

TACTICAL TRAINING GAMES

by RENATO LOPES MOREIRA

VOLUME 2



Tactical Training Games Volume 2

By

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To start, this book is not a cake recipe.

If you're reading this material and only think to apply the exercises in your team without a game model or knowing how your team want to play, just stop here.

It won't work.

The idea of these exercises is to show possibilities to train your team to achieve your goals. But you have to know your team, know where you train, where you play, who you will play against, when you will play and a lot of aspects that directly affects your day to day.

First you have to understand the game.

You have to understand the whole context to know how your team will play in each phase of the game. It is not just put your team in the field and let the players do whatever they want.

You have to know the five phases of the game and define how your team will behave on each one.

You have five moments in a game:

- 1) Attack (A),**
- 2) Defense (D),**
- 3) Transition Attack - Defense (TAD),**
- 4) Transition Defense - Attack (TDA)**
- 5) Stopped ball.**



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It's a big discussion about these phases. Some authors defend that there are only three (Attack, Defense, Transition), some authors defend that there are four phases (Attack, Defense, Transition and Stopped Ball), others authors do not consider Stopped Ball as a game phase saying the four phases are Attack, Defense, Transition Defense - Attack and Transition Attack - Defense. Like I said, big discussion.

It's up to you decide how many phases are in your game and prepare your team for them.

The progress in one exercise can easily be affected, positively or negatively, by the concepts that we have.

So, let's show all these concepts and phases to start this book.

Attack is when you have the ball. The idea of the attack is to unbalance the defense, creating empty spaces and superiorities to score a goal.

There are four attitudes that your players have to have to attack:

- (A) Avoid being in opponents view;
- (B) Speed up the passes;
- (C) Touch the ball always to an empty space;
- (D) Play a organized direct game, vertical, searching the opponent's goal.

Also, you have to work with your players the four rules of action for a good attack:

- (A) *Ball position:*
- (B) *Free spaces:*
- (C) *Teammates situation:*
- (D) *Goal to reach:*

It's very important define the behavior of your player over all kind of possible offensive tactics:

- (A) *Individual;*
- (B) *Group;*
- (C) *Team.*

This behavior will define how your players will behave during the attack phase.

During the attack you have to decide if the movement will be:

