



APPENDIX A

SAMPLE TRAINING GAMES



Supporting Around The Ball



Teams: 1+adult vs 1+adult
Field: 20y x 16y
Goals: 3 yards

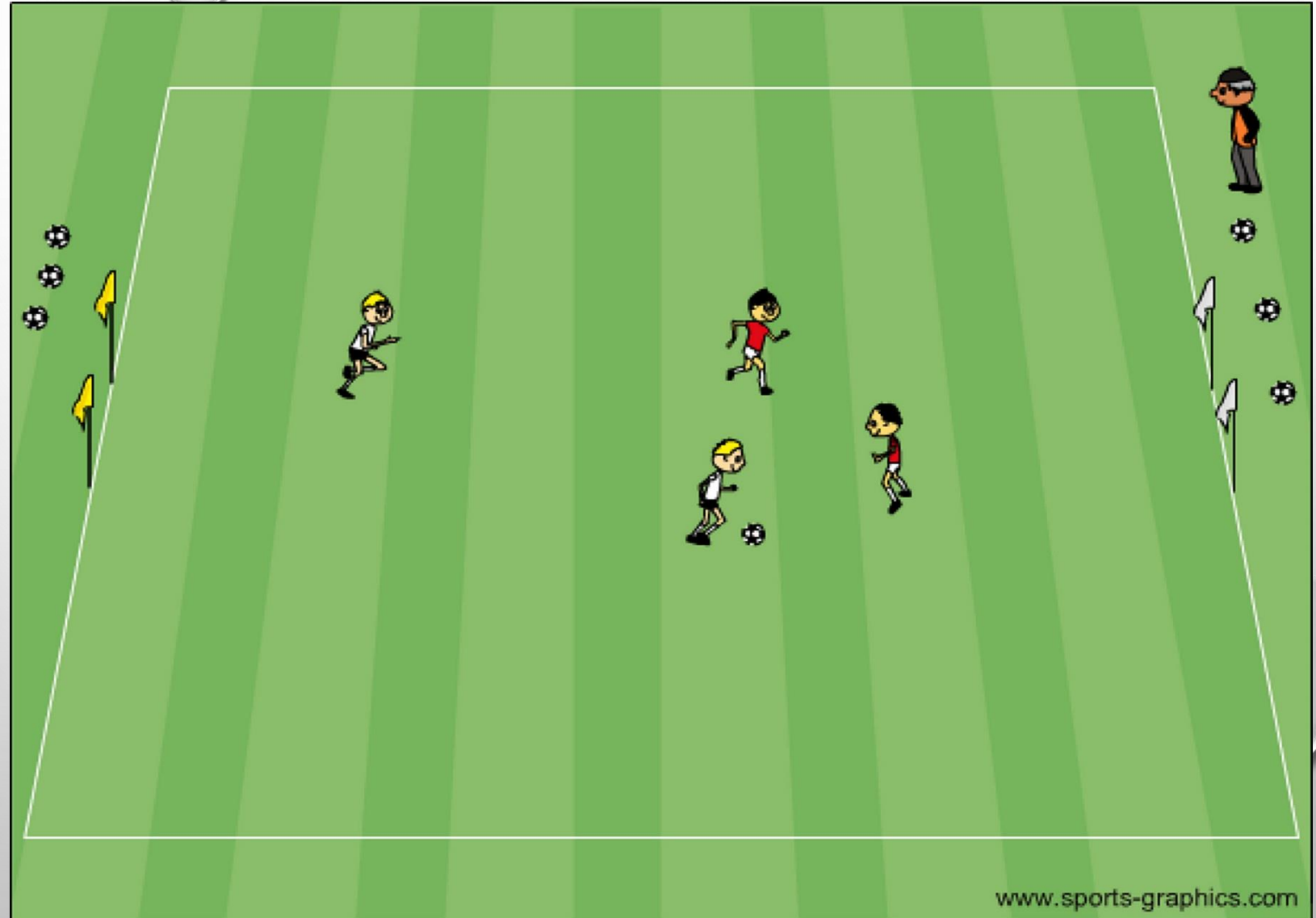




Supporting Around The Ball



Teams: 2 vs 2
Field: 25y x 16y
Goals: 3 yards





Supporting Around The Ball



Teams: 2 vs 2 + 1 neutral adult
Field: 25y x 16y
Goals: 3 yards

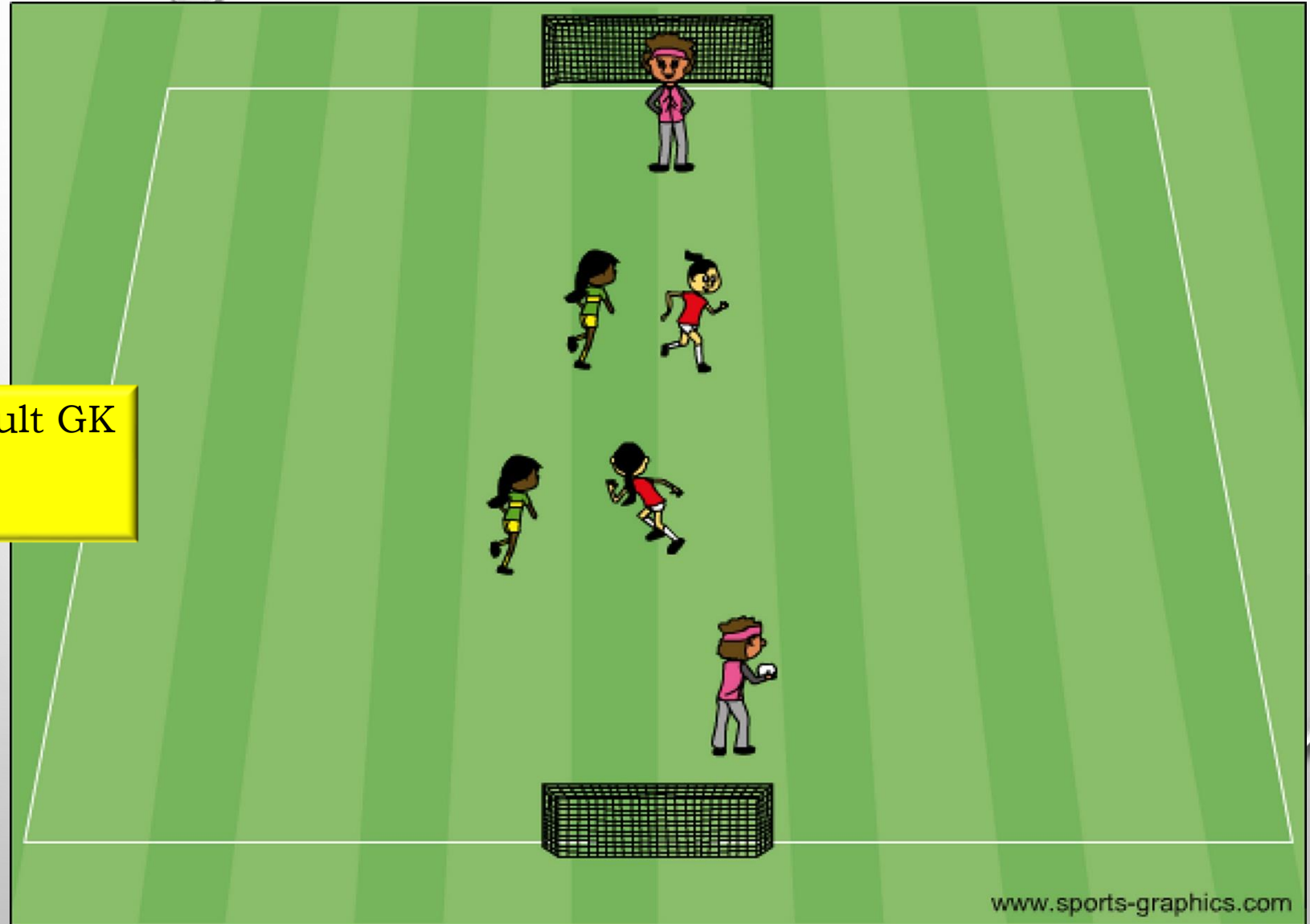




Moving Away From The Ball



Teams: 2+adult GK vs 2+adult GK
Field: 25y x 16y
Goals: 6 yards



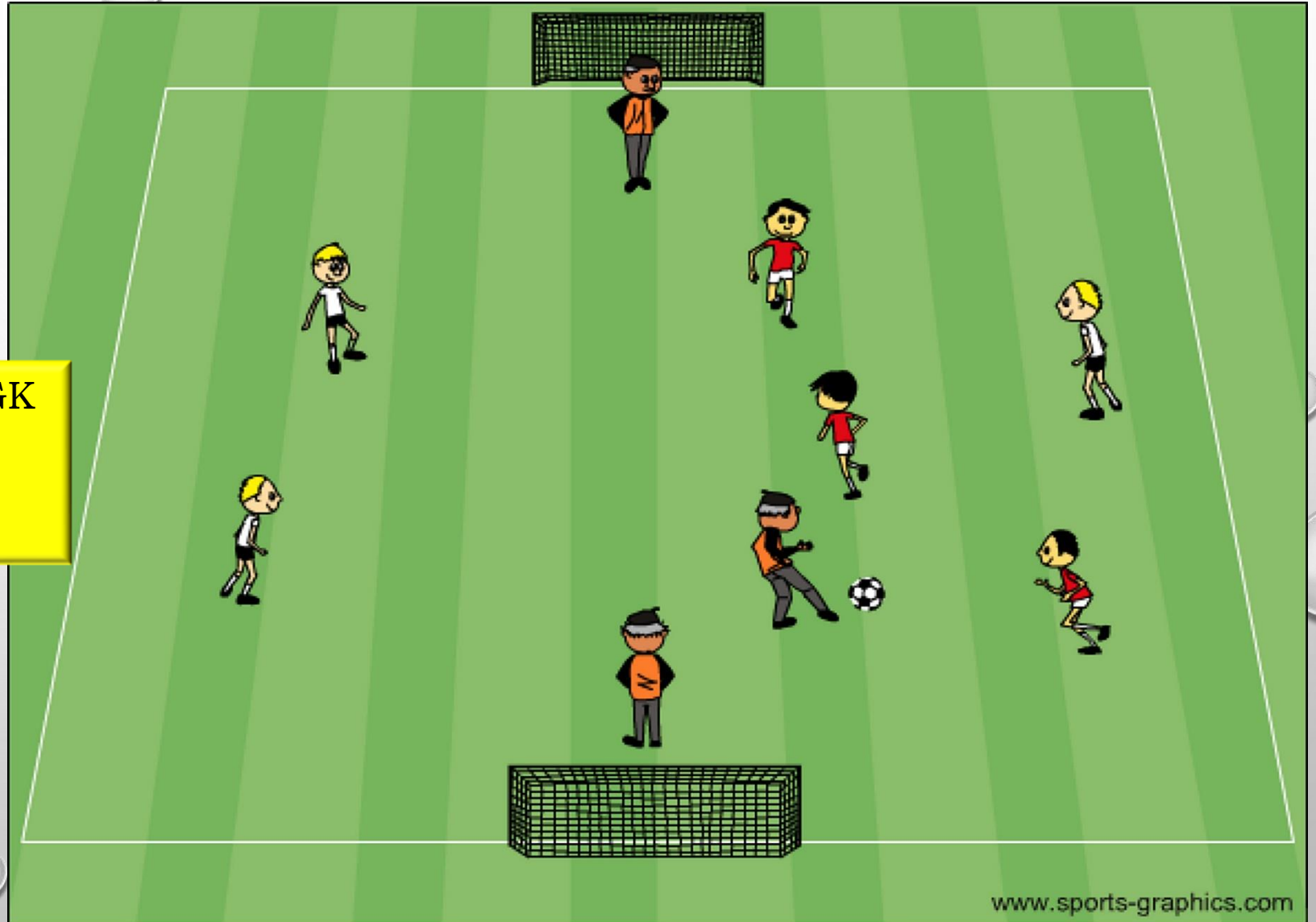
Moving Away From The Ball

Teams: 3+adult vs 3+adult
Field: 30y x 20y
Goals: 3 yards



Moving Away From The Ball

Teams: 3+adult GK vs 3+adult GK
+ 1 neutral adult
Field: 35y x 25y
Goals: 6 yards



