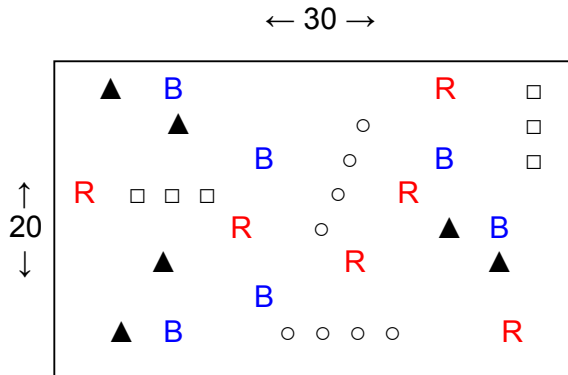


Darran Bowels FA's N.E Regional Coach Development Manager  
Five Favourite Practices

WARM UP – Movement Work (including FUNdamentals)



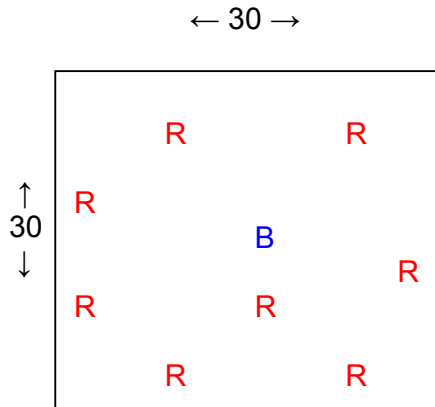
Organisation

2 groups of players in bibs  
Area 30 x 20 yds  
Use different size/shape of area  
Work without ball

- ▲ ▲ = Turn
- ○ ○ ○ = Weave or Quick feet
- □ □ = Zig Zag L/R or Fwds/Bwds

1. Basic Passing & Support

BBBBBBB



Organisation

2 groups of 8 players in bibs  
Area 30 x 30 yds  
Begin with 8 v 1  
Extra defender introduced after every 5 consecutive passes (ie 8 v 2, 8 v 3, 8 v 4 etc)  
Rotate the teams when the defenders intercept the ball or force a mistake  
Conditions on number of touches if necessary?

Key Factors

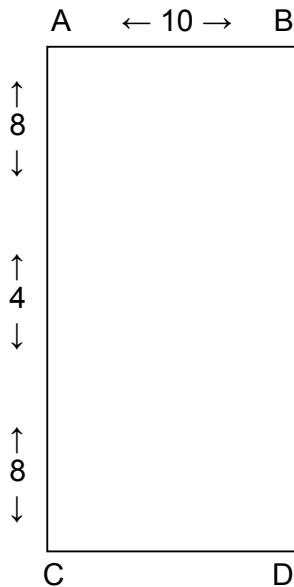
**Team in possession of the ball**

- i Quality of pass – Accuracy, weight & timing
- ii Support – Angles & distance
- iii Use of space available
- iv Composure on the ball
- v Communication

**Team trying to regain possession of the ball**

- i Pressure – From player closest to the ball
- ii Support – Angles & distance
- iii Marking & Covering – Of opponents and space

## 2. Football Tennis



### Organisation

2 v 2

Combined 3 touch + 1 bounce limit for players in end zones

Middle zone out of bounds, therefore NO net required

Service from back line AB or CD

Points scored by the team holding service. First team to 11 points.

### Key Factors

i Good 1<sup>st</sup> touch

ii Decision? Return yourself or set up your partner

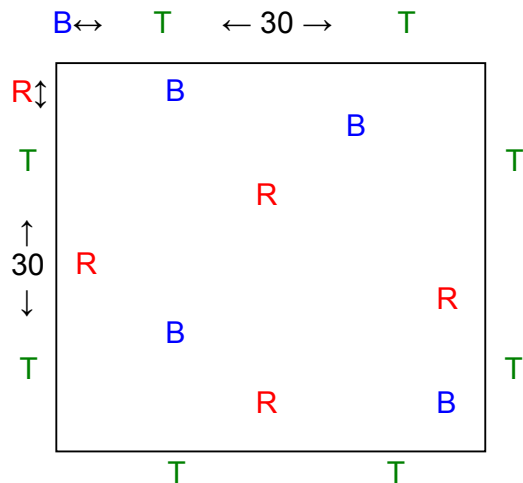
lii Support

iv Quality return (ie Selection, Accuracy, Weight & Disguise)

v Awareness

vi Communication

## 3. Playing ½ Turned



### Organisation

4 v 4 in middle zone with 2 Target players (T) at each end

2 Directional

Teams attempt to pass from one end to the other

Conditions can be introduced for;

i Number of touches on the ball

ii Number of passes in the middle zone

Target players (T) encouraged to switch play before returning the ball into the middle zone

### Key Factors

#### **Team in possession of the ball**

i Create Space as Individual & Team

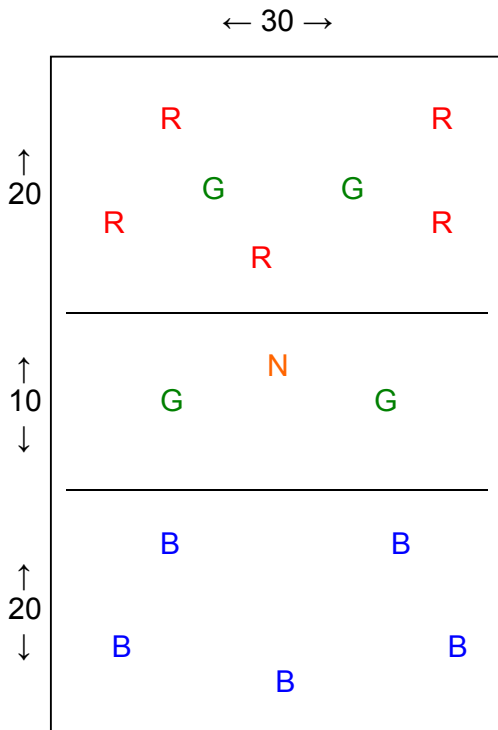
ii Awareness of Team mates & Opponents

- iii Decision? Can I receive early or late and play ½ turned to pass forwards
- iv Technique for playing ½ turned using; No touches, 1 touch, multiple touches
- v Support for player in possession Ahead of & behind the ball Angle & Distance
- vi End Product? Can I run/dribble the ball or pass to a Team Mate/Target (T) player
- vii Communication

