

Conditioned Match Play Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up

6 vs. 6 + GK's | + 4 Corner Neutral Players | Directional to Goal

- 44yds wide x 50yds long | Halfway line
- 4 x 6yds corner zone marked | 1 each corner
- 6 + GK vs. 6 + GK | 2-3-1 Formation
- 1 Neutral Player conditioned to each corner zone
- Neutral Players unopposed
- Neutral Players play with the team in possession
- Neutral Players conditioned 1 touch where possible
- Neutral Players cannot score
- All other Players unconditioned
- Play directional to opposition goal + GK
- Restart dead balls from corner Neutral Player
- Restart each goal from own GK | Retain possession from a score
- Goal = 5pts | Pass from own half to Neutral Player = 1pt

>Progression

- Neutral Players opposed | Tackle after 1st touch
- Goal scorer stays 'off' until next goal scored | 5 vs. 6
- Must | Must not play through a Neutral Player before going to goal
- Goal created with a pass from own half to Neutral Player = 10pts

Coaching Points

Technical

- Presentation of the ball
- Straight approach
- Standing foot | Perfect '10'
- Striking zone on the foot | Striking zone on the ball
- Weight of pass
- Follow through straight

Tactical

- Risk or retain possession
- Play to feet | Play to space
- Breaking Lines | Beyond most defenders
- Play short | Play long | Play square
- Play back
- Disguise of intentions
- Visual & Verbal Communication | Information

Field Plan



Soccer Practice Plans For Effective Training

RC Schank



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