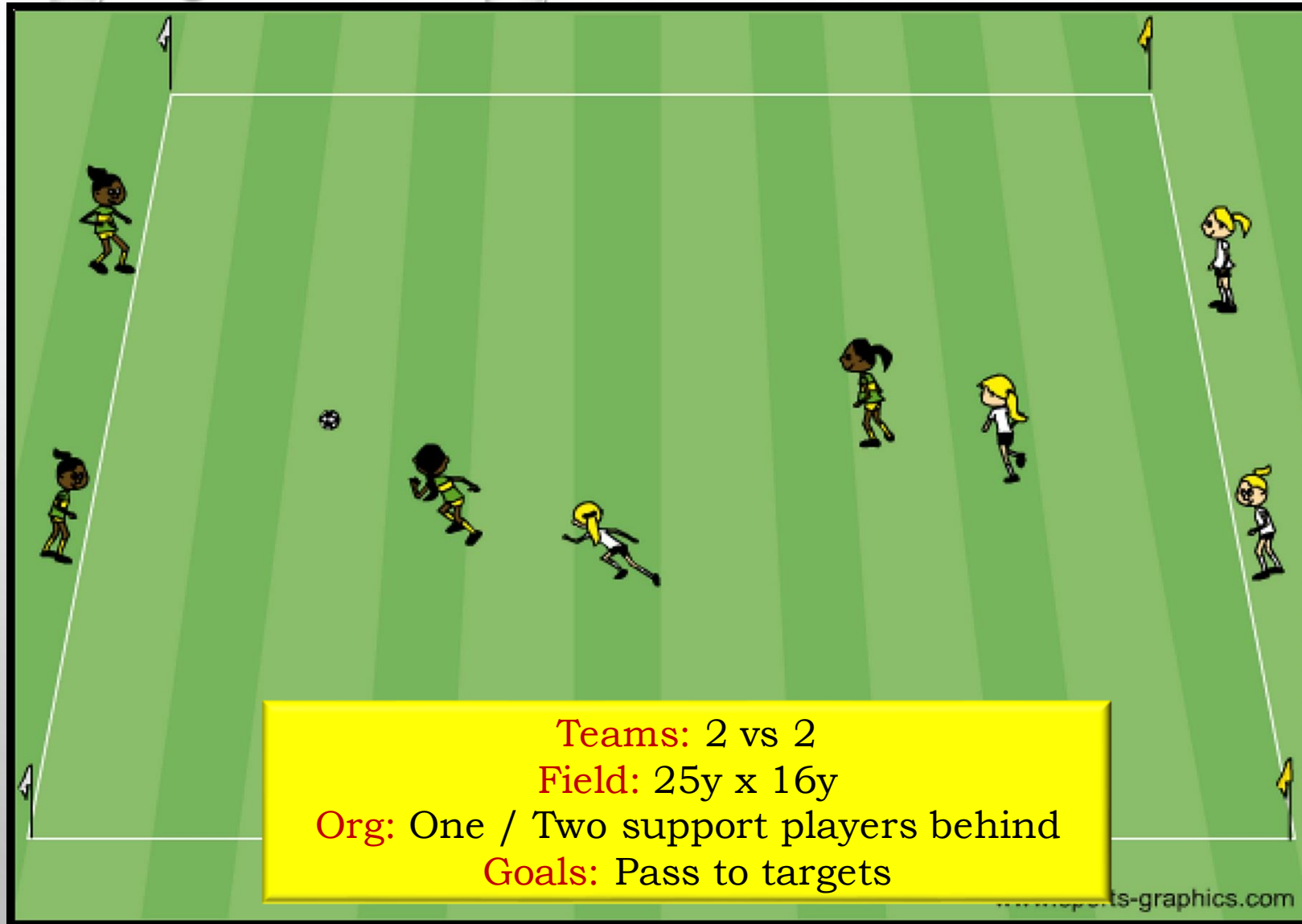


Penetration & Moving Away from The Ball



Teams: 2 vs 2 with adult support
Field: 25y x 16y
Goals: Pass to target

Penetration & Moving Away from The Ball





Penetration & Moving Away from The Ball



Teams: 3 v 3

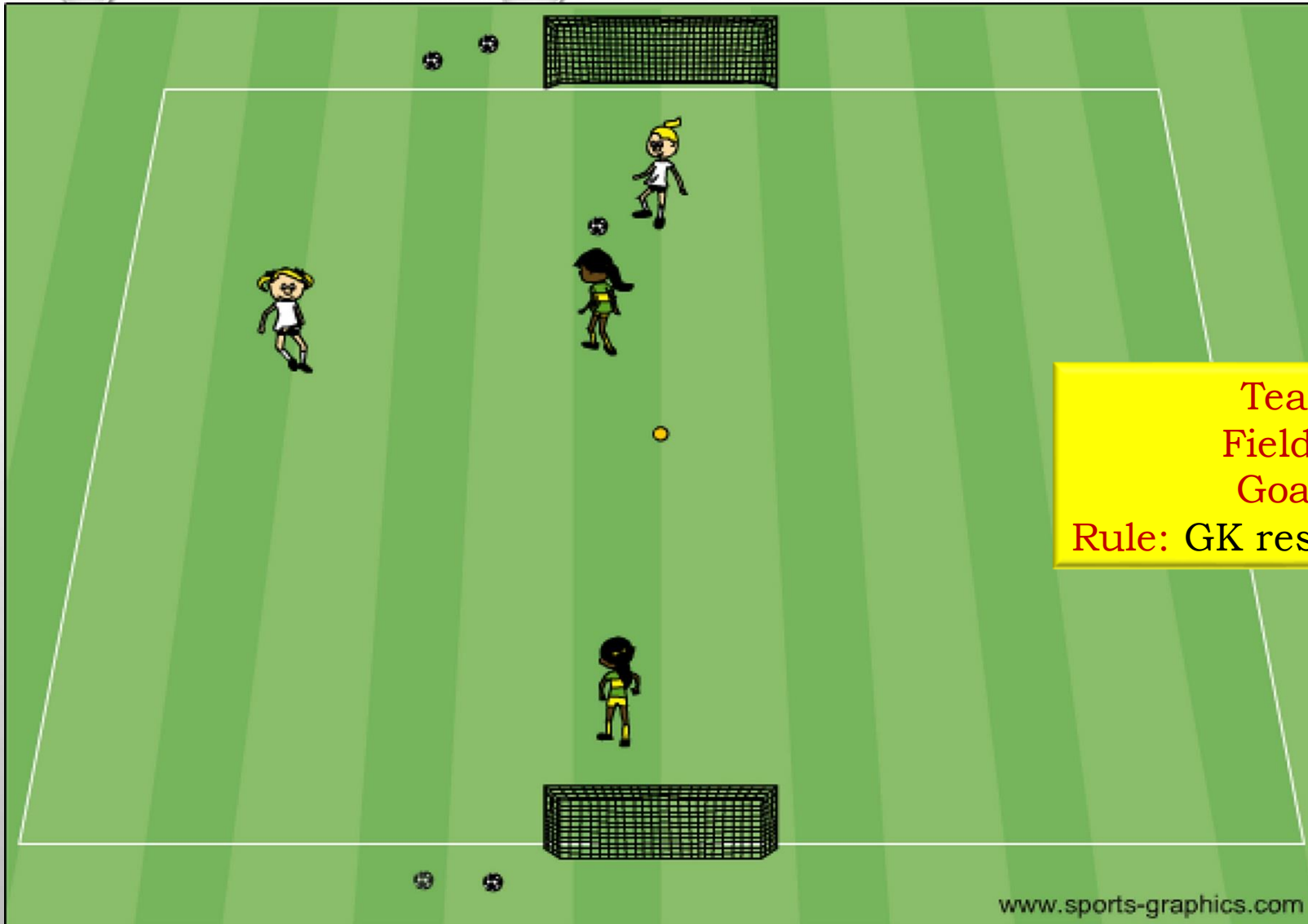
Field: 25y x 20y

Org: When defending, one player drops to become the goalkeeper

Goals: 4 yards

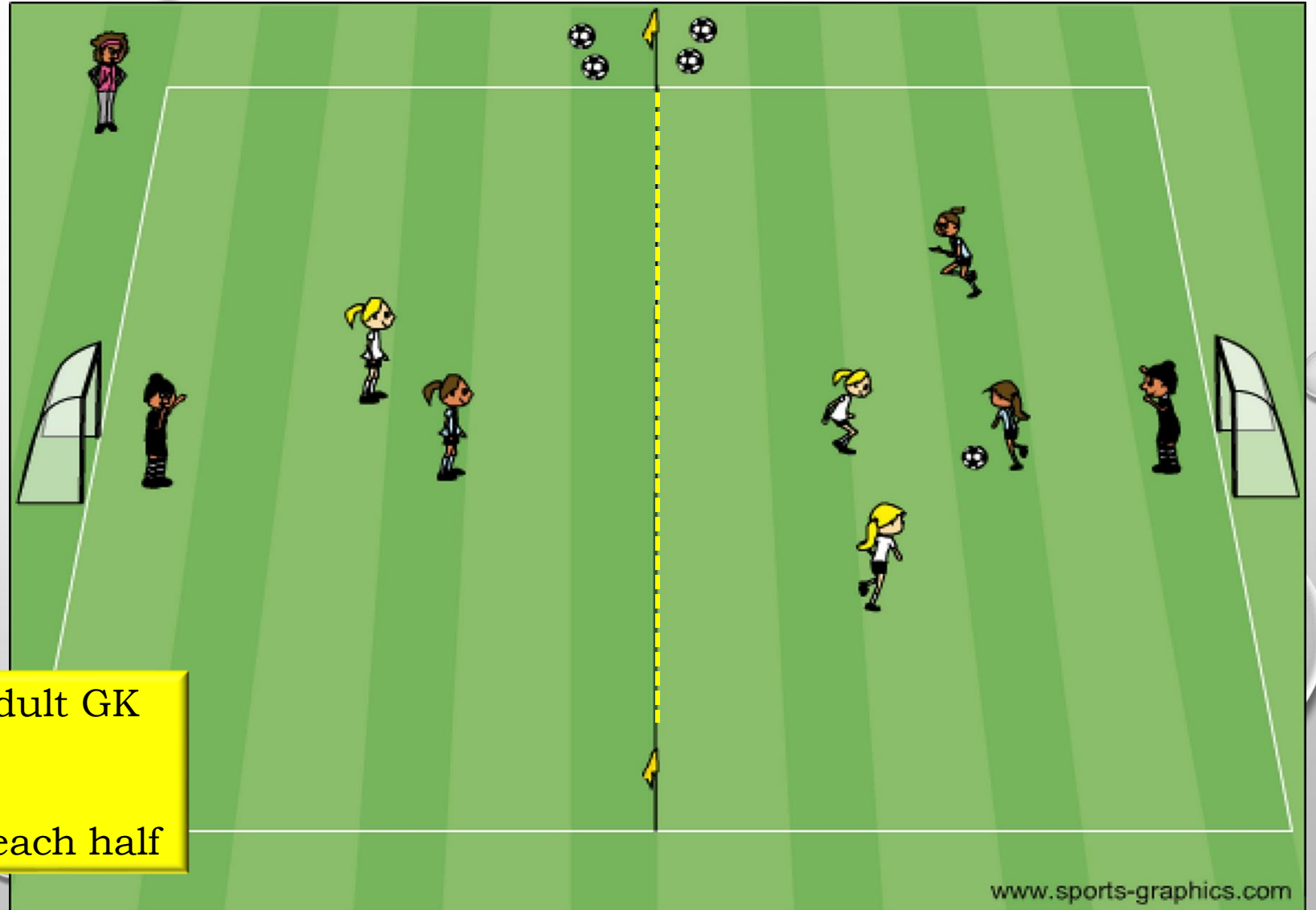


Supporting Behind/Around The Ball



Teams: 2 vs 2
Field: 24y x 16y
Goals: 3 yards
Rule: GK restricted to own half.

Depth and Movement



