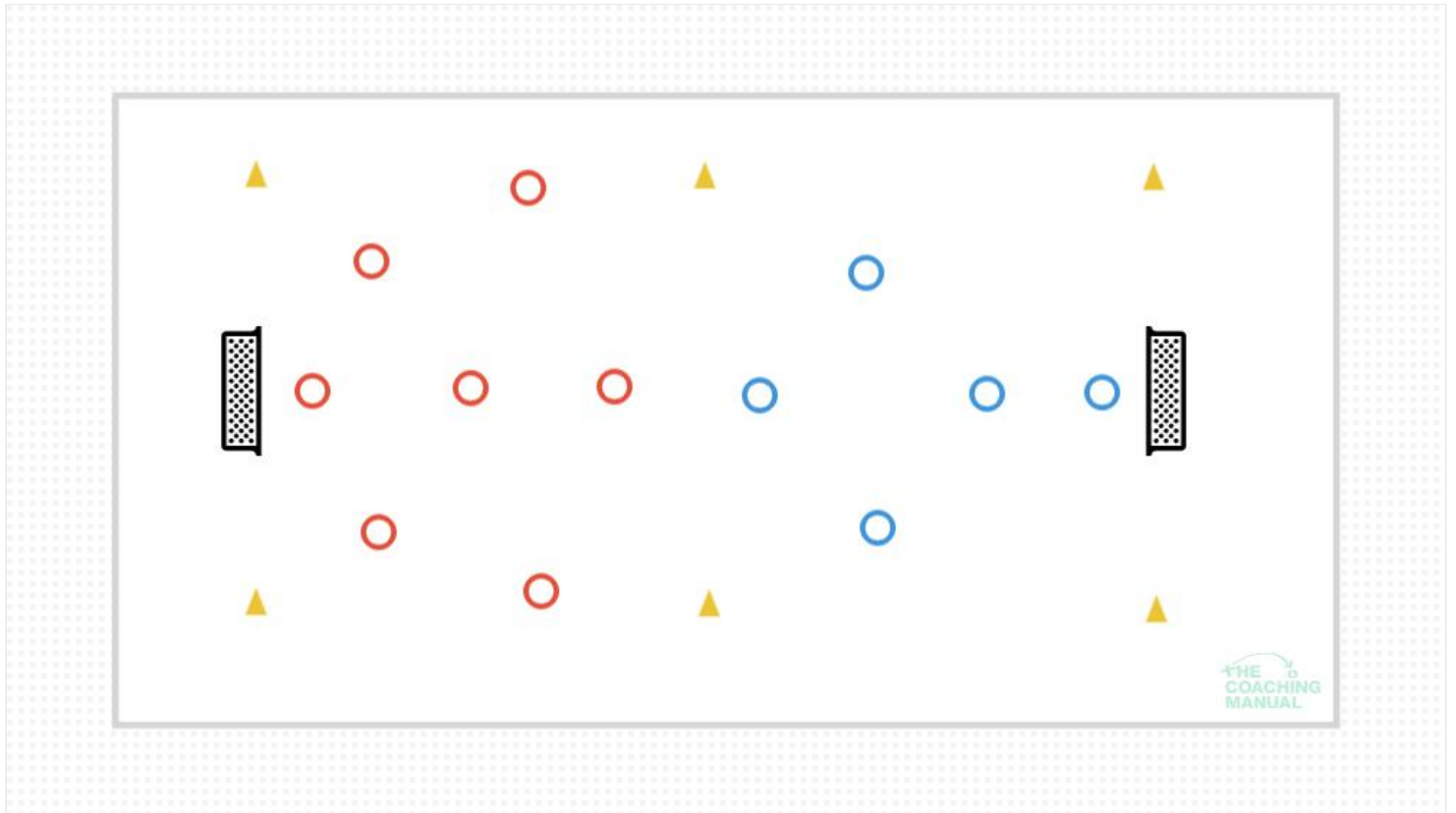
25 mins



6 cones



Long & Narrow area



How to Play the Game:

- Condition #1: A goal scored only counts for a point if your entire team (minus the GK) is in the other team's half.
- Condition #2: If you lose or turn over the ball in the other team's half, whether it is in the field of play, for a throw-in, or for a goal kick, everyone except the center back(s) and GK must do two push-ups before resuming play while the attacking team can transition as quickly as they would like.
- Reminder: Possession must be clearly lost. You can still fight for a 50-50 ball.
- Variations: Increase or decrease number of push-ups based on whether you want more or less "delay time" for the defenders.

Set-Up Variations:

- 5v5 = 1-1-2-1
- 6v6 = 1-2-3
- 7v7 = 1-2-3-1