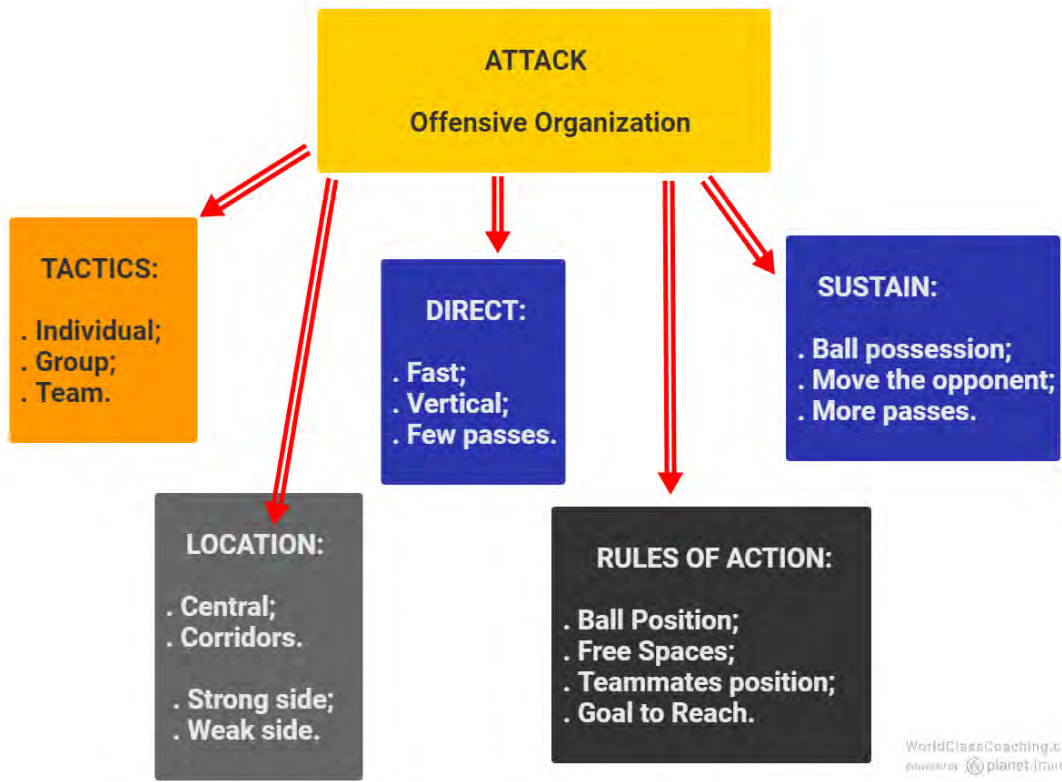
- (A) *Sustain;*
- (B) *Direct.*

And define where at the field you are planning to attack.

- (A) *Central;*
- (B) *Corridors.*

And where will be your Strong and Weak side to attack.

Once you define all the offensive actions with your team they will be ready to play Attack.



Defense is when you do not have the ball.

The defense begins when your team is attacking, because the players have to be balanced and trying to avoid inferiority as soon as the team loses the ball.

The defense must be a collective action of all team looking to avoid opponent's goal.

Defense have to slow down the attack's progression, taking the attackers far away and to a less dangerous place from their Goalkeeper.

On Defense, players have to have some attitudes and here they are:

- (A) Positionate, always as possible, between the ball line and the Goalkeeper;*
- (B) Keep the opponent in his eye view;*
- (C) Fast recovery on defense;*
- (D) Making covers.*

It's also very important define the behavior of your player over all kind of possible defensive tactics:

- (A) Individual;*
- (B) Group;*
- (C) Team.*

This behavior will define how your players will behave during the defense phase.

To defend, you have to define the position where the defense will start at the field:

- (A) High;*
- (B) Middle;*
- (C) Low.*

And the type of marking, if it will be:

- (A) Zone,*
- (B) Individual or*
- (C) Mix.*

Other importante thing to decide is which type of posture your team will have on Defense:

- (A) Active;*
- (B) Passive.*

Your team will also be able to read the opponent's attack, trying to know where is his

- (A) Strong side;
- (B) Weak side.

And try to make the opponent to play on his weak side most of the game.

Once you define all the defensive actions with your team they will be ready to play Defense.



Transition game happens between the offensive and defensive moments.

Attack and Defense are antagonists with a balance between their actions during a game.

The game organization is broken with the loss of ball possession, creating a momentarily unbalanced situation.

When this happens the team who is attacking immediately starts defending, changing all his functions during the game.

A well done transition searches the good execution of counter attacks and avoid opponent's counter attack during the game.

You will have a TAD when you are attacking and loss the ball possession.

Then, you will have two options:

- (A) If your team have a slow recovery you will have a defensive inferiority.*
- (B) If your team have a fast recovery you will have a balanced defense.*

One good strategy to avoid opponent's counter attack is to put the player who loss the ball possession or the player near him to press the opponent to help the team to recover their position.

You will have a TDA when you are defending and recovery the ball possession.

Then, you have two options:

- (A) If your team choose a quickly counter attack you will have a offensive superiority;*
- (B) If your team choose a sustain counter attack you can find a balanced defense.*

But sometimes it's better organize the attack, keep the ball possession in order to unbalanced the defense instead of running with the ball.

A well done counter attack is about 3 or 8 seconds duration.

It's up to you decide which type of TDA and TAD you will work with your team.

Soccer game nowadays the transition movements is very often so it's worth to train and including at your training sessions.

It's very important that your team knows exactly what to do with or without the ball, when they recovery ou loses the ball possession.

A team who don't know how to play during this phase hardly will win games these days.



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Stopped ball is a special phase of the Soccer game when you have the ball possession with space and usually without a closer defense. This provides you an opportunity to organize your offensive move.