Teams: 3+adult GK vs 3+adult GK

Field: 36y x 24y

Goals: 6 yards

Rules: One player stays on each half



Depth and Movement

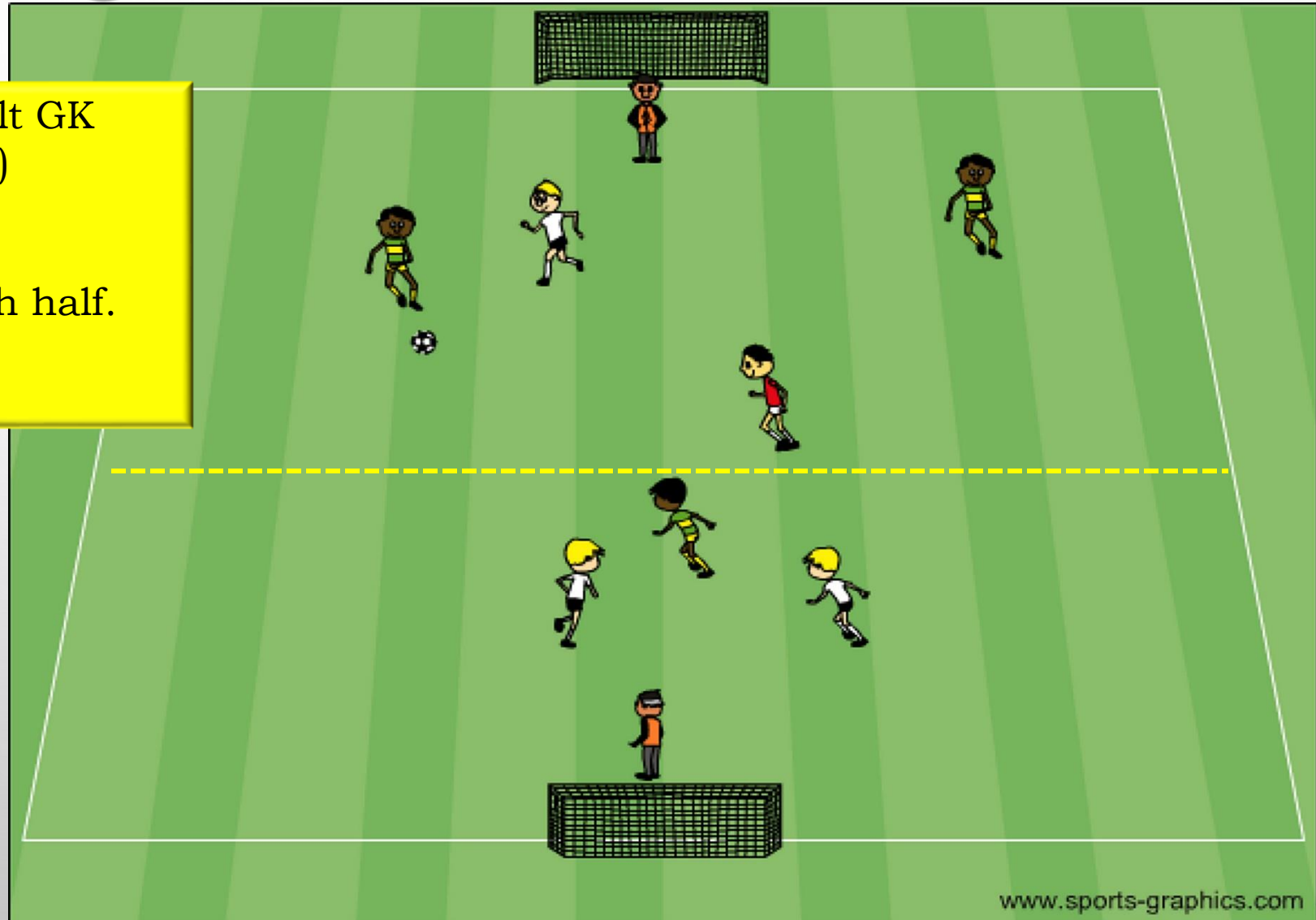


Teams: 3+adult GK vs 3+adult GK
+ neutral (adult or youth)

Field: 36y x 24y

Goals: 6 yards

Rules: One player stays in each half.
Dribble over half.
Pass over half.



Spacing

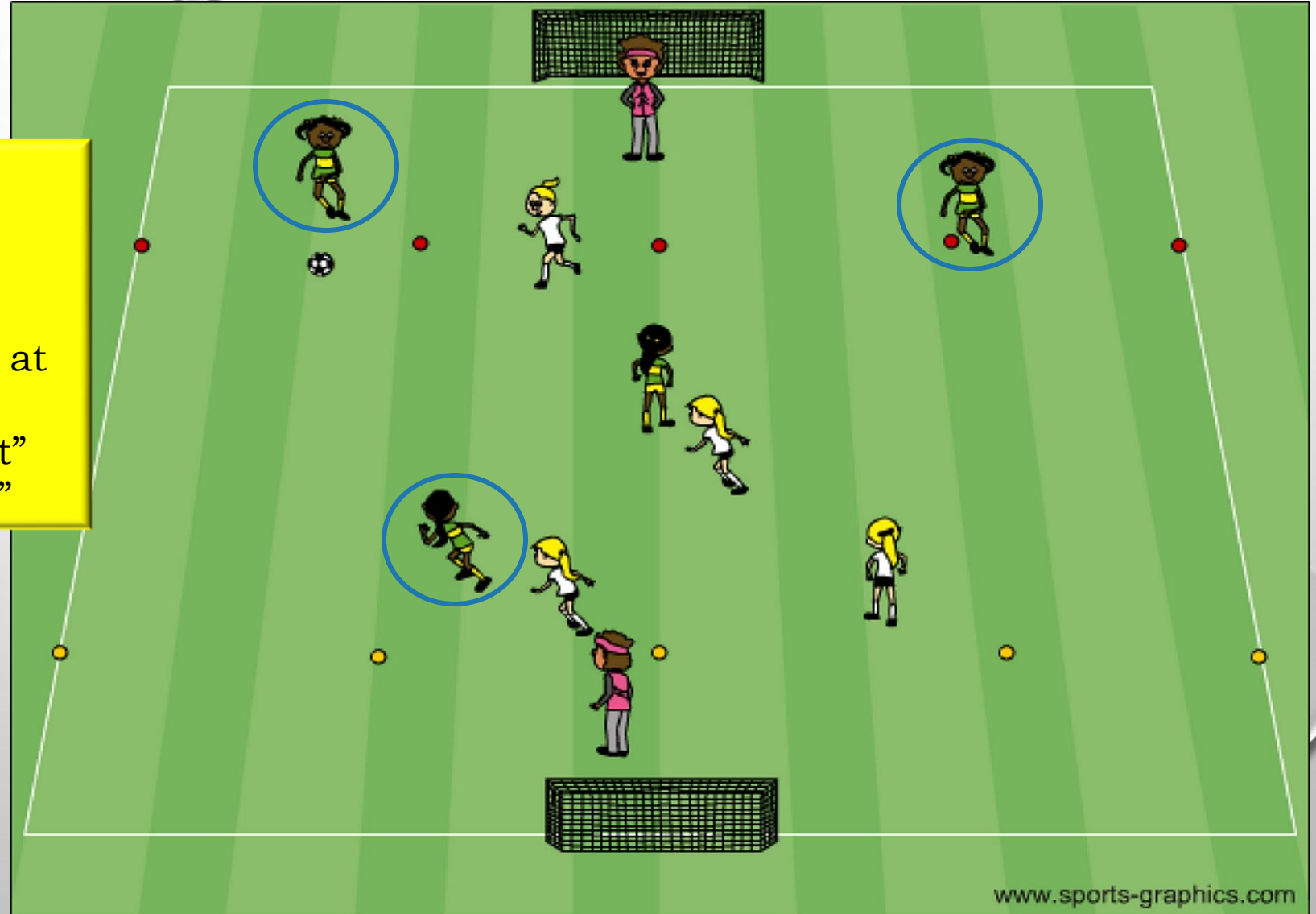
Teams: 5 vs 5
(adult GK's preferred)

Field: 40y x 25y

Goals: 6 yards

Rules: Deep "reference" lines at
each end (~10 yds).

Designated "Left" and "Right"
Defenders and a "Forward."



