

Games for the Advanced Players

Free Play

A coach must create an opportunity to evaluate a player's ability to execute a certain skill or task at the level they are working.

A coach can do this only if he or she understands and uses free play.

Free play is used to observe the player's capabilities.

Free play describes the condition where individuals play without restrictions on time or space on a particular skill.

Teaching Advanced Games

All coaches must provide an environment for teaching solutions (options) to match problems.

- Games (drills) are used to duplicate match conditions.
- A game (drill) requires organization of the players to repeatedly execute a specific skill or tactic or combination thereof.
- Begin with static drills and progress to dynamic as quickly as possible.

When playing games, have

- Age and skill appropriateness
- A reason to play (tactical objective)
- A person or team which finishes first
- Manageable groups (number of groups)
- Restrictions (grids, touch, time)
- Consequences
- A match-type situation
- Coaching points and corrections
- Reevaluation
- Ability to transfer training to the game

Games for the Advanced Players

Teaching Advanced Games

The coach must always remember to go from the simple to the complex and communicate in a language appropriate to the age of the players they are working with.

Effective Coaching

When you are teaching a new drill or activity there are steps that are required by the coach. The coach must follow in order the following steps if he or she hopes to be an effective coach (teacher)

- State the tactical objective of what you are trying to accomplish.
- Show the activity from top to bottom (the whole drill).
- Get all players involved.
- Analyze level of play and skills being used by players.
- Evaluate level of effort, commitment to training.
- Training groups must be balanced.
- Circulate and correct (use assistant coaches to supervise play and keep the organization going).
- Communicate individual instructions, using concepts of psychological motivation (remember they are kids, don't embarrass them).

Summary

- A coach should use a systematic approach to help in communicating with and training players.
- Training (practice) is an attempt to duplicate a match, in a learning environment.
- The goal is to build-up to match conditions.
- Each segment of training should be communicated in a clear and positive manner.
- Feedback is provided to the players on an individual basis.
- If a coach uses a systematic approach to training, players will assimilate the material in a rapid and efficient manner.

Games for the Advanced Players

Game: All for One

1 v 1

Skill: Attacking and Defending

Number of Players: 6

Equipment: One ball, 12 cones

Organization:

Make a big rectangle 50 yards long and 15 yards wide. Cones are placed at 10 yard intervals within the 50 yard area. Attacking players line up at the entrance of the course. Defending players position themselves between the width of the course at 10 yard intervals.

Instructions:

The attacking player dribbles toward the first defensive player who advances from the first cone (10 yards from start) and works to win the ball from the attacking player. The attacking player works to beat the defending player. If successful, continues until five defenders are beat or until possession is lost. After the attacking player has completed his turn, he becomes a defender at the end of the grid and each player moves up. The first defender becomes the attacker and so on.

Play the game for 20 minutes. Stop the game, make coaching points, restart the game.

Note:

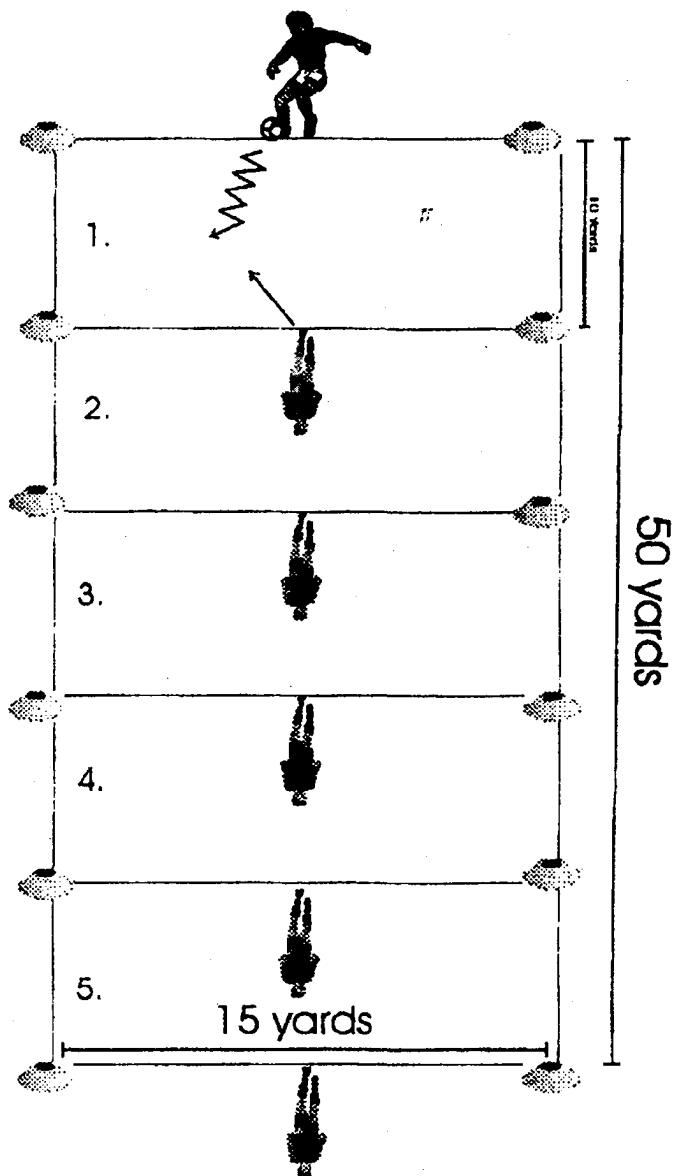
Do not change the space or the speed of play.