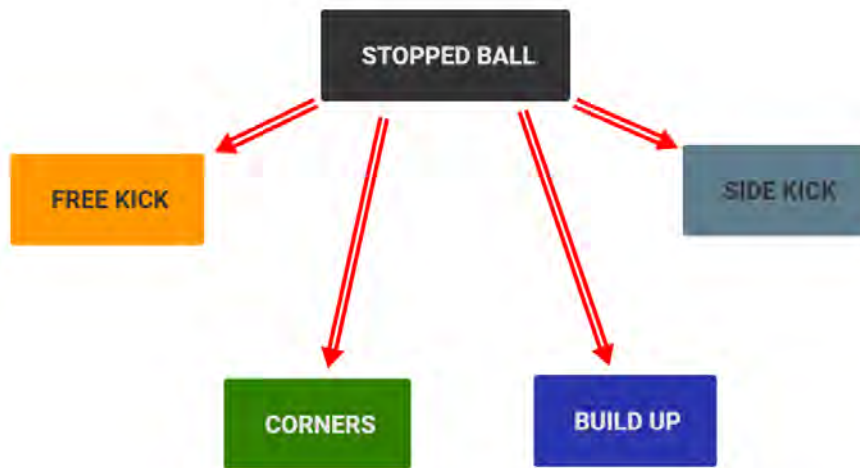
If your team is defending in a stopped ball situation you have to train your players to defend your Goalkeeper, positioning them between the ball and the Goal and warning about the opponent's movement.

You have to create and train some to decide which will be used in each situation.

On Stopped ball will have situations for:

- (A) Free kicks;
- (B) Corners;
- (C) Side balls;
- (D) Build ins.

It's important to train more than one ball stopped situation in order to difficult to your opponent to predict what are you going to do.



With all these concepts defined you can start training your team. That's what I did. I defined how I want my team to play in all game phases and use all these exercises to help me.

My idea here is to provide to you all some exercises that can help you in your team, but you have to have all your game ideas clear in your head.

Here's five chapters with 22 exercises and variations that might help you training the 5 phases of the Soccer Game.

All these exercises can be used at any age with a correct adaptation.

You can also think outside the exercises, creating some variations or adaptations that can fit better in your team.

That's the beauty of Soccer.

It's so many ideas that we can sit, talk about, discuss for long hours without stop.

And we can write a thousand books and we still have new exercises, new ideas coming.

Good study and good read.

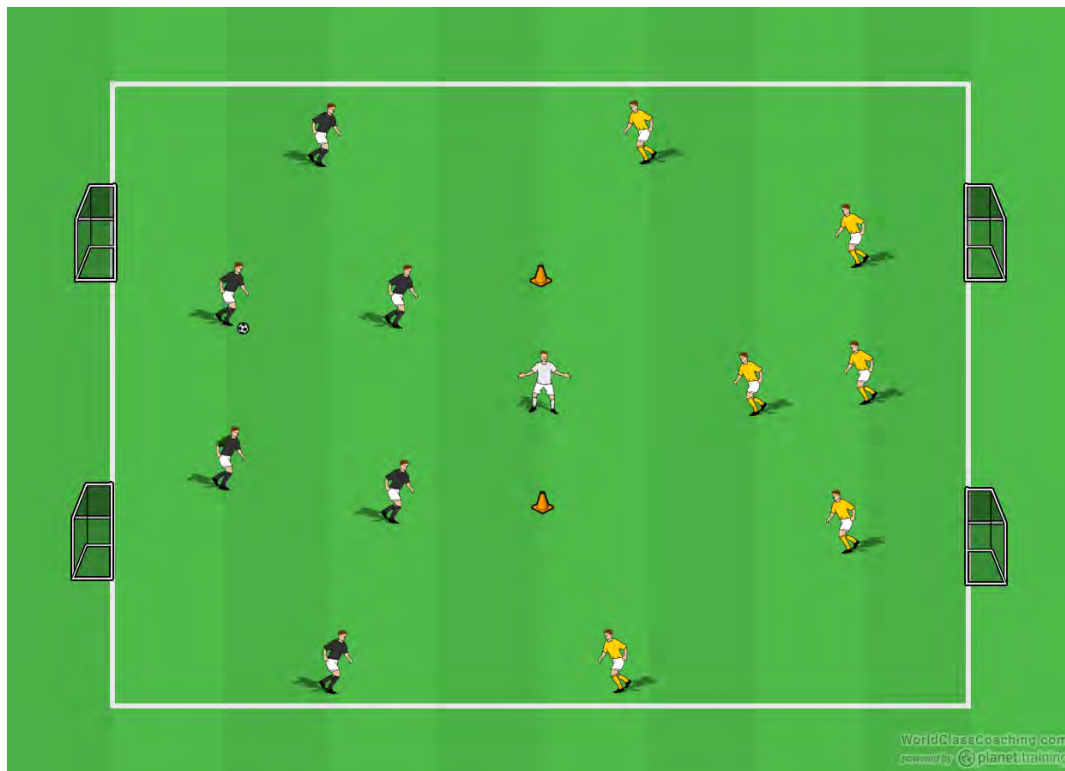
Renato.