Moving Away From The Ball

Teams: 5 vs 5 (adult GK's)
Field: 40y x 25y
Goals: 6 yards
Rules: None





Spacing and Ball Circulation



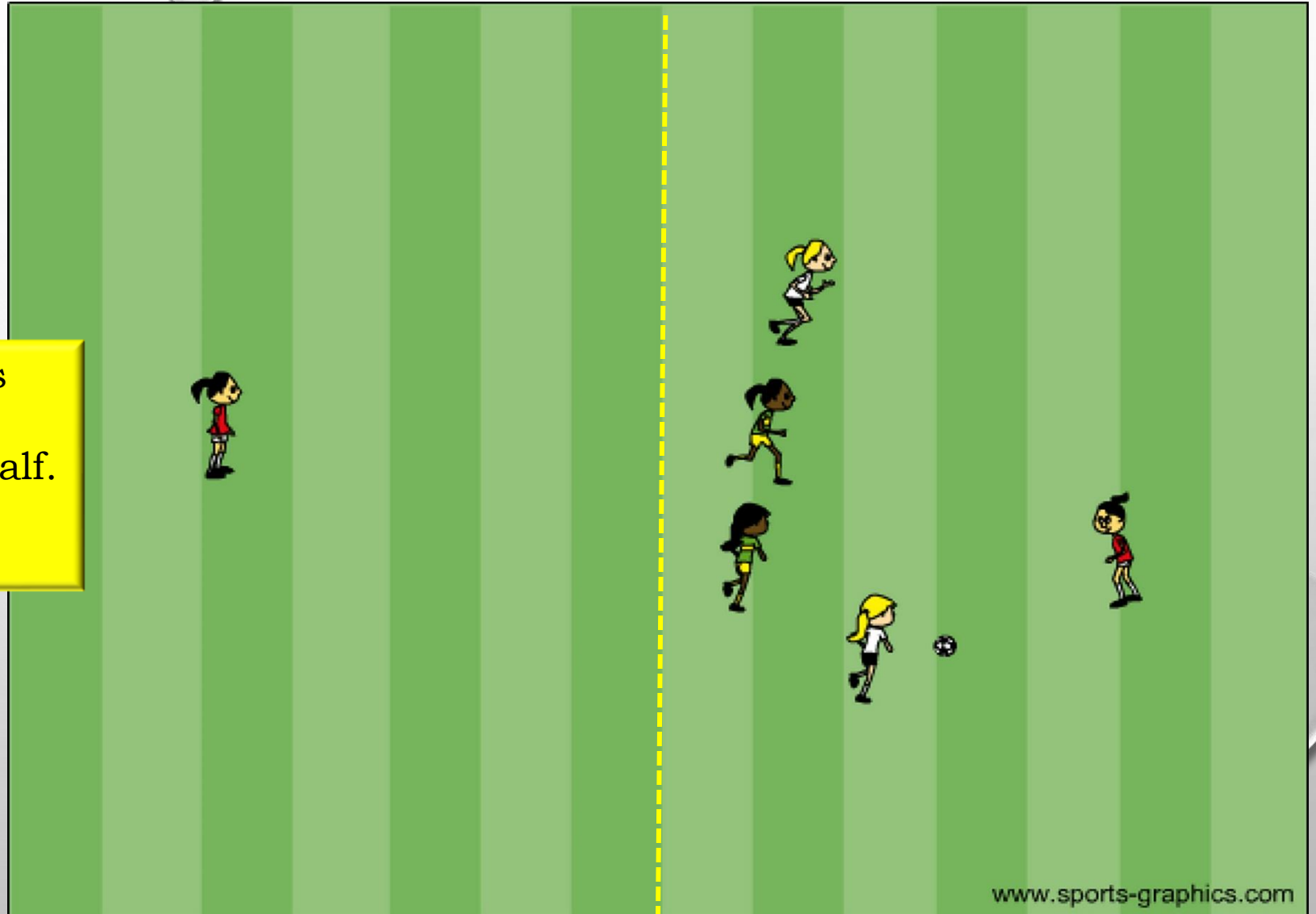
Teams: 2 vs 2 + 2 neutrals

Field: 25y x 20y

Rules: One neutral in each half.

Scoring: Passes = 1 point

First team to 30 wins.



Spacing And Ball Circulation

Teams: 2 vs 2 + 4 Neutrals

Field: 25y x 25y

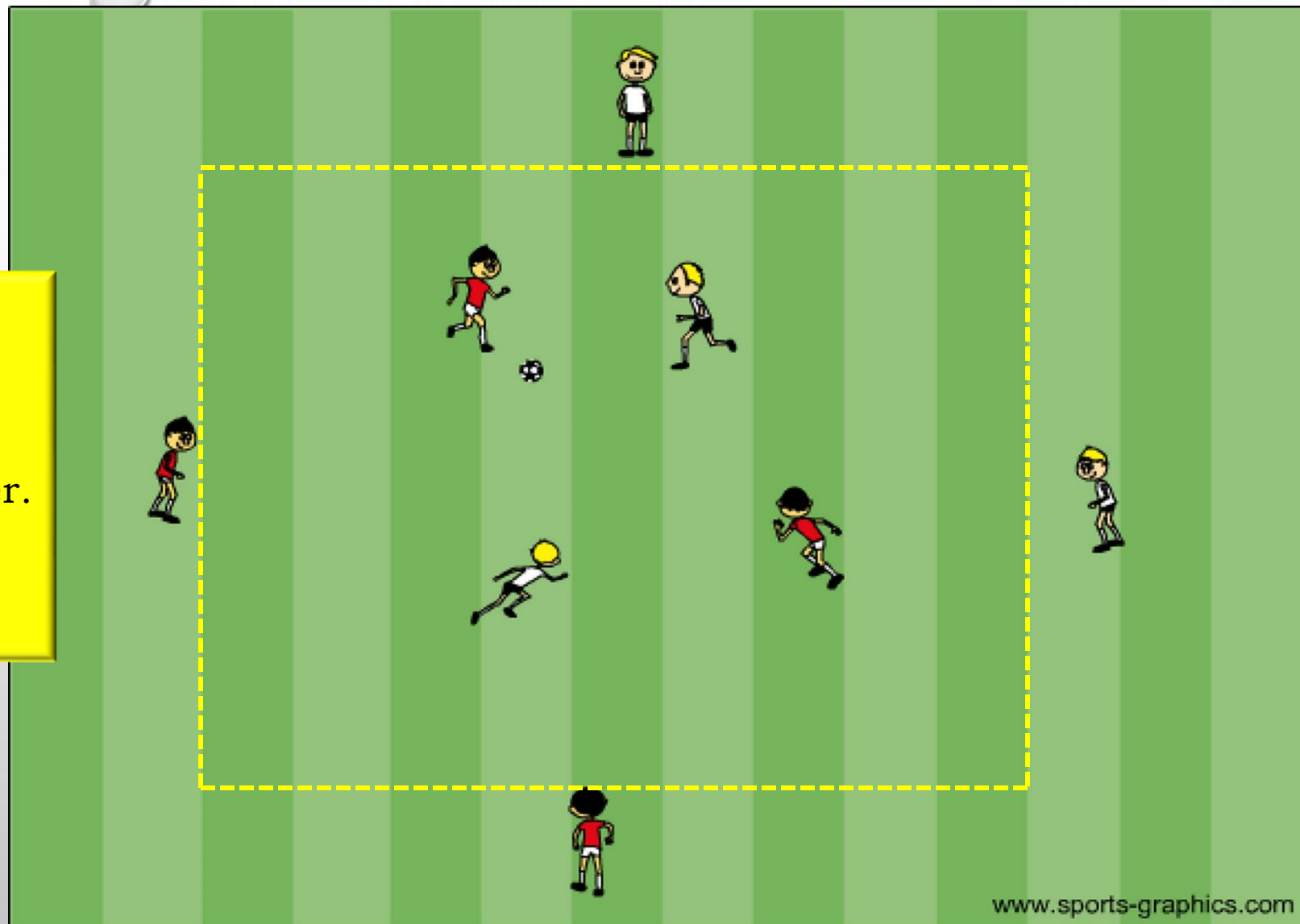
Time: 1-minute rounds

Scoring Options:

Passes to a teammate or bumper.

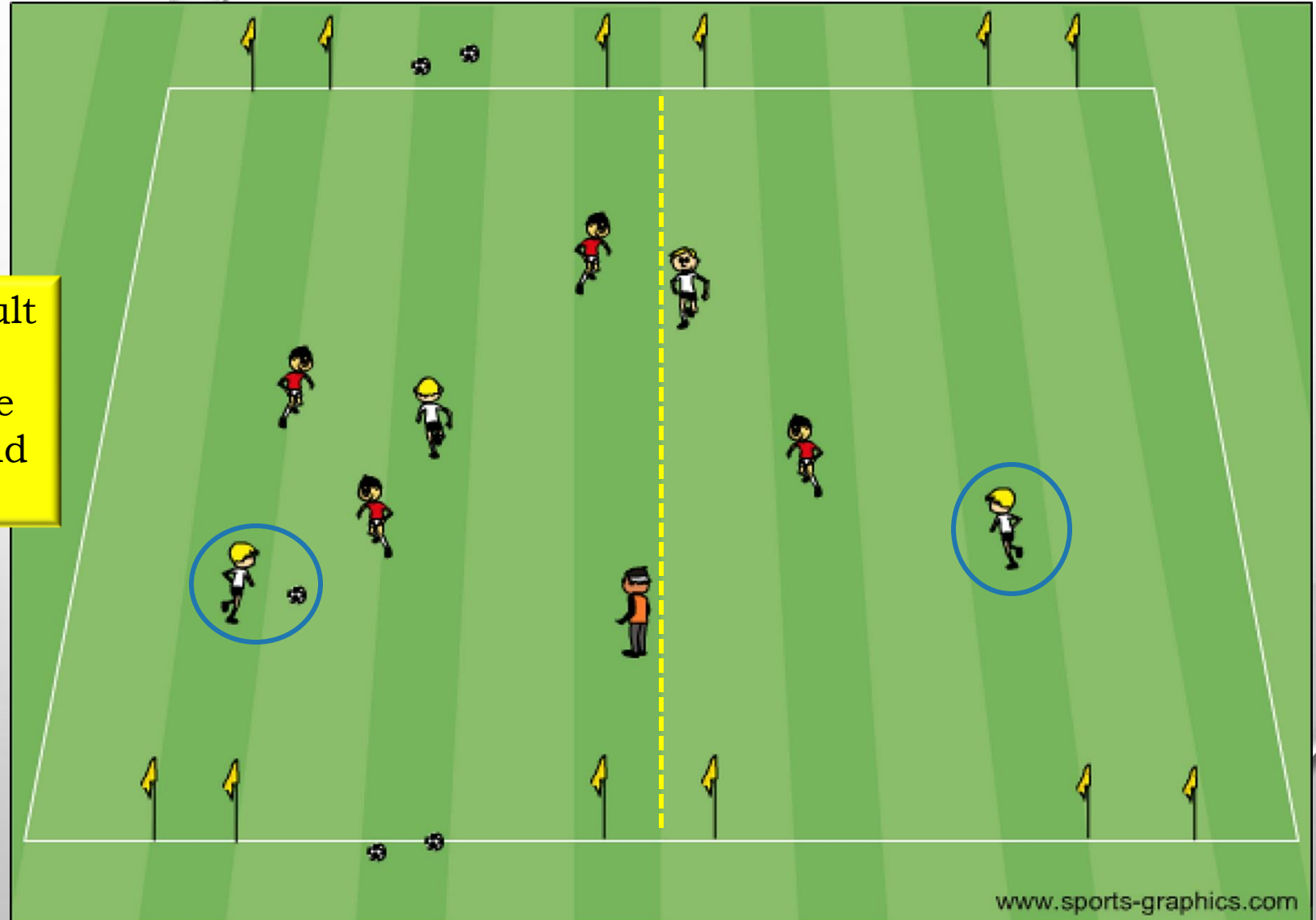
Turn out of pressure.