Play must be maintained within the grid.

Have players playing with intensity.

Keep time to see who is the fastest.

Don't do it right away but you can play 2 v 1 attacking in this tight area. You can even add a goal at the end of the grid.



Games for the Advanced Players

Game: Defending Marking and recovery runs

2 v 1

Skill: Defending, Passing, Controlling, and Shooting

of Players: 10 field players, one keeper, and a server

Equipment: Several balls, 2 sets of 5 different practice vest

Organization: The game is played in one half of a full size field. Use 5 attackers, 5 defenders, a goalkeeper; 5 attackers and 2 defenders start at midfield; 3 defenders start at the top of the penalty area. Position a server with a supply of balls behind midfield players.

Instructions: The server plays the ball into the space ahead of anyone of the 5 attackers. The attackers try to advance quickly for a shot on goal. The defenders try to delay the attack, mark attackers, win the ball, and clear it back to the server.

Play the game for 20 minutes.

Note: The defenders need to sort out their defending responsibilities quickly.

Look to see that the recovery runs are marked.

The defenders have

succeeded if the two defending players from the top have time to recover.

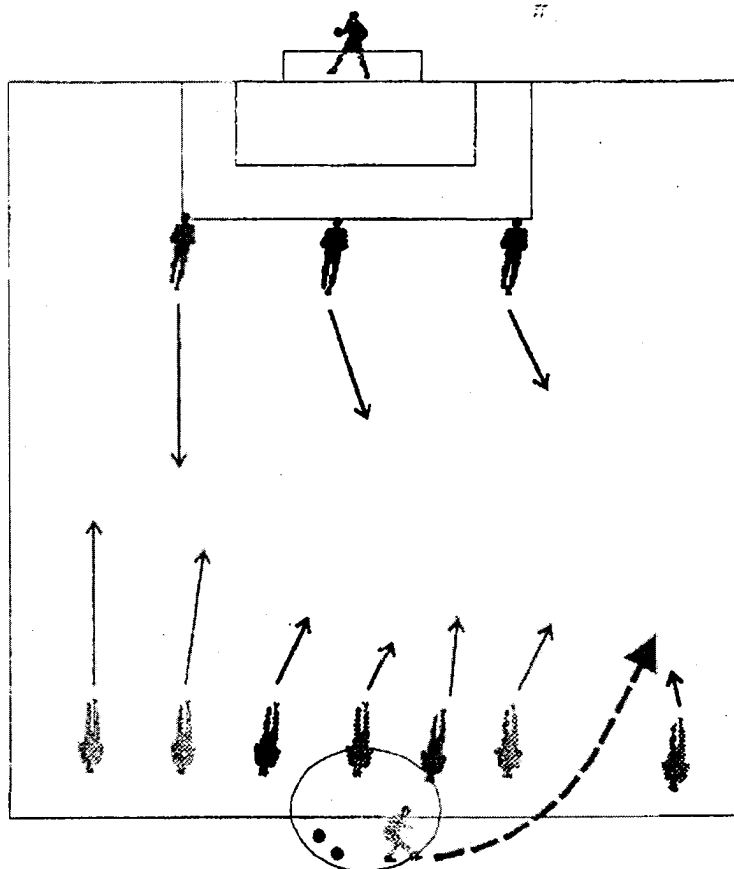
Do not change the space or the speed of play.

