
















AGES 6 – 8

THE NATIONAL
**PLAYER
PATHWAY**

A RESOURCE FOR COACHES - 4v4s

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INTRODUCTION

This booklet is designed to help all our volunteers taking a 4-a-side team.

This may be the first time that you have dealt with children in a football context, or you may have experience with players of a different age and stage. But no matter your background it is vital that young players have the most positive experience that we can give them. We all want our young players to fall in love with the game and this will always be the vital spark that can lead to a life-long passion for football and all the benefits that this can bring to enhance their lives.

The 4-a-side game format is world-renowned for being the first building block in teaching the game of football to young people. It allows players to understand the fundamentals of the game and have the opportunity to master the ball, 1v1 situations and to be creative in their play. However the most important aspect is how you, as the adult in charge, make this experience fun and appropriate to the children's age and stage of development, because if they love the game they will come back and play again.

This booklet, along with the Developing Talent section of the Scottish FA website and our Coach Education courses, is designed to help you deliver a fun, challenging and developmental experience for your players. A good motto for this age group is....

**'no child will drop out of the game
.....not on my watch'.**

Good luck and we hope you enjoy the experience as much as the children do.

SCOTLAND'S NATIONAL PLAYER PATHWAY

The Scottish FA has, in partnership with the Scottish Youth FA and key football stakeholders, implemented a **National Player Pathway** that takes a common sense and player-centered approach to developing the **football potential of our young people**.

The new player pathway is progressive, coherent and challenging and will allow young players to reach their potential wherever they live in the country.

Following the philosophy that **'the game grows with the child'** the player pathway sets out principles and guidelines on best practice for teaching players how to enjoy and develop as players and citizens through our national game.

6-8 years – Desire to Play

The driving philosophy of this stage is:

- Learning to love the game
- Learning to move

Objectives

- The major objective of this stage is to provide physical activity, develop physical literacy and basic skills within children, through football participation
- Without speed, agility, balance and co-ordination, as well as the ability to run, jump, throw, catch and control the body, children will not only be incomplete as football players but will also not have the confidence or competence to take part in many sporting activities
- These skills will be delivered through programmes centred around games-based and FUN (Foundation, Understanding, Nurturing) activities, with 100% involvement at all times
- Football 4s festivals and Development 4's that will allow the opportunity to express enjoyment and develop skills through games

THE NATIONAL PLAYER PATHWAY WORKS AS FOLLOWS

6-8 years. Desire to Play

4v4

4-a-side football represents the best game format for players aged from 6 to 8 years of age. It should follow:

- Fun based activity only
- Festival basis – trophy free – multi game model
- Simple rules – no offside, kick-ins, rolling subs
- Size 3 ball
- Children referee themselves with minimal adult supervision
- 10-minute games with a maximum of four games

- Coaching
- Volunteering
- Officiating
- Spectating

Adult Football

- Professional
- Amateur
- Recreational

9-12 years. Learning to Play
7v7

13-16 years. Developing the Player
11v11

16-21 years. Preparing to Compete
11v11



ROLE OF THE COACH

Without coaches and volunteers there would be no football. The role of the coach within children's football is crucial as this is the stage where most players will learn to fall in love with the game and where most will establish the basis of their footballing habits. A knowledge of children and how to teach is often more important than a knowledge of the game. It is also important that we understand why children enjoy playing football.

Your role as coach is to

- Provide fun and enjoyable activity suitable to the ages of the players
- Provide well organised and planned practices and games
- Provide stimulating activities that promote fundamental skills and movement development
- Communicate appropriately with children
- Encourage children to have the freedom to express themselves
- Be a good role model
- Teach basic ethics of fair play and sportsmanship

.....so that the players will.....