Connect two teammates via a bumper



Spacing and Ball Circulation

Teams: 4 vs 4 + neutral adult
Field: 36y x 25y
Goals: 3 @ 3 yards per side
Rules: Designated “Left” and
“Right” sided attackers





Spacing and Ball Circulation



Teams: 3 vs 3 + 2 Neutrals

Field: 35y x 25y

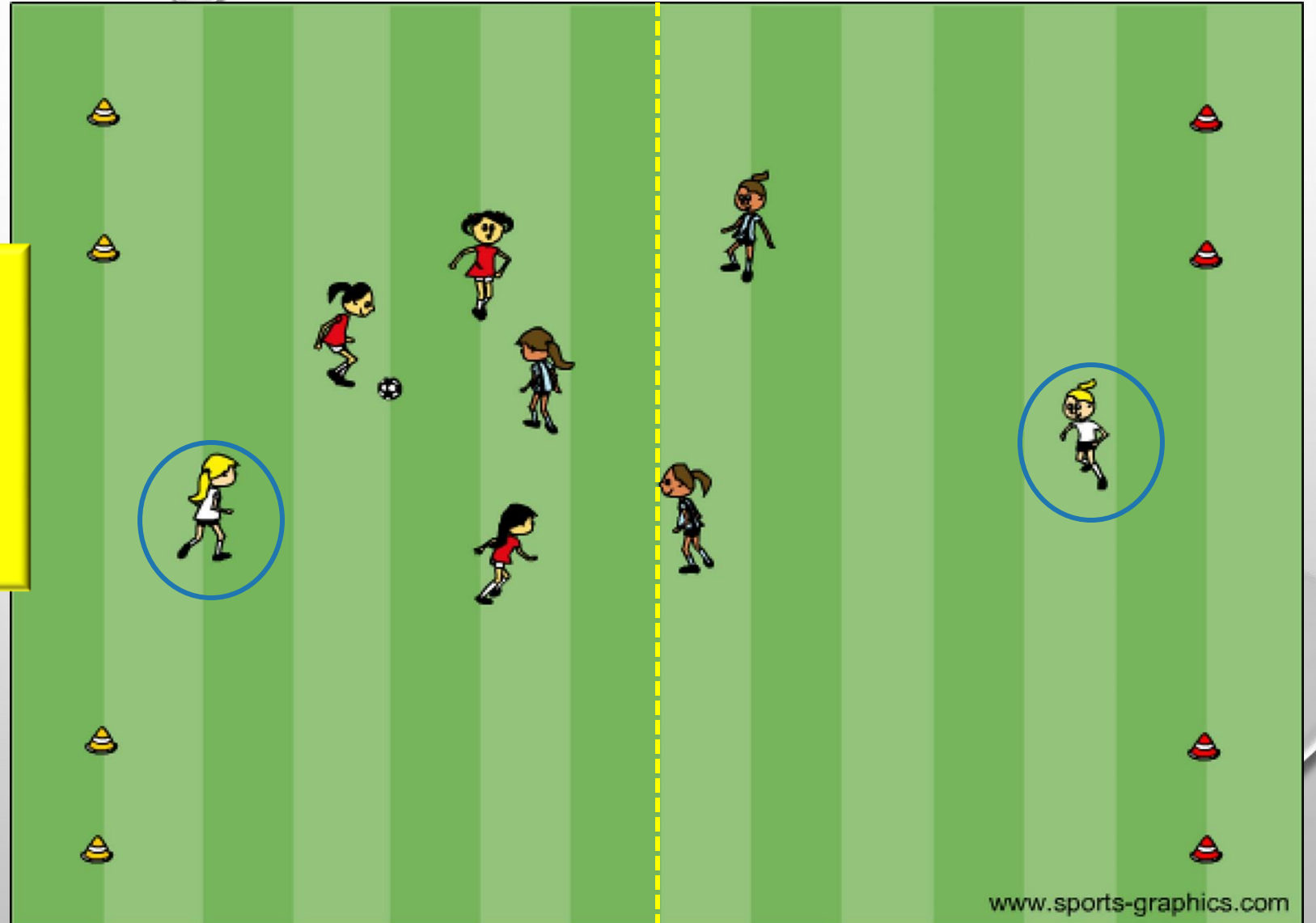
Goals: 2 @ 3 yards.

Scoring:

Passes = 1 point

Goals = 3 points

1st team to 20 points



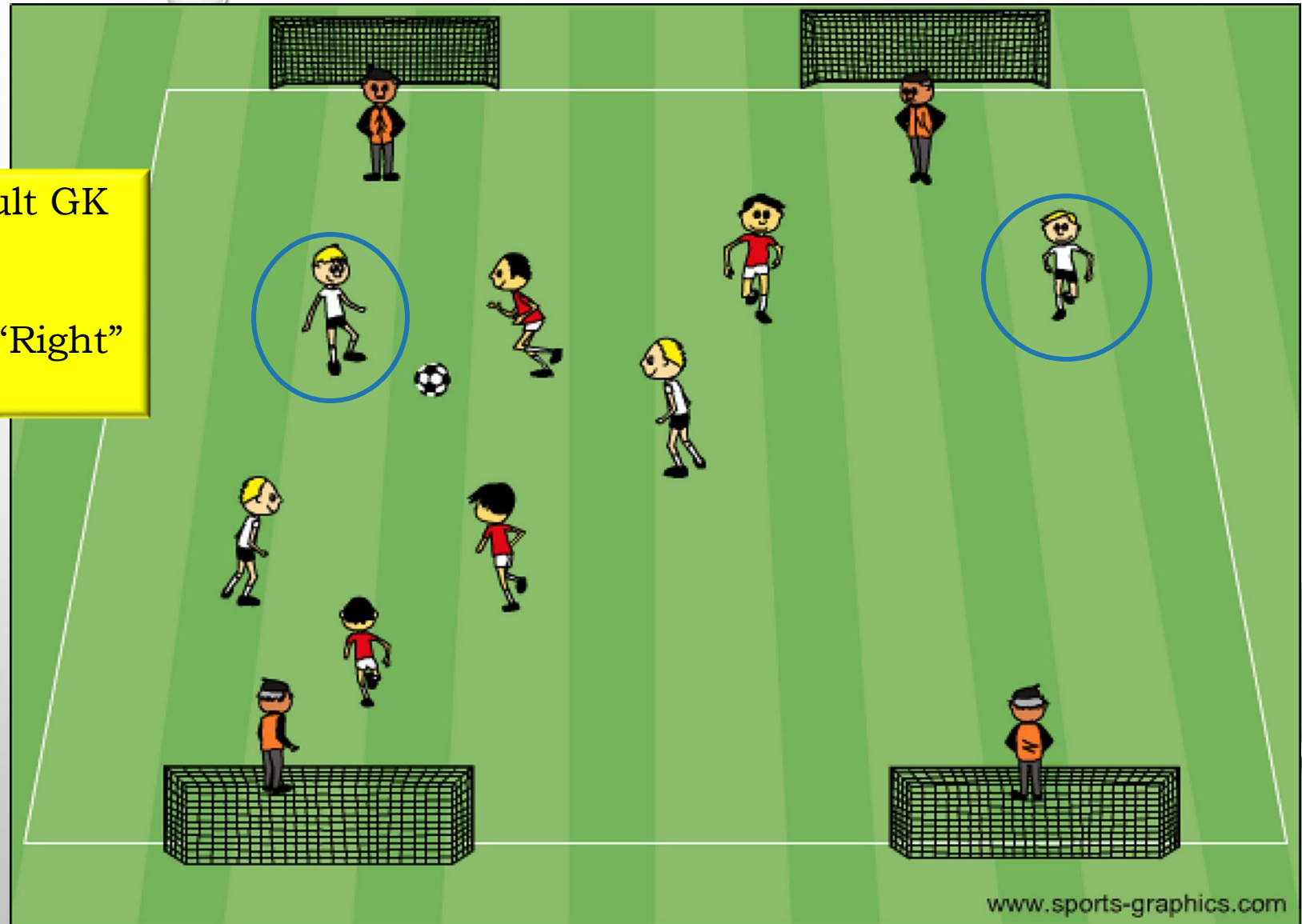
Spacing and Ball Circulation

Teams: 4+adult GK vs 4+adult GK

Field: 36y x 25y

Goals: 2 @ 6 yards

Rules: Designated “Left” and “Right”
sided attackers



Spacing In The Attacking Half

Teams: 6 vs 5

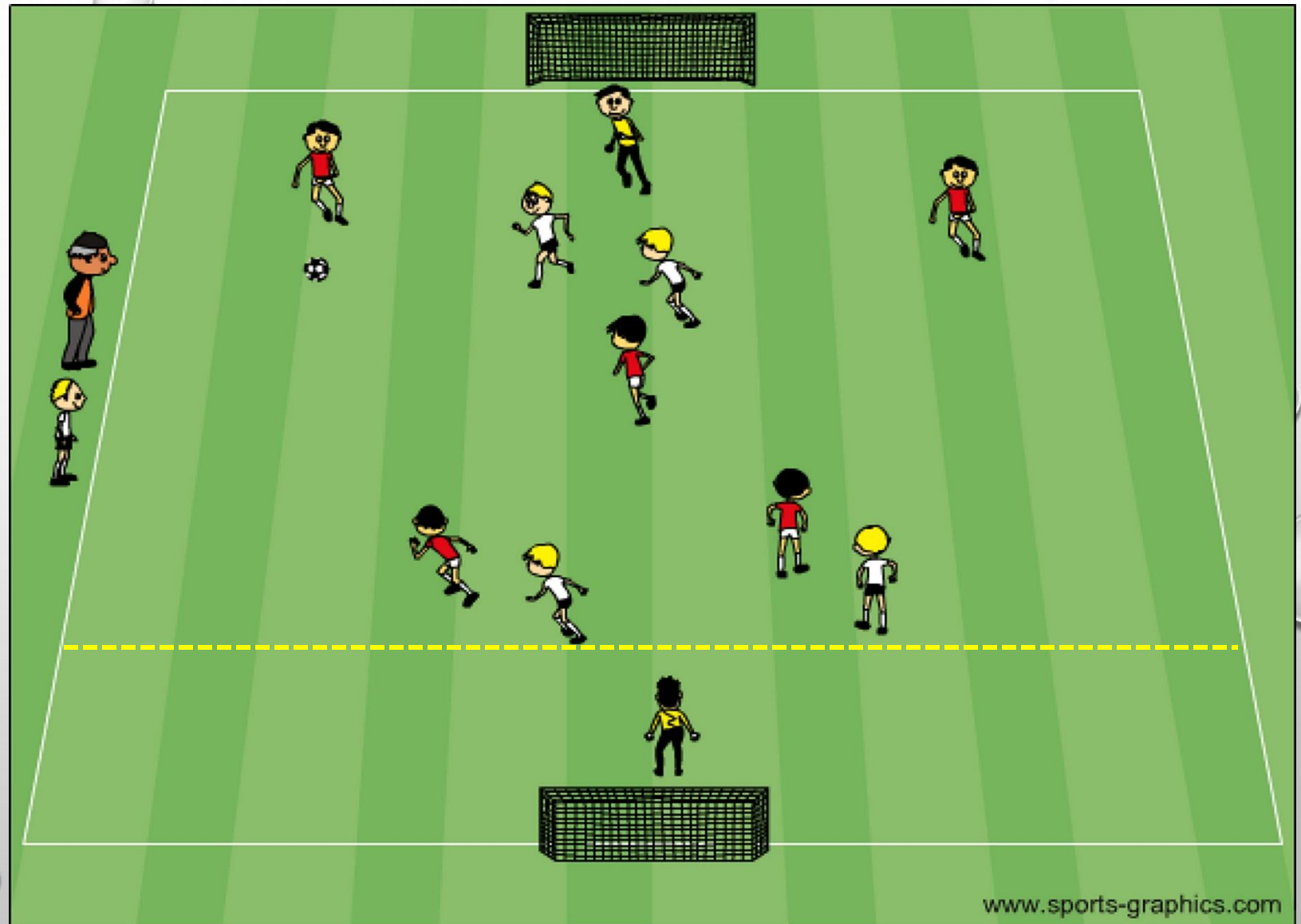
Field: 50y x 35y

Goals: 4 yards

Time: 5-minute rounds
(rotate #'s up team)

Scoring: White passes to Red
GK to score.