Play must be maintained within the grid.

Have players playing with intensity.

Stop the game, make coaching points, restart the game.

Add an extra attacker (play 6 v 5).



Games for the Advanced Players

Game Two Worlds 3 v 1

Skill:

Passing, Defending, Attacking Space, Controlling and Transitional play

Equipment: One ball, 8 cones, and 6 players

Organization:

The game is played in two 15 by 15 yard grids positioned 10 yards from each other. The grids are marked by a cone at each corner of the two grids. Four players, three attackers and one defender, are in one grid. One of the attackers has a ball. The other two players are in the other grid.

Instructions:

On a signal from the coach, the players in the first grid play a 3v1 game of keep-a-way. After five consecutive passes, the player receiving the fifth pass must make a pass in the air to the other grid. One of the players must control the ball. When the ball is kicked, the other two players on the passing team must sprint to the other grid. The player who made the pass and the defender stay in the first grid. The last player to get to the second grid now becomes the defender and another 3v1 game starts immediately.

Play the game for 20 minutes.

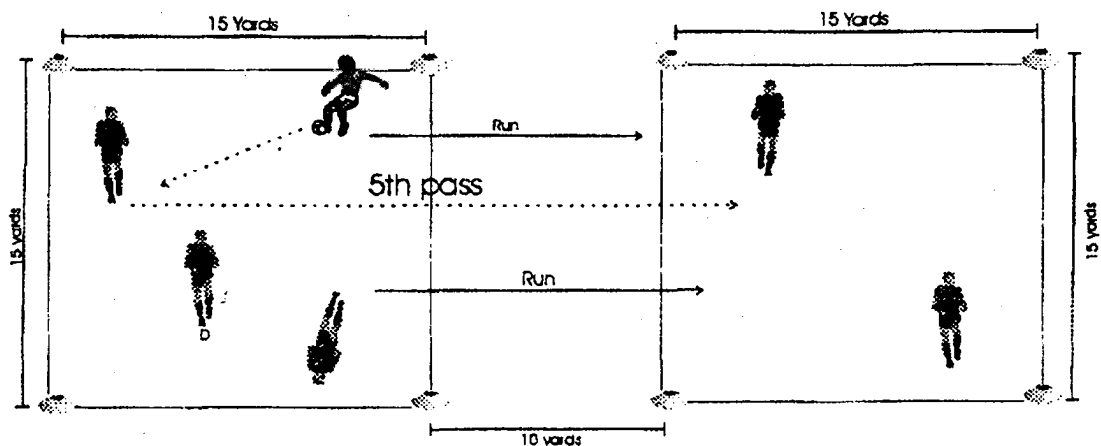
Note: Do not change the space or the speed of play.

Play must be maintained within the grid.

Have players playing with intensity.

Stop the game, make coaching points, restart the game.

Play one or two touches if success rate warrants.



Games for the Advanced Players

Game: Playing wide 5 v 5 + 1 NP on the flank

Skill: All the skills required to play the game!

Number of Players: Full team

Equipment: A few balls, 2 full goals (with keepers), 2 sets of 5 colored practice vest and 2 neutral colored vests.