- Fall in love with the game
- Have basic movement skills
- Be comfortable with the ball
- Be more confident to try new challenges
- Understand and demonstrate good sportsmanship

Use the checklist below to help guide you to create the best possible football experience for your young players:

- ☒ Make it fun
- ☒ Make it safe
- ☒ Use the ball
- ☒ Always coach positively
- ☒ Involve all your players
- ☒ Be patient
- ☒ Be a good role model

COACH EDUCATION PATHWAY

The Scottish FA continues to invest in the development of our coaches and volunteers and values the role these people play in the development of our game. The game is as good as the coaches who provide the opportunities. To ensure quality provision we have worked hard to implement a Coach Education Pathway which addresses the needs of the coach in relation to the age and stage of their players.

The following pathway for coaches working in the children's game is available:



For more information on the Scottish FA Coach Education Pathway visit www.scottishfa.co.uk or contact your local football development officer.



POSITIVE COACHING

Our vision is a football culture in Scotland where young players are developed in a positive, safe environment, where they learn to win through effort and where valuable life lessons are developed. Through the Positive Coaching Scotland programme we are driving change.

Positive Coaching Scotland gives all involved in the game the tools to develop happy, successful, confident, and respectful young people. We want our players to win, just not at all costs, and we want them to stay involved in the game through to adulthood.

Unfortunately across all levels of the youth game, coaches focused on winning at all costs, irresponsible parents piling pressure on their children, violence on the touchline and disrespect for officials have become far too common. Therefore it's no surprise a high proportion of players are lost to football at a young age and we aren't producing enough high performing players. Coaches, parents, volunteers, officials and players alike, let's work together to change our culture.

The PCS programme is a double goal strategy:

The first goal is teaching young people vital, character building skills through football. Skills that will equip them for life.

The second goal is winning. Learning to compete effectively is a necessity in all areas of life. We want to win, just not at all costs, but through applying concerted effort to achieve set goals.

We use three key principles:

1: Honour our Game

Teach everyone involved how to honour their team-mates, opponents, the rules, officials, and themselves.

- Encourage all young players to obey and uphold the rules and play the game fairly
- Encourage all players to show respect to opposition - play hard and play fair
- Encourage all players to value a match supervisor's role and always show respect
- Give teammates praise and encouragement - work together to achieve team goals
- Lead by example by your manner and behaviour on and off the pitch

2: Redefining Winning

Move the focus from the scoreboard to succeeding and winning through effort.

- Sustained effort to achieve set goals – encourage players to work hard to achieve in whatever they do
- Don't focus on results. Focus players to learn and improve to master skills and improve performance
- Mistakes happen – more important is we encourage players to respond quickly and positively to recover

3: Fill the emotional tank

Build a young player's confidence, motivation and resilience.

- Encourage players to give praise and encouragement to their teammates
- Give positive encouragement of effort irrespective of outcome or result
- Encourage young players to be confident and don't be scared to try things
- All players get nervous - praise, listen and support players to build confidence
- Model the good behaviour you want to see in your players through positive verbal and non-verbal communication on the pitch

Taking on board these goals and principles the role of the coach at this stage is vital and you can have a big influence on young people. PCS will provide you, the coach, with a unique range of tools for use in training and competition that will enable you to coach school age children in such a way that they will learn more, try harder and stay longer in sport. What's more, they'll enjoy the journey.

Role of a double goal coach

- Ensure participants have fun and achieve success through effort
- Inspire young people to be the best they can be both in sport and in life
- Recognise that a positive sporting experience can help develop self-confidence and self-esteem
- Equip yourself with the most effective methods and practices in your coaching



PCS Coaching Tools

- Teach and discuss ROOTS
- Winners circle and Effort Goals
- Child friendly feedback



Teach and discuss ROOTS

As a coach it is important that you set high standards of attitude and behaviour for your young players and how they play the game. At this stage it is very important you discuss ROOTS with your players to both educate them in what is expected and also to lead by example in how you conduct your training sessions and matches. By talking and discussing ROOTS with your players you will be able to encourage all your players to play the game with respect and sportsmanship to enforce the message of **Honour Our Game**.