Org: Deep "reference" line for
Red.





Creating Scoring Chances



Teams: 3 + GK vs 2 in each half

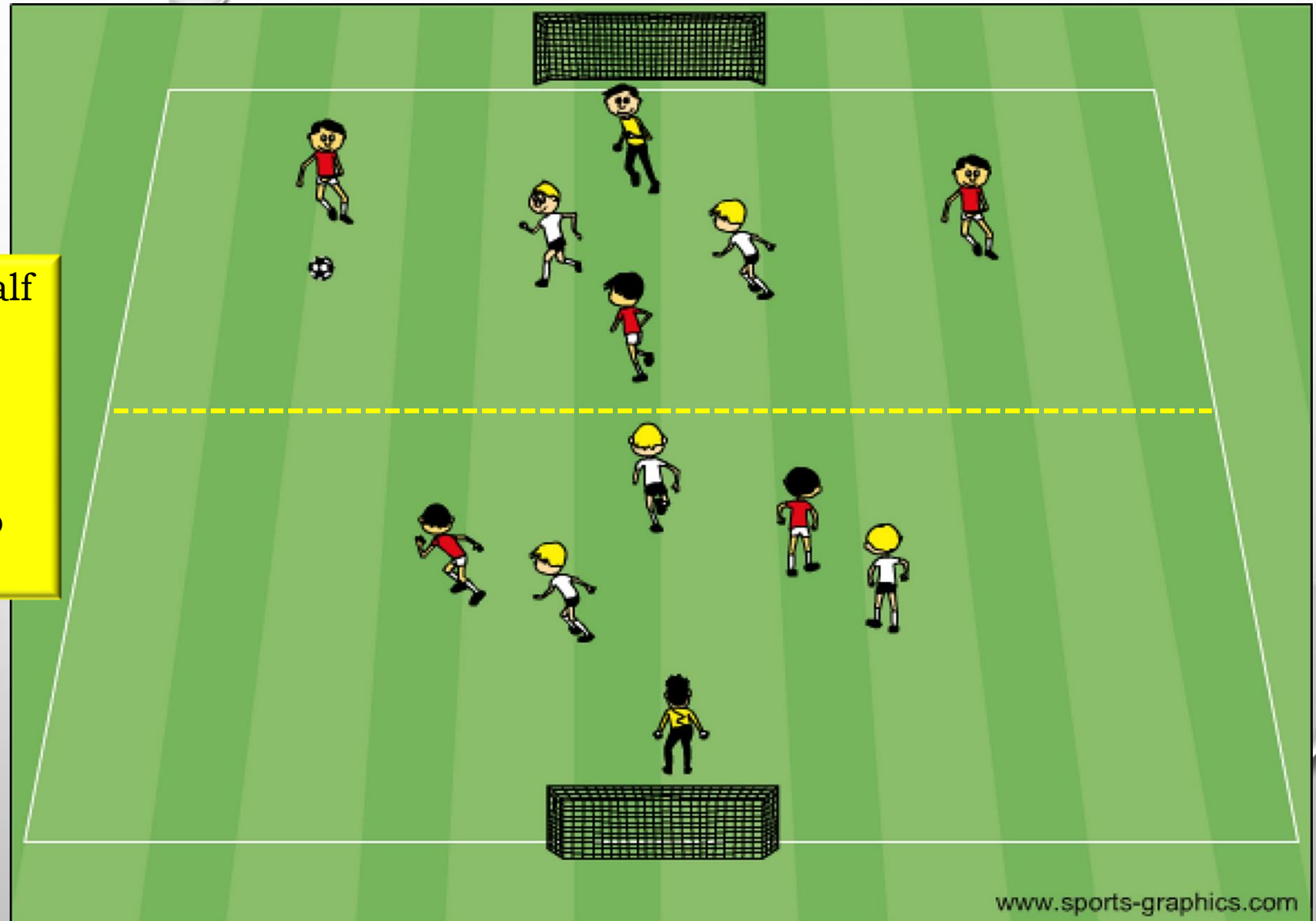
Field: 50y x 35y

Goals: 4 yards

Rules: No offside.

Pass the ball over half.

One player moves forward to create 3v3 in attacking half.



Spacing And Ball Circulation

Teams: 3 vs 3 + 6 Bumpers /
Neutrals

Field: 35y x 25y

Time: 1-minute rounds

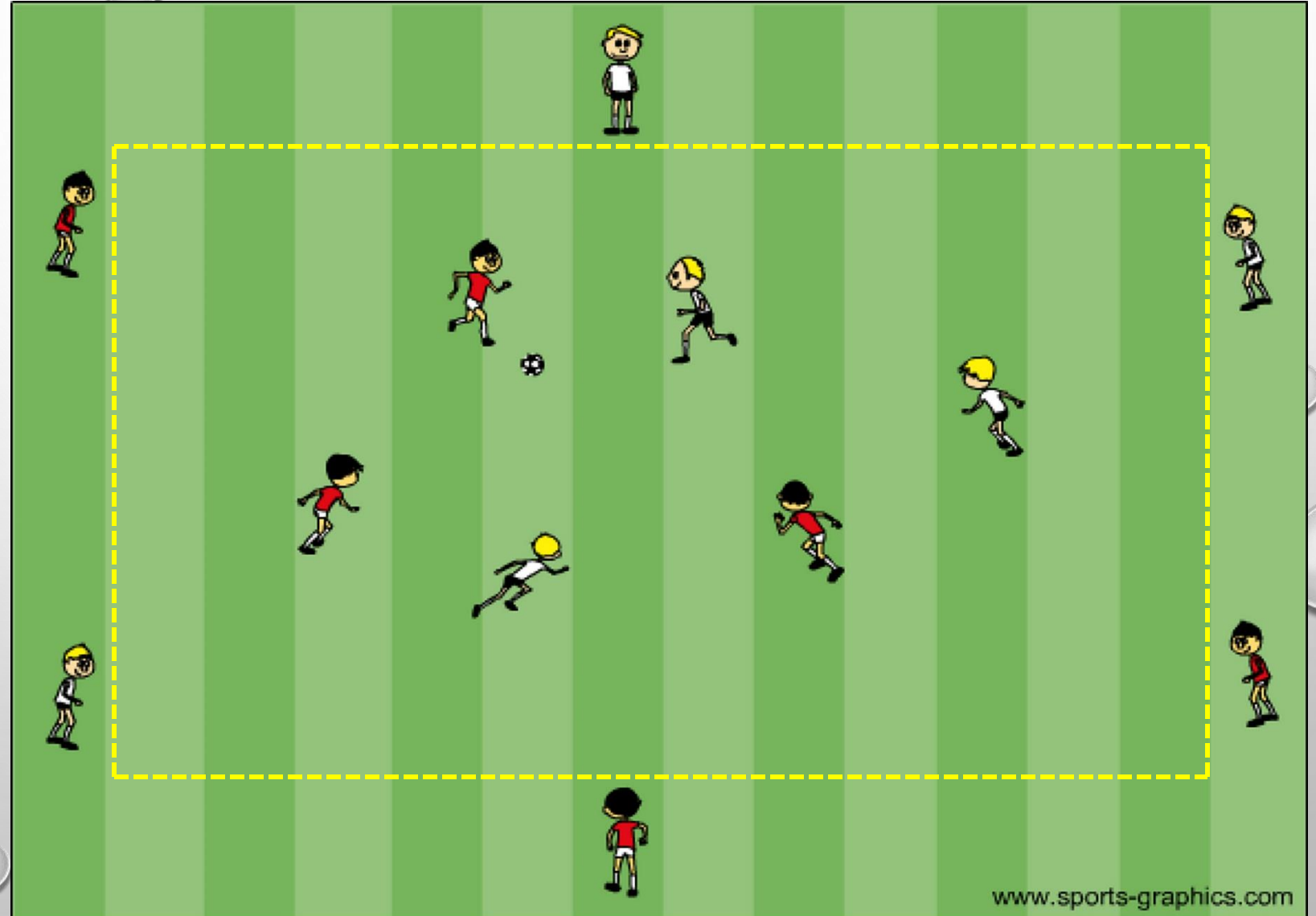
Rules: Unlimited touches.

3-touches (max) per possession

Scoring: Passes to a teammate
or bumper.

Turn out of pressure.