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CHAPTER 1 – 6x6 situation games

6x6 + 5 Goalies:



Setup:

13 players
A 40x35 meters game field

Execution:

Two teams with 6 players.

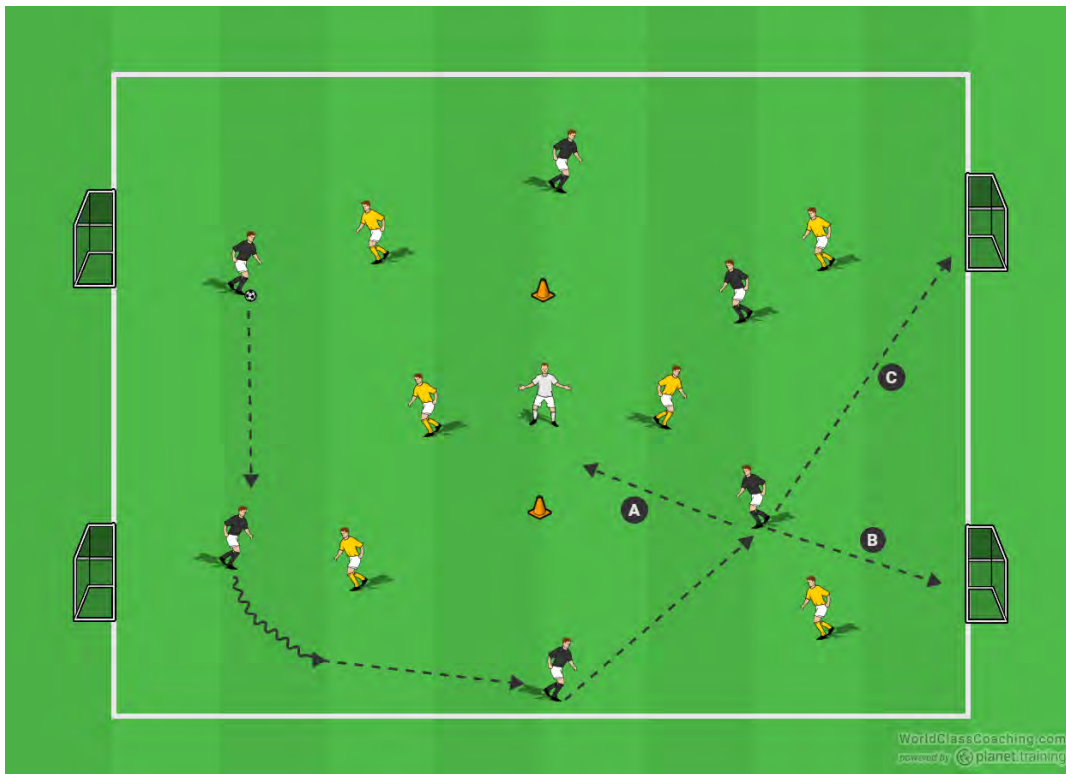
The game will be playing in a 6x6 game situation.

Each team will defend the two small goalies.

A Goalkeeper will play for the team who is defend.

The attack can kick from anywhere in the field at any goalie they want: (A), (B) or (C).