Winners circle and Effort Goals

Once players have match kit on and are ready to warm up organise them in a circle and one by one ask them to set a goal for today's game.

To set goals with your players we want to concentrate on effort to achieve a task rather than setting a goal which only focuses on the end result. We call these **Effort Goals**.

Effort Goals provide great motivation as the individual is in control of whether or not they achieve the goal. An Effort Goal is achievable if the young person works hard and puts in appropriate effort to achieve and can easily see when progress has been made. Outcome goals such as scoring goals or tackling an opponent tend to focus on the end result and do not take into account any of the effort which was made to achieve them. They can provide motivation. However solely focussing on the result can lead to increased anxiety and lowered self-confidence. Many coaches only use outcome goals but this can discourage effort as they are largely uncontrollable due to a number of external factors such as the ability and form of the opposition.

Set goals for your players that they can achieve through effort

Move off the ball

Communicate with your team-mates

Pass to your team-mates

Follow up rebounds

Player is in Control

Avoid giving outcome goals as they can add pressure and cause frustration

Score a goal

Don't let any goals in

Don't give the ball away

Win the game

Player is **NOT** in Control

Effort Goals set at the correct level will allow players to progress towards their outcome goals.

Straight after the game and before players get changed and leave with their parents, organise them into a circle once again and ask each player to tell you:

- Did they achieve their individual effort goal or team goal?
- Did they do anything else that they were happy about?
- Did anyone else in the team do something that they were happy about?

This will help build confidence and focus the young players on working hard to achieve and develop.

After each player has given their feedback, all other players will clap each player, boosting the individual's confidence and making them feel that they have contributed and learned from today's game. The coach will then provide a brief summary picking up on the positives and after another 1,2, and 3 (Team Name) send all the kids up the road with a feel good factor and that they have achieved something from the game regardless of the result.

Child friendly feedback

Magic ratio 5:1

There will be times when you have to give constructive criticism to a player as this is an integral part of the coaching process. It is recommended that when giving criticism you should give five positive comments to every negative comment. Research has shown that a magic ratio of 5:1 is ideal. Although five comments may sound a lot they can take the form of positive body language such as smiling, clapping or giving a thumbs up or high five.



**It's their
game. Let
them play it!**

Fair Play Cards

The standard of behaviour you set will have a significant impact on the touchline atmosphere. Use fair play cards as a non threatening way of reminding spectators that they are role models and play a key role in the development of a child. The message on the fair play cards is very clear:



Using your fair play cards:

- Before kick-off coaches should bring all players together and set the behavioural standard they expect from the players
- Coaches then give each player a fair play card
- Players then run to their parent/guardian, hand the card to them and ask them to read it (if they do not have anyone watching the player should hand the card to team officials/coaches)
- After the match the coach should call the players together to reinforce any behavioural issues that may have arisen during the match (these can be positive or negative issues)
- The players should then run to their parent/guardian and collect the fair play card back from them
- Coaches then collect the cards to use again the next week

PCS BEST EFFORT CARDS FOR PLAYERS

These cards are to be handed out by coaches at the end of the match to a player in the opposing team who has displayed best effort and fair play throughout. Coaches can use this system to encourage and motivate players to collect as many of these throughout the season as possible.

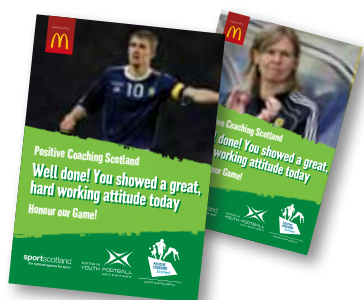
50 ways to say 'well done'

During the competition

1. Well done!
2. Terrific!
3. That's the way to do it!
4. That's a real improvement!
5. Good thinking!
6. Keep up the good work!
7. That's it!
8. That's better!
9. Outstanding!
10. Fantastic!
11. Fine work!
12. That's right!
13. Wonderful!
14. You're really working hard today!
15. That's looking good!
16. Good work!
17. That's the right way to do it!
18. Top stuff!!
19. I think you've got it now!
20. Tremendous!