Connect two teammates via a
bumper





Building Up From The Goalkeeper

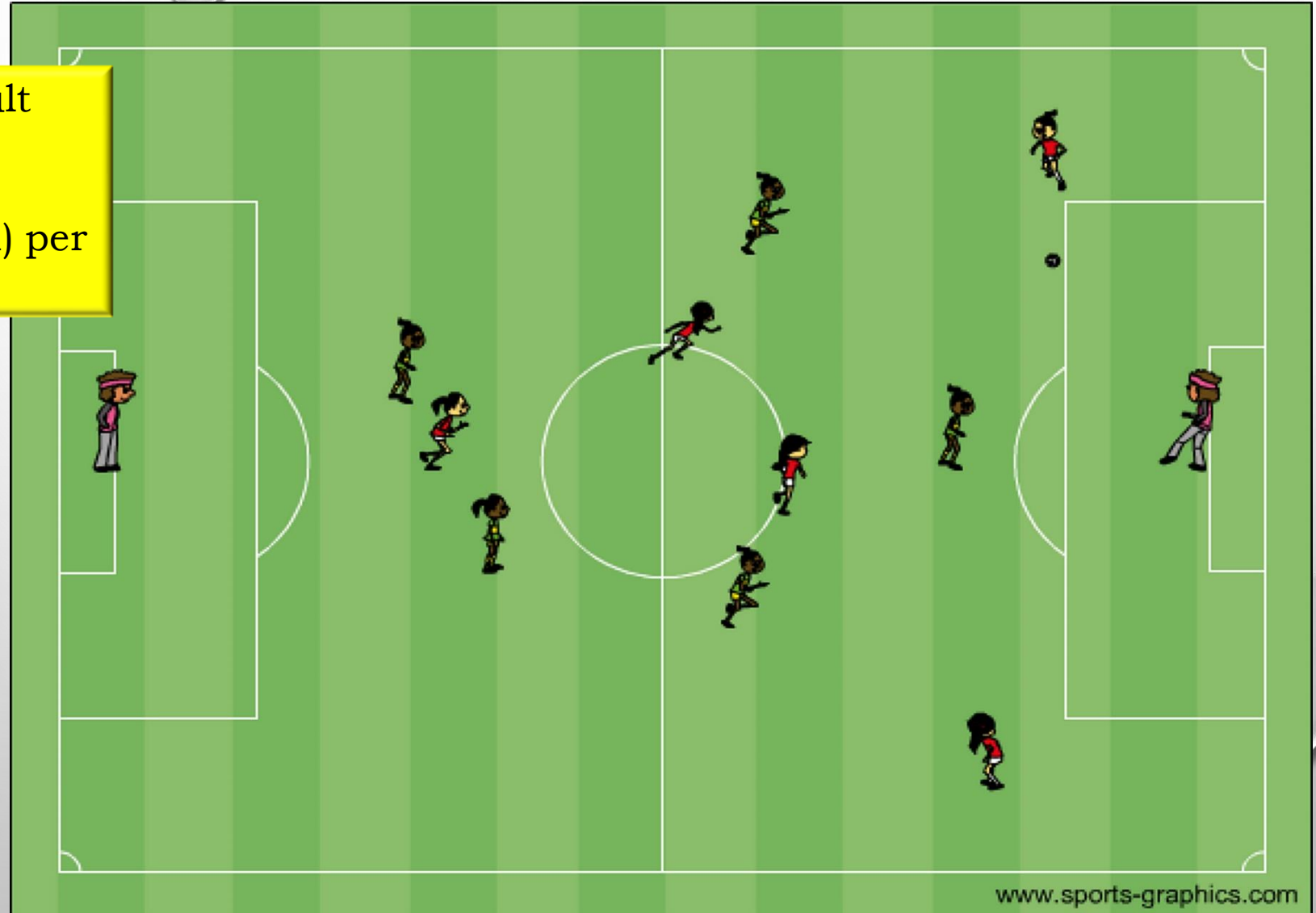


Teams: 5+adult vs 5+adult

Field: 60y x 40y

Goals: Regular

Rules: 3-touches (maximum) per possession





Rhythm And Ball Circulation



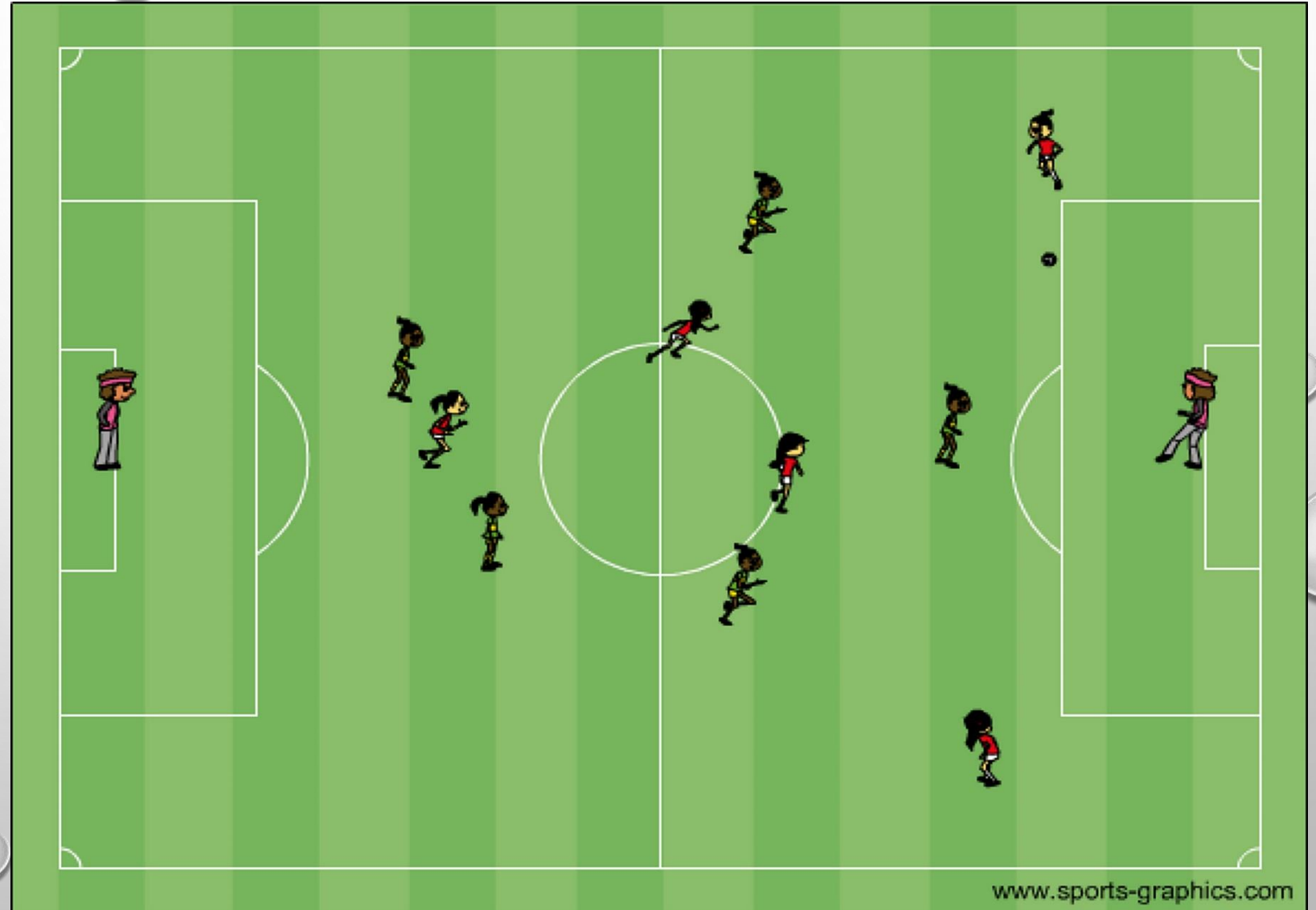
Teams: 5+adult vs 5+adult

Field: 60y x 40y

Goals: Regular

Scoring: Pass to opposite GK
or connect 20 (non-
consecutive) passes.

Passes to own GK = 2 pts.

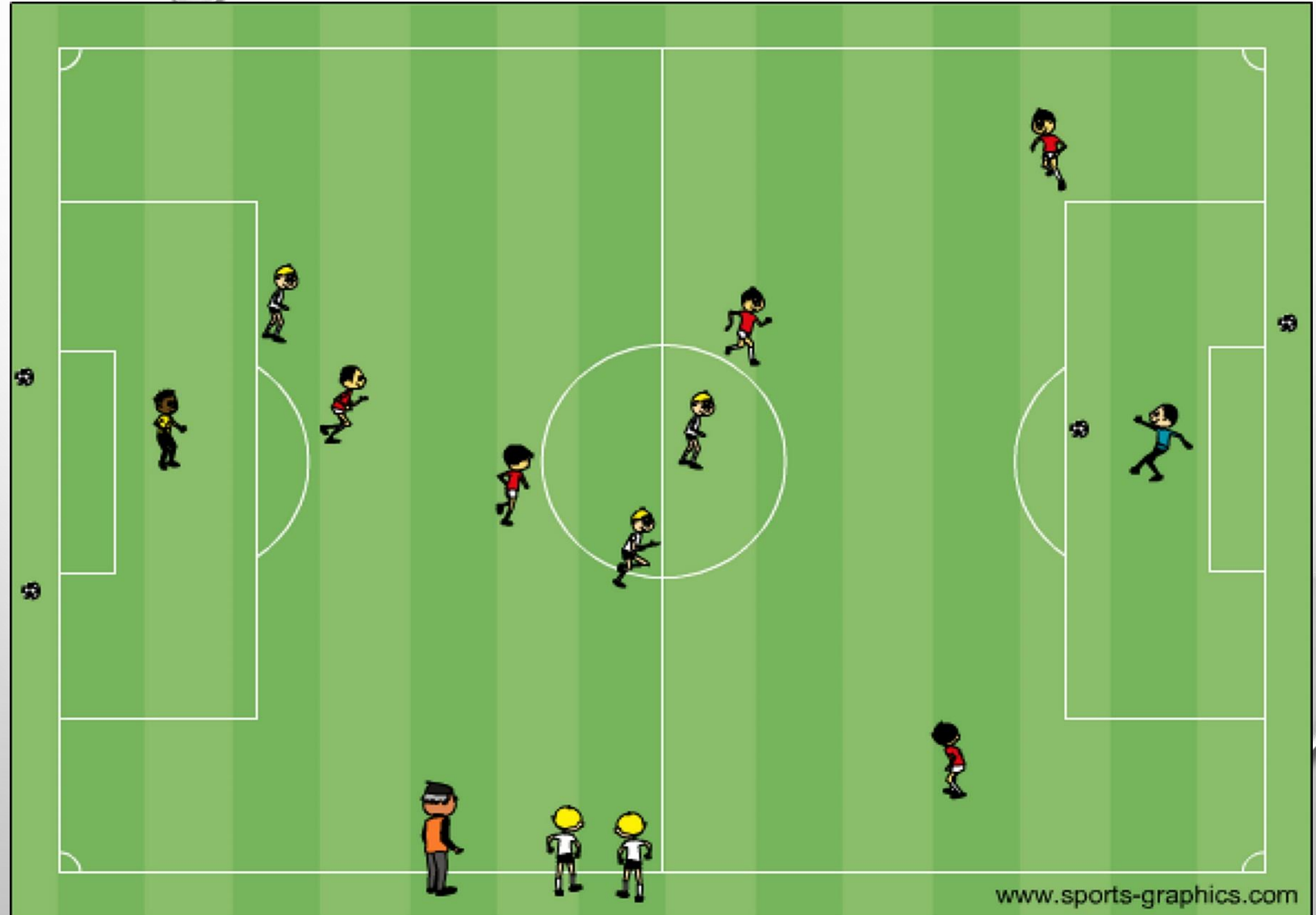




Building Up From The Goalkeeper



Teams: 6 vs 4 (6 vs 5)
Field: 60y x 40y
Time: 5-minute rounds.
Org: Reverse numerical balance for each round.
Scoring: Red pass to White GK. White passes to either GK.