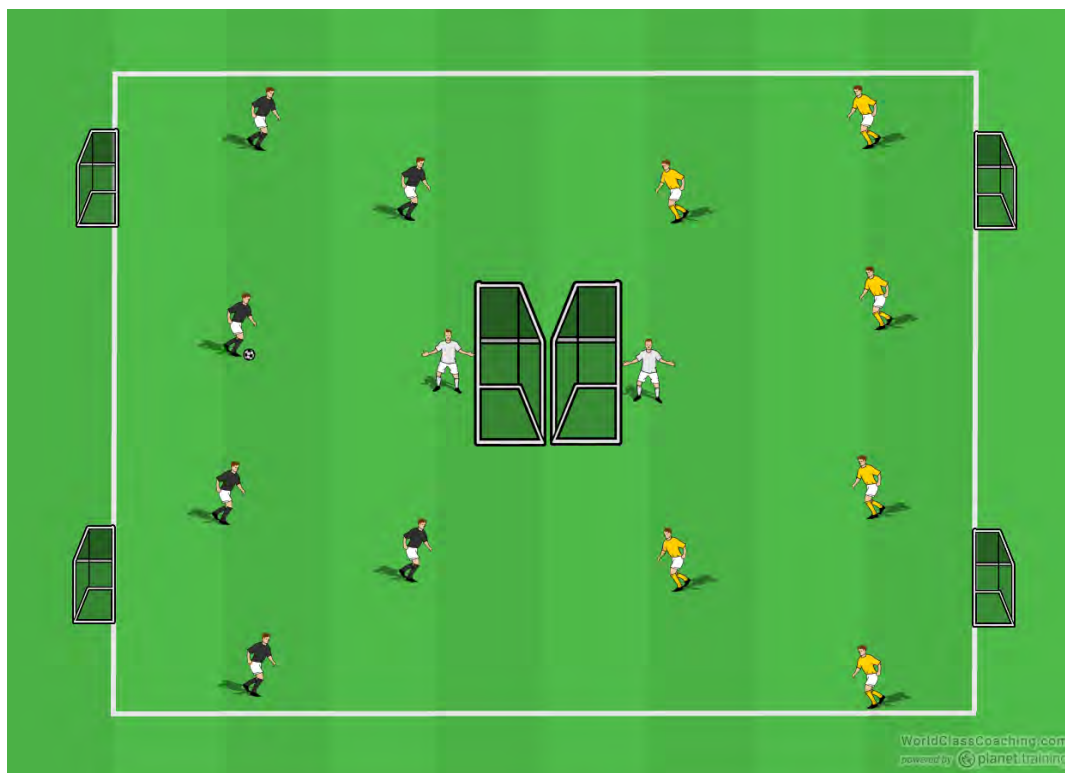
The defense have to recovery the ball to counter attack.



Variations:

- . You can increase or decrease the number of players involved;
- . You can increase or decrease the number of goalies defended;
- . You can move the goalies, putting it in different places into the field;
- . You can set where the attack can kick to any goalie;
- . You can vary the position of the Goalkeeper;
- . You can define a number of touch on the ball for each player.

6x6 + 6 Goalies:



** This exercise is an variation of the 6x6 + 5 goalies game.*

Setup:

14 players
A 40x40 meters game field

Execution:

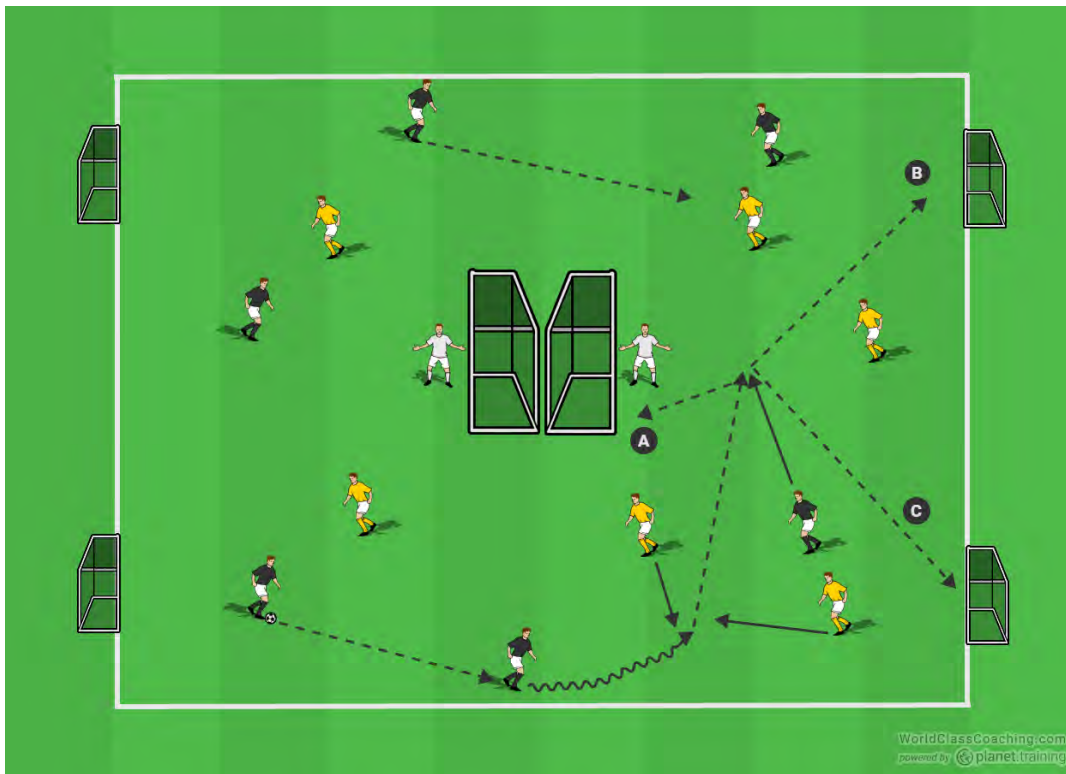
Two teams with 6 players.