After the competition

21. That was really good!
22. I'm proud of your effort today!
23. That's the best you've ever done!
24. You did really well today!
25. You must have been practicing!
26. That was great, you remembered!
27. You worked well today!
28. Good effort out there today!
29. You really are learning quickly!
30. You're nearly there!
31. Perfect!
32. Great effort!
33. That's great!
34. You're getting better!
35. Now you've got the hang of it!
36. You're getting better every day!
37. You're learning fast!
38. I knew you could do it!
39. I'm so proud of you!
40. That's much better!
41. Super!
42. That's good!
43. Great work!
44. That's as good as I have seen!
45. Keep it up!
46. Spot on!
47. You are doing much better today!
48. Keep on trying!
49. Excellent!
50. Nice job!



CODES OF CONDUCT AND GOOD PRACTICE

One of the critical components of our game is the passion that people show for the team and club that they support. Whilst this passion is usually harnessed and used to support our game it sometimes can boil over to create negative situations. We must all work together in the attempt to eliminate this negative passion. Codes of Conduct are an integral component of footballing activities and the following codes compliment the good work of the many football bodies in Scotland.

All members of your club or association must adopt specific codes. The Scottish FA and SYFA encourages members to be vigilant in enforcing such codes whether via support for those who constantly abide by the codes and/or penalties for those who fail to act in accordance with the codes.

Fair Play must be fundamental to the aims and objectives of the club where it is crucial to ensure that all players, officials and volunteers abide by the rules, respect everyone and maintain high standards of sportsmanship at all times.

Always Honour the Game!





COACHES' CODE OF CONDUCT

- Allow all players, no matter their level of ability, the opportunity to play
- Respect the rights, dignity and worth of every player and treat everyone equally within the context of football
- Always pursue fair play
- Prohibit use of camcorders and cameras unless parental consent has been provided
- Place safety and well-being of the player above the development of performance
- Be aware of the Scottish FA, SYFA and the Club's Child & Vulnerable Adult Protection Policy and Procedures
- Ensure that coaching sessions are enjoyable, well-structured and focus on developing skills, decision making and a general understanding of the game
- Develop an appropriate working relationship with players based on mutual trust and respect
- Encourage players to accept responsibility for their own behaviour and performance
- Ensure that sessions and games are appropriate for the age, maturity, experience and ability of the individual
- Must consistently display high standards of appearance and behaviour
- Know where to find appropriate first-aid training. Contact the Scottish Youth FA
- Hold a current membership list and have a register available at all activities

PLAYERS' CODE OF CONDUCT

- Play by the rules – the rules of your club and the rules of the game
- Never argue with a Match supervisor or other official – without these people you can't play football
- Control your temper - verbal abuse of officials and abusing other players doesn't help you enjoy or win any games
- Be a team player – it's a team game, treat it that way
- Treat all players as you would like to be treated – fairly
- Co-operate with your coach the referee and team-mates
- Play for your own enjoyment and to improve your skills through hard work
- Don't use ugly remarks based on race, religion, gender or ability – you'll let down your coach, team-mates and family if you do – and many such comments are actually now illegal



POSITIVE PARENTS: MAKING PARENTS AN ASSET

Young players bring parents with them so you as a coach must engage with parents to help build a positive team culture. A good working relationship between coaches and parents can be a great tool in developing young players.

Parent meeting - a meeting with the parents at the start of the season can be a great way of developing a positive environment and setting down the standards that you will be applying for the coming season.