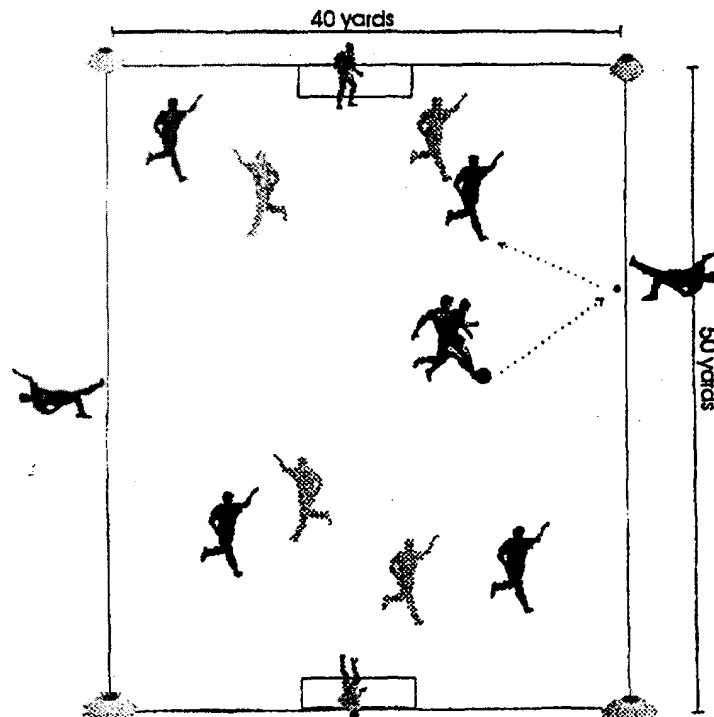
Organization:

Two team of 5 players wearing different colored practice vest are located in a 40 by 50 yard grid. A goal is at the midpoint of each end line. Each goal has a keeper. A neutral player plays on the outside of the grid on the touch line. The teams play 5v5 but cannot score until the ball has been played wide to one of the neutral players.

A good change is to add the players on the flank to the teams playing in the grid. If the teams are blue and yellow make the flank players one blue and one yellow (on each side). To start with do not allow passes that are made to the flank to be intercepted by the other team. If the blue team plays it wide the yellow player on the flank must allow the pass to be completed. After the game is understood make the flank players live. Meaning if blue can intercept a pass from yellow that is good, if yellow intercepts a blue pass to the flank that is good.

Note:

Make the teams play the ball wide to both sides before they can score.
Add one touch play to and from the flank.



Games for the Advanced Players

Game: 5 V 5 + 2 on Goal Line

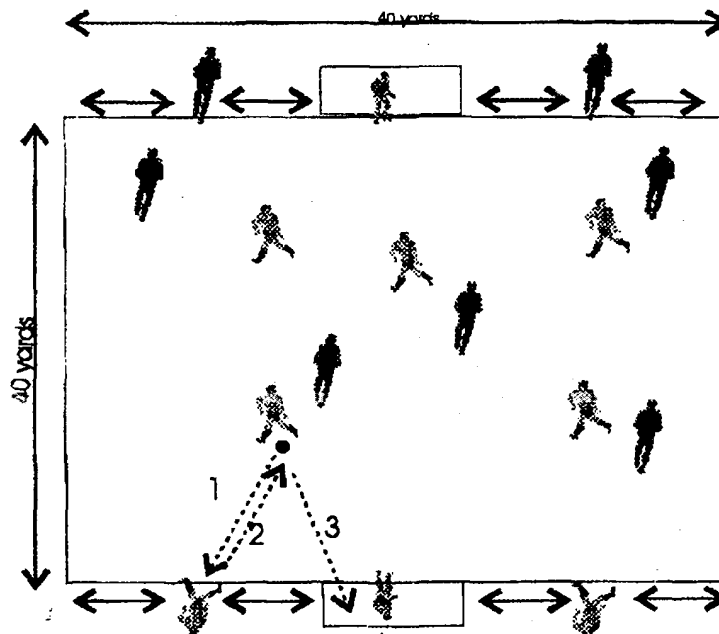
Skill: All Soccer Skills (focusing on one touch shooting)

Of Players: 14 field players and 2 goalkeepers.

Equipment: Several balls, two sets of different color practice vest, two full size goals, and enough cones to mark a 40x40 yard grid.

Organization: The game is played in a 40X40 yard grid or on half of a full size soccer field. Place goals at each end of the grid. Put 7 players in red vest, 7 in yellow vest, and a goalkeeper in each goal.

Instructions: Simple game. Play 5 v 5 in the grid, first team to score three goals wins. A goal can only be scored from a one-touch shot from a ball played to a teammate on the goal line. Ball must be played to a teammate on the goal line who must one touch it to a teammate for a one-touch shot.



Variations: Everyone plays one-touch.
Must connect three passes before ball can be played to teammate on goal line.
Add flank players so that the ball must be played to the flank before being played to teammate on goal line.
Goal line players switch with field players during play.