The game will be playing in a 6x6 game situation.

Each team will defend the three goalies.

The attack can kick from anywhere in the field at any goalie they want: (A), (B) or (C).

The defense have to recovery the ball to counter attack.



Variations:

- . You can increase or decrease the number of players involved;
- . You can increase or decrease the number of goalies defended;
- . You can move the goalies, putting it in different places into the field;
- . You can set where the attack can kick to any goalie;
- . You can define a number of touch on the ball for each player;
- . You can add Goalkeepers.

6x5 Attack x Defense game:



Setup:

14 players
A 55x68 meters game field.

Execution:

This exercise will happen in a 6x5 game situation.

It's a basic Attack x Defense game.

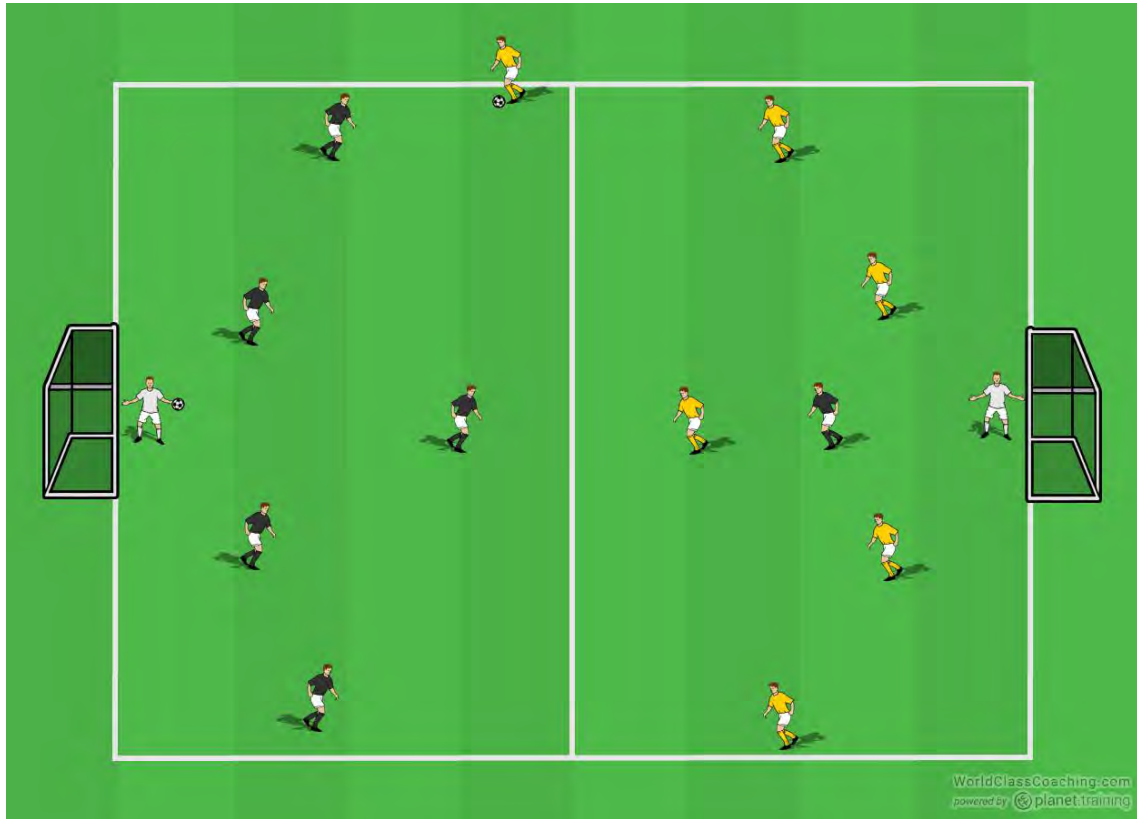
The attack will be positionate in a 3-3 form and the defense will be positionate in a 4-1 form.