At this meeting you should discuss;

- **Coaching Philosophy** – discuss your philosophy as a coach which may include respect, effort, learning and set your rules on game time, missing training, travel etc.
- **Aims and goals** – set down aims and goals for the season including player and team development
- **Logistics** – training and game information, team contact list and what equipment the players will need
- **Parent code of conduct/Parent pledge** – clear rules regards match days and the behaviour expected to best support their child

Parent Volunteers – Parents can be a fantastic support for your team and your club and you should encourage them to take on duties which may include kit washing, refreshments or other club roles. It is good to discuss support needed with parents as many parents will have specific skills that will be able to support your club. Involving parents will also help develop a family friendly environment and a positive experience for all.

PCS Touchline champions – Appoint PCS touchline champions on match days to help honour the game. A PCS touchline champion's role is to promote the honour our game message of respect and to communicate with all parents to support the coach and the players in a positive way. PCS Touchline champions will uphold the messages of respect for the rules, officials, opponents, teammates and self and will work with parents to let the players play, coaches coach, referees make decisions.

PCS Parent leaflet – Coaches and PCS touchline champions can use the PCS parent leaflets to reinforce the standards of behaviour you set and the use of the leaflets is a way of reminding spectators that they are role models and play a key role in the development of their child.

SAFETY

Coaches have a responsibility to ensure the safety of the players in their charge as far as possible within the limits of their control. Therefore coaches should seek to create a safe and enjoyable environment in which to play and train.

In this respect:

- Regular safety checks should be carried out in relation to premises, training facilities and equipment
- Appropriate safety rules should be adopted and implemented
- Parents/guardians should be informed of the starting and finishing times of training sessions and matches
- A trained first aider and first aid kit must be available at all training sessions/ matches and injuries should be recorded, with a note of action taken in relation to each one. Never play injured players
- Parents/guardians should be notified of injuries/illness which their children incur whilst participating in any football activity

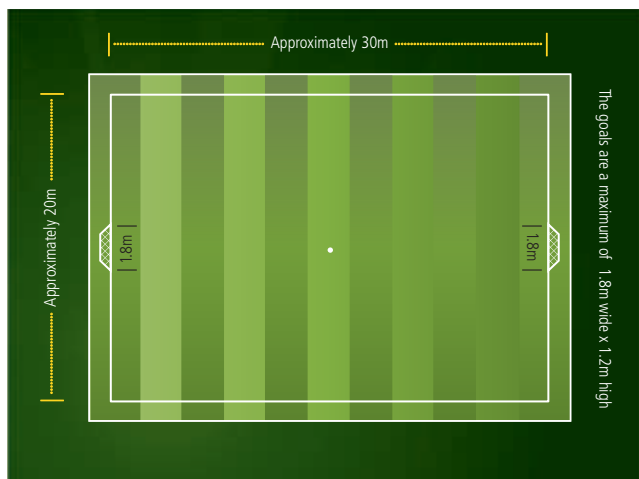
Goals – play it safe

Make goalpost safety your goal

Check it....secure it.....test it.....respect it.....



4-A-SIDE FOOTBALL MATCH RULES



4-a-side (up to eight years old)

It is recommended that any Association who can provide a festival format should follow the SFA Developmental Fours resource (available from the Scottish FA).

1. The Field of Play Recommended

The field of play should be 30 metres by 20 metres.

Goalposts shall be 1.8 metres by 1.2 metres (6ft by 4ft) or smaller.

There should be a centre mark at the midpoint of the halfway line.

2. The Ball

A size 3 ball should be used.

3. The Number of Players

Teams will comprise 4 outfield players, no goalkeepers. Squads may consist of up to 6 players with rolling substitutions throughout the match. Players who have been substituted may return to the field of play as often as necessary.

All team members should receive equal playing time where possible.

4. The Players' Equipment

All players must wear shin-guards.

Metal studs are suitable for grass fields only. Players must wear the appropriate clothing dependent on weather.

Glasses may be worn provided they have safety frames and lenses.

5. The Referee

A match supervisor shall be either a club official or an adult approved by both sides and will not be allowed to coach either team.

6. Assistant Referees

Assistant referees are not required.