**Team trying to regain possession of the ball**

- i Pressure – From player closest to the ball
- ii Support – Angles & distance
- iii Marking & Covering – Of opponents and space
- iv Compactness
- v Recovery Runs & Tracking Opponents
- vi Communication

**4. Passing & Support**



**Organisation**

5 v 2 in the top end zone  
 Team in possession looks to transfer the ball to the opposite end zone after a minimum of 5 consecutive passes by;

- i Using a long lofted/driven pass over/across the middle zone
- ii Playing through the middle zone using the Neutral (N) player

Should possession be transferred to the opposite end zone, the 2 defenders (G) in the middle zone, press the ball. The other 2 defenders then recover to the middle zone.

If the defenders force a mistake or intercept the ball, they switch with the team, which loses possession

## Key Factors

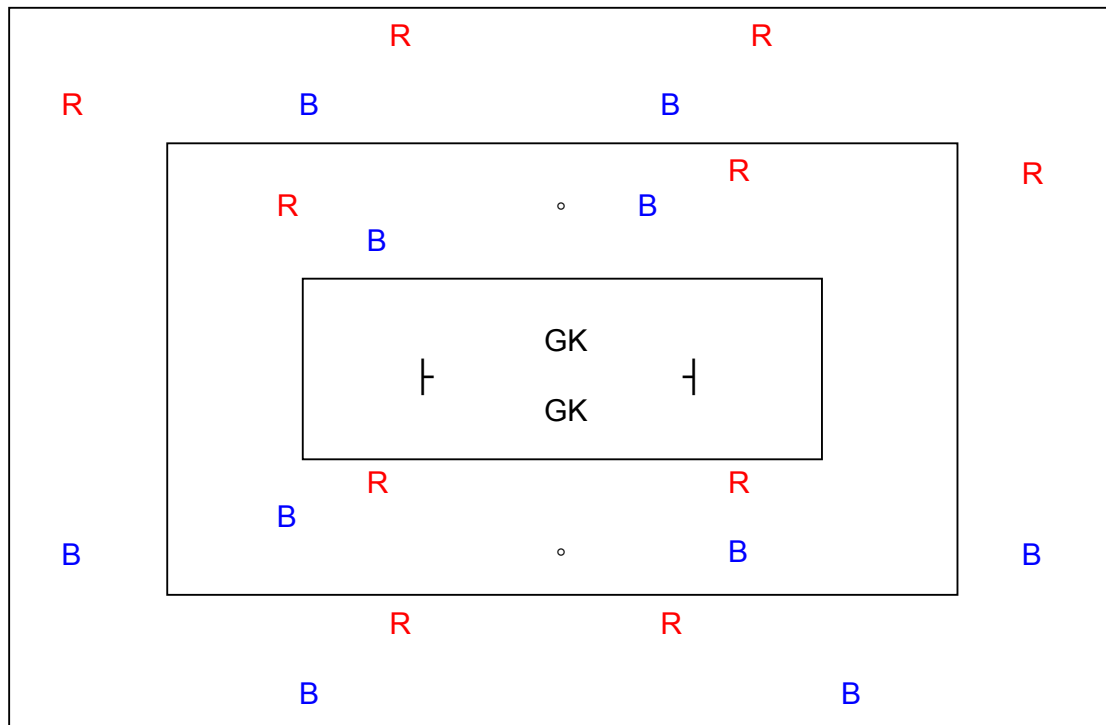
### Team in possession of the ball

- i Create Space as Individual & Team
- ii Awareness of Team mates & Opponents
- iii Support for player in possession - Angles & Distance
- iv Decision? Can I play forwards; With a long pass into the opposite end zone  
Through the middle zone using the Neutral (N) player
- v Technique
- vi Communication

### Team trying to regain possession of the ball

- i Pressure – From player closest to the ball
- ii Support – Angles & distance
- iii Decision - Can I force the play or intercept the ball?
- iv Marking & Covering – Of opponents and space
- iv Compactness
- v Communication

## 5. Passing & Support, incorporating crossing and finishing Inside/Outside the penalty box



### Organisation

Area 60 x 60 (ie Two penalty areas back to back, with a further 12yd area surrounding this)

2 teams of 10 players + Goalkeeper(s) organised as follows;

2v2 inside penalty area

4v2 outside penalty area

### Key Factors

#### **Team in possession of the ball**

i Create Space as an Individual & Team

ii Awareness of Team mates & Opponents

Decision - Can I get an early shot on target?

One/Two touch finish inside the penalty area

Long range shot from outside the penalty area

Decision – Can I set up a team mate to shoot or deliver a cross into the penalty area?

Support for player in possession of the ball - Angles & Distance

Movement of strikers should ball be played wide for a cross

iii Technique

iv Rebounds

v Communication

## Team trying to regain possession of the ball

i Pressure – From player closest to the ball

Decision - Can I stop or delay the shot?

Can I regain possession of the ball and transfer it quickly to my own strikers/midfield players?

ii Support for team mates – Angles & distance

iii Marking & Covering – Of opponents and space

iv Compactness

v Communication