



## WARM UP RONDO

### 5v9+4 Transitional Rondo

White team work for 90secs- 2mins.

Rotate teams around 2/3 times

#### Player Guidelines:

2 touch game

10/12 passes = 1 pt

If white team win possession and connect 3 passes then find target = 1 pt

#### Achievement Criteria:

**Possessing team** blue - keep possession for 10+ passes.

**White team**- win possession and connect 3+ passes then find a target

**White team**- deny 10/12 passes for 90 secs.

#### Performance Criteria:

**Possessing team**- effective possession with fast ball circulation and clever movement

**Possessing team**- upon possession loss, immediate pressure on ball carrier, opponent and space to deny 3 passes.

**Possessing team**- perceive the notion of opponents and team mates (anticipate) before decision making.

**White team**- organize defensive shape and press as a unit. When possession is won, main focus is on connecting the 1st pass.



## WHOLE

### 9v8 to Goal and Small Goals w/ Zones

Whites score in small goals, can play off GK to score.

Use Zones as a reference to lock opponents into one side of the field and press.

Blue team perform either an **organized high press** (force to one side then press as a group once set) and an **un-organized press** (immediate pressure on ball carrier, nearest opponents and space upon loss of possession).

Reference the horizontal blue line as different lines to defend ("don't allow white team to possess across line") and the vertical line ("keep them to one side").

#### Organized press:

Center forward instigates organized press by showing on center back to one side

Visual cues on when to press (bad touch, bad pass, head down, etc..)

Clear and concise communication

Perceive the notions of team mates (when to press), opponents (anticipate passes and bad touches) and flow of the game.

#### Un-organized Press:

Immediate change of mindset from attack to defence (we have the ball- we want the ball back)

Fast, aggressive sprints to regain possession

Understand team mates movements and body language (non-verbal comm.) to determine press

Body shape (show him inside/outside), footwork and posture when confronting the ball carrier.

Every player steps to the ball, the nearest man or the nearest space

#### Individual Player Mentality:

1- Can I win possession?

2- Can I force my opponents to play backwards?

3- Can I block the shot/cross/pass?

#### Pedagogy:

**PSAM**- discovery pedagogy

Give them the guidelines, ask directed questions, give no solutions

\*possibly add the tag rule for blue team to encourage high pressing- if blue player tags white player while in possession, blue are awarded possession from half way line.



## PART

### **3v3 to Small Goals and Target player**

Blue player combines with team mate, receives back and deliberately passes to deep opponent player. As soon as opponent touches the ball, every player is active.

Blue team immediately press the ball carrier, nearest man/space and deny pass into targets feet.

#### **Player Guidelines:**

White team must cross higher white line before pass is made into targets feet.

Blue team can win possession and pass into small goals or dribble across line between goals

#### **Achievement Criteria:**

Blue team- perceive the notions of the opponents and team mates.

Try and create a numerical superiority by isolating the ball carrier  
Use lines as a reference and deny opp. possession across the line.

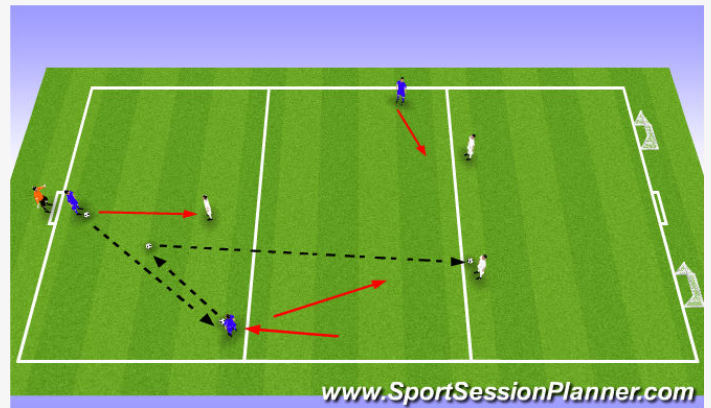
#### **Pedagogy:**

**PTDM**- questioning pedagogy.

Guide/demand/ask/ lead- find the balance

\* Create a competition towards the end to really get the players engaged

\* Tweak the restrictions based on the quality- add 2 touch for whites, disallow the blues verbal communication to force them to read the game (team mates body language, notions, etc..)



## WHOLE - GAME

### **10v10 Game to goals.**

Individual Player Mentality:

- 1- Can I win possession?
- 2- Can I force my opponents to play backwards?
- 3- Can I block the shot/cross/pass?