7. The Duration of the Match

Matches should be organised on a round robin festival basis and be trophy free. Each match should last no more than 10 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch. There should be a minimum of 5 minutes between matches with a maximum of 4 matches.

8. The Start and Restart of Play

On scoring a goal the team that scores will retreat to the halfway line. The team conceding the goal will restart the game from the penalty area by either dribbling directly into play or playing a short forward pass.

9. The Ball in and out of Play

Normal rules apply

10. The Method of Scoring

Normal rules apply.

11. Offside

There is no offside rule and there is no retreating line.

12. Fouls and Misconduct

Normal rules apply

Team coaches should immediately substitute any player showing unacceptable behaviour.

13. Free Kicks

Normal rules apply except that the distance an opposing player must be is 6 metres from the ball. All free kicks are indirect.

14. The Penalty Kick

There are no penalty kicks.

15. The Throw In

In the event of the ball going out of play a kick-in will be awarded.

All opposition players must be 6 metres from the ball. The player taking the kick-in must use a short pass with the inside of the foot.

16. The Goal Kick

Goal kicks should be taken out from the penalty area, but without a penalty area marked. The players must place the ball down and either dribble directly into play or play a short pass with the inside of the foot

17. The Corner Kick

Normal rules apply except that opposing players must be 6 metres away.

General

- Team coaches will stand on the same side of the field. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc.
- Depending on the venue, parents should be encouraged to stand a distance away from the pitch, to only encourage players and to uphold fair play.
- Team coaches should encourage the rotation of players to experience different parts of the pitch.
- At the end of every game, team coaches should encourage both teams to shake hands with each other and the officials.
- Required Coach Education is Level 1.2 of the Children's Pathway
- Recommended Coach In Service is 4v4 Player Pathway In service, relevant CPD & PCS coaches workshop



SUPER FIVES (OPTIONAL FOR AGE 8 YEARS FROM AUGUST TO NOVEMBER ONLY)

Recommended

The field of play should be 35 metres by 20 metres.

Goalposts should be no more than be 4.9 metres x 1.8 metres (16ft by 6ft).

There should be a centre mark at the midpoint of the halfway line.

2. The Ball

A size 3 ball should be used.

3. The Number of Players

Teams will comprise 4 outfield players plus a goalkeeper. Team squads may consist of up to 7 players with rolling substitutions used throughout the match. Players who have been substituted may return to the field of play as often as necessary. All team members should receive equal playing time where possible.

4. The Players' Equipment

All players must wear shin-guards. Metal studs are suitable for grass fields only. Players must wear the appropriate clothing dependent on weather. Glasses may be worn provided they have safety frames and lenses.

5. The Referee

A match supervisor, who must be a club official, will officiate from the side of the field and will not be allowed to coach either team.

6. Assistant Referees/Match Supervisors

Assistant referees/match supervisors are not required

7. The Duration of the Match

Matches should be organised on a round robin festival basis and be trophy free. Each match should last no more than 15 minutes. The team leaders have joint discretion to alter this in the event of poor weather conditions, pitch conditions or an obvious mismatch. There should be a minimum of 5 minutes between matches with a maximum of 3 matches within a 1 hour period.

8. The Start and Restart of Play

On scoring a goal the team that scores will retreat to the halfway line. The team conceding the goal will restart the game from the penalty area by either dribbling directly into play or playing a short forward pass.

9. The Ball in and out of Play

Normal rules apply.

10. The Method of Scoring

Normal rules apply.

11. Offside

There is no offside rule and there is no retreating line.

12. Fouls and Misconduct

Normal rules apply. Team coaches should immediately substitute any player showing unacceptable behaviour.

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Normal rules apply except that the distance an opposing player must be is 6 metres from the ball. All free kicks are indirect





SUPER FIVES (OPTIONAL FOR AGE 8 YEARS FROM AUGUST TO NOVEMBER ONLY) CONTD.