Developing Three Lines

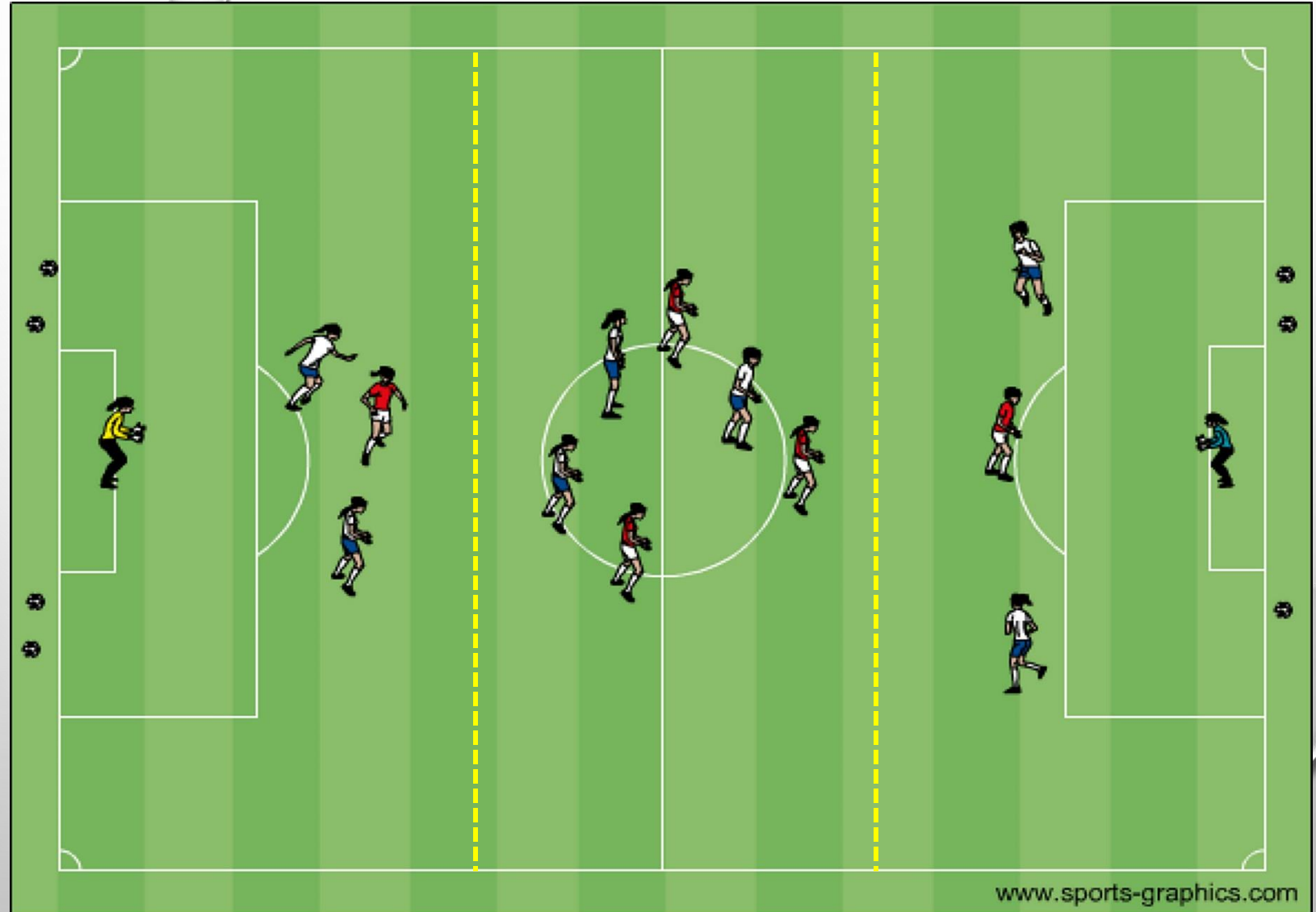
Teams: 1-2-3-1

Field: 70y x 44y

Goals: Regular

Rules: Pass into next line.
One player supports from
each line

Scoring Options: Pass to
opposing GK.
Regular.



Building In The Attacking Half

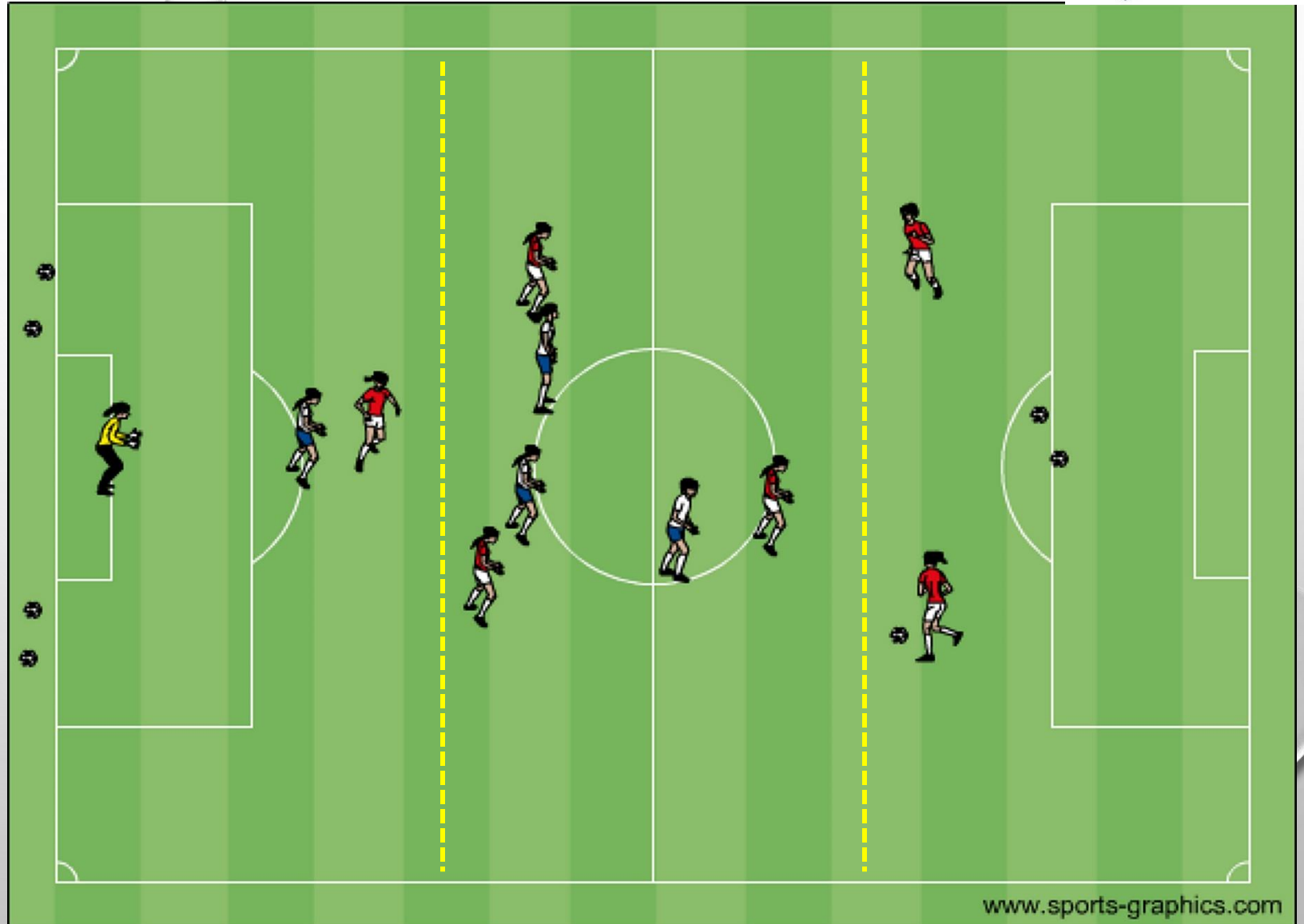
Teams: 3v3 in MF
and 1v1+GK in the Red's
attacking third. Two
supporting Red defenders.

Field: 70y x 44y

Goal: Regular

Rules: All restarts from Red
Defenders

Scoring: Red to goal. White
pass to Red defenders.

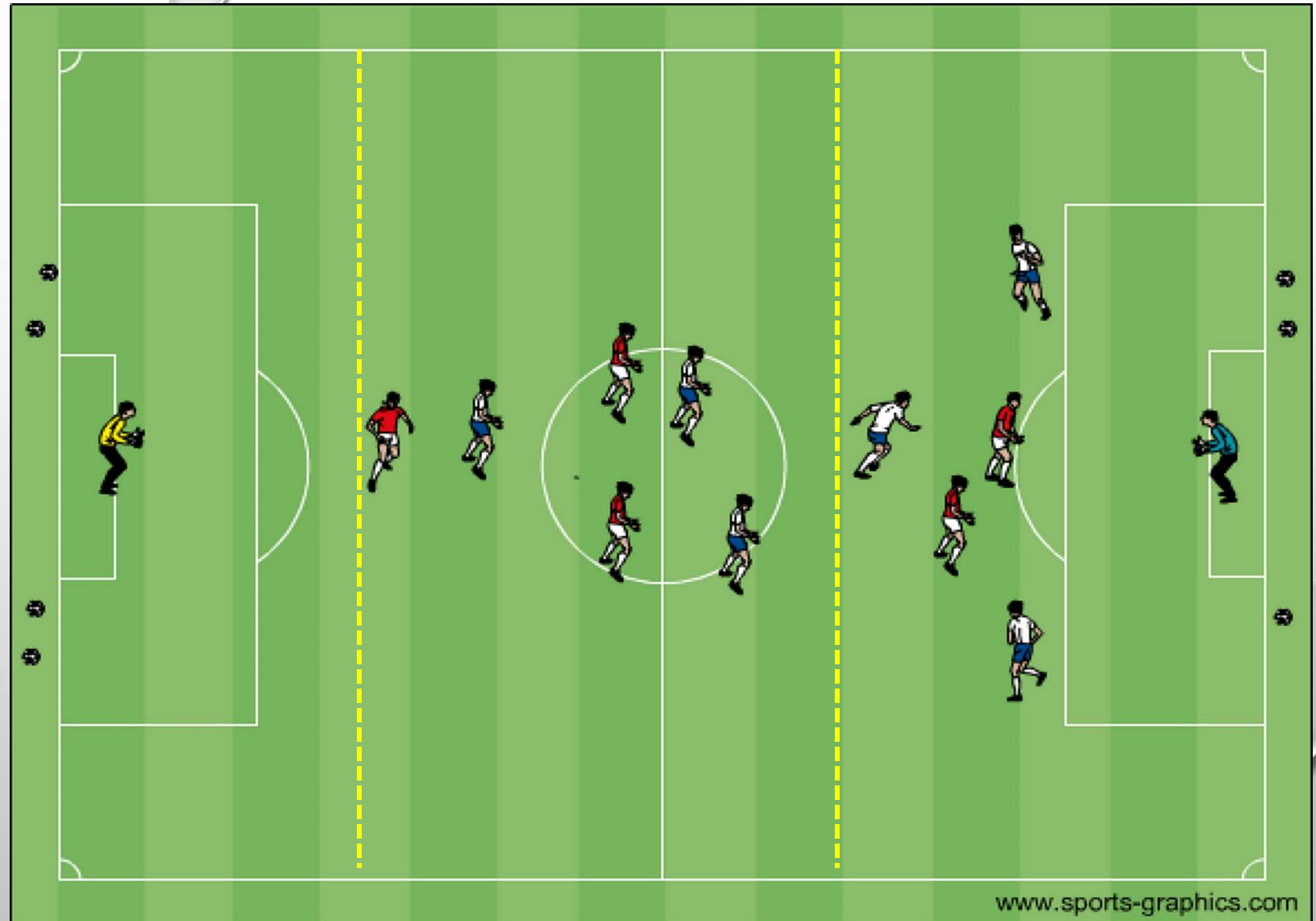




Building Up From The Goalkeeper



Teams: GK-3-2-1 (White) vs GK-1-2-2 (Red)
Field: 70y x 44y
Goals: Regular
Rules: All restarts from White GK.
Pass into MF.
One player supports from D-3rd.
Scoring: White to goal. Red pass to White GK.





Building Up In The Attacking Half



Teams: 4-3-3 vs 3-3-1
Field: Half
Rules: FIFA Offside
Scoring: White to goal.
Red pass to White center backs.