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16. The Goal Kick

Goal kicks should be taken out from the penalty area, but without a penalty area marked, The goalkeeper must place the ball down and play a short pass out with the inside of the foot

17. The Corner Kick

Normal rules apply except that opposing players to be 6 metres away.

General

Team coaches will stand on the same side of the pitch. Parents should stand on the opposite side of the pitch behind a marked area, for example, cones, pitch tapes etc.

Dependant on the venue, parents should be encouraged to stand a distance away from the pitch and to only encourage players and to uphold fair play.

Team coaches should encourage the rotation of players to experience different positions on the pitch.

Goalkeepers must pass or throw the ball to a team mate and not kick from hand.

It is recommended, time permitting, that matches will finish with every player taking a penalty kick.

At the end of every game team coaches should encourage both teams to shake hands with each other and the officials.

Required Coach Education is Level 1.2 of the Children's Pathway

Recommended Coach In Service is relevant CPD & PCS coaches workshop

MATCH-DAY PROTOCOL

On match-days the home team can follow the guidelines below to ensure the games run smoothly for all.

- Early arrival at the venue
- Set Up Pitch - safety check, erect goals, set out 1m touchline barrier/cones
- Meet and greet own players
- Meet and greet away team
- Pre match preparations - winners circle, warm up, champions league style handshake
- Agree match supervision by representatives from each team if required
- Post match penalties
- Handshakes all round
- Winners circle
- This week's training arrangements etc



MATCH SUPERVISOR'S GUIDANCE

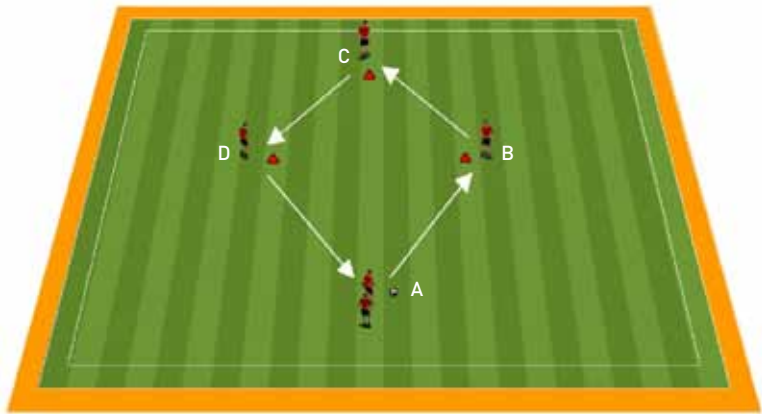
On match-days coaches will require to ensure that matches operate smoothly and without fuss. Teams should decide upon a match supervisor to ensure the game flows well throughout.

The role of the match supervisor should be to:

- Ensure the safety and well-being of all players
- Check pitch for potential hazards (e.g. broken glass, dogs' dirt) and check the safety of the goals being used
- With support of both team coaches give the players a brief reminder of the standard of behaviour expected and the need for **RESPECT** for team-mates, opponents and the match supervisor
- Ensure teams shake hands prior to kick-off and after the match
- Use Positive Coaching **PARENT CARDS** for players to hand out to all parents reminding them of the philosophy we follow
- Help to educate players whilst the game progresses, giving some basic pointers where appropriate (e.g. rules of the game)
- Allow the game to flow only making decisions when required...let the children play!
- Help to avoid potential rule breaking and possible confrontations
- If required, remind parents and spectators of the positive environment that should exist around the pitch at all times
- Praise and encourage good play by both teams
- Allow frequent substitutions to encourage equal playing time for all players
- Highlight skill, effort and **FAIR PLAY** and congratulate all involved at the end of play
- Use the Positive Coaching **BEST EFFORT** card to highlight a player in both teams who has demonstrated this throughout the game

USEFUL CONTENT

4 V O



Set Up

- Diamond set up with distance dependant on ability
- Player at each cone. Ball starts at position A. Focus on introduction to passing and receiving in a basic team shape

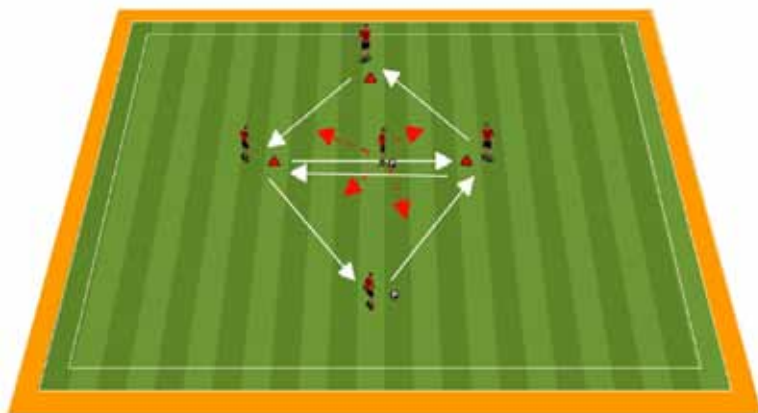
Instructions

- Player at A passes the ball to the player at B who has gone long and has come off at an angle to receive and then control the ball and pass it to player at C who has performed the same movement until it goes round to the start. Use right foot to pass and receive on the right and the left going to the left. Go both ways
- Pass the ball to the back foot and pass and receive with the inside of the foot
- Progression 1 – additional player at position A and follow pass
- Progression 2 – players can pass to any position

Coaching Points

- Movement away from the ball, body position helps to take defender away
- Receiving the ball with body open
- Shoulder position
- Eye contact to dictate when the ball is passed
- Head movement to develop vision and awareness
- Pass to the back foot
- Communication

4 v 1



Set Up

- Diamond set up with distance dependant on ability. Players can pass to any position. Obstacle of dribbling defender is now introduced. Players need to look for space and select correct pass to play

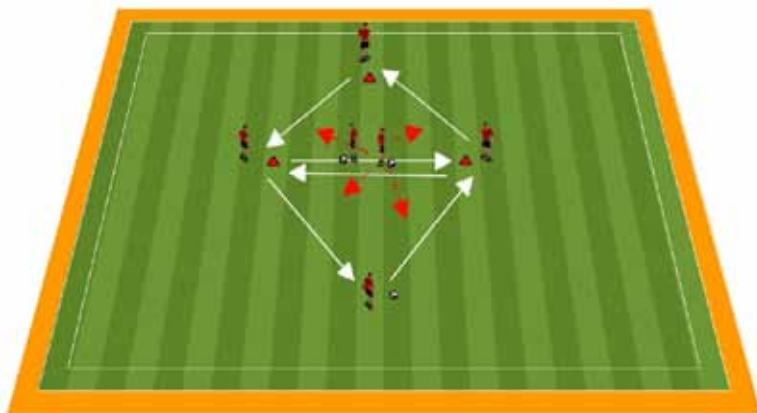
Instructions

- Players play 4 v 1 possession. Defending player dribbles with the ball and the attacking players pass the ball around and across the area avoiding the moving player
- Progression – dribbling defender becomes a defender attempting to win ball

Coaching Points

- Movement along line to support the ball
- First touch away from defenders
- Play from busy area to quiet area
- Look early to find space

4 v 2



Set Up

- Diamond set up with distance dependant on ability. Extension from 4 v 1. Obstacle of 2 dribbling defenders now introduced.

Instructions

- Players play 4 v 2 possession against dribbling defenders.
- Progression – defenders no longer dribbling and now win a point for every possession gained and if the attacking players put the ball out of the area. Attacking players win a point for every ball played between the defenders.

Coaching Points

- Movement along line to support the ball
- First touch away from defenders
- Play from busy area to quiet area
- Defenders to work as a pair
- First defender to show one side

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AGE: Male 12-16 / Female 11-15

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