Every time the ball leaves the field, without being a side kick or a corner, the exercise restarts.

Variations:

- . You can increase the number of players involved;
- . You can add one more Goalkeeper and doing a transition game;
- . You can vary the formation of defense or attack.

6x6 Transition game with a 6x5 initial game situation:



** This exercise is an variation of the 5x5 Transition game with a 5x4 initial game situation*

Setup:

14 players
40x35 meters game field

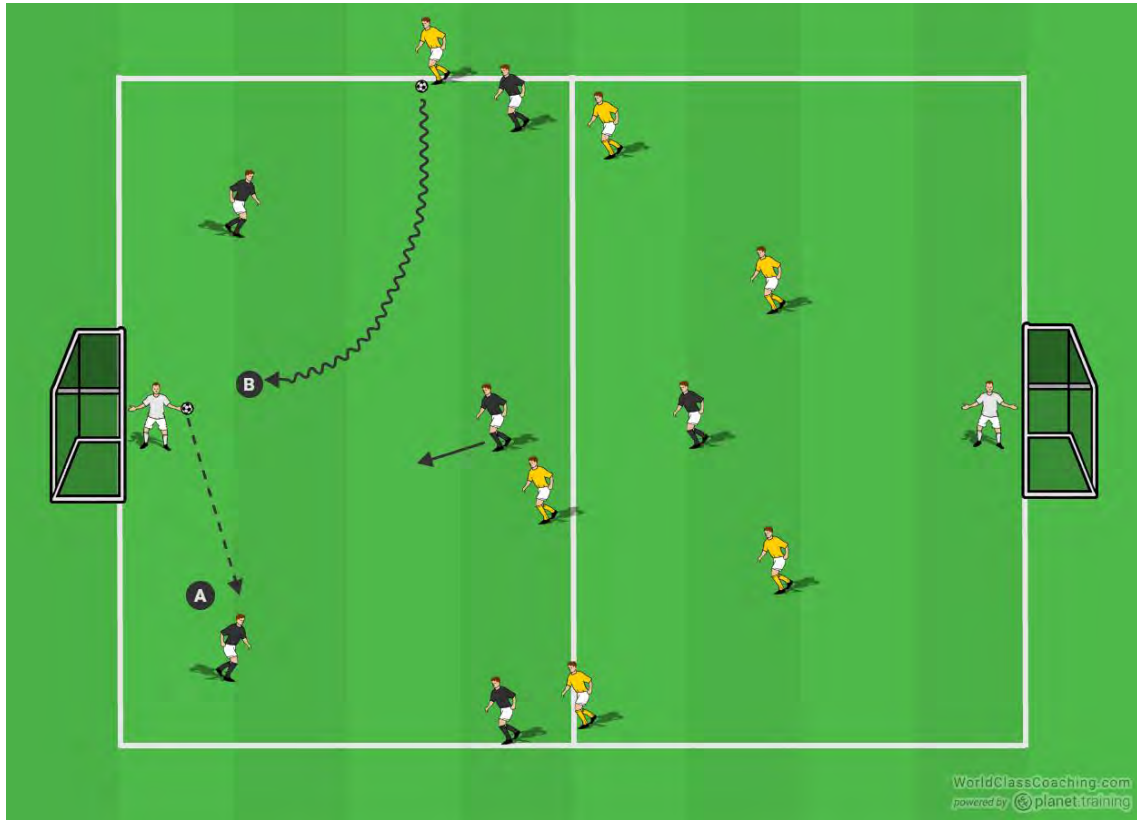
Execution:

Divide two teams with 6 players to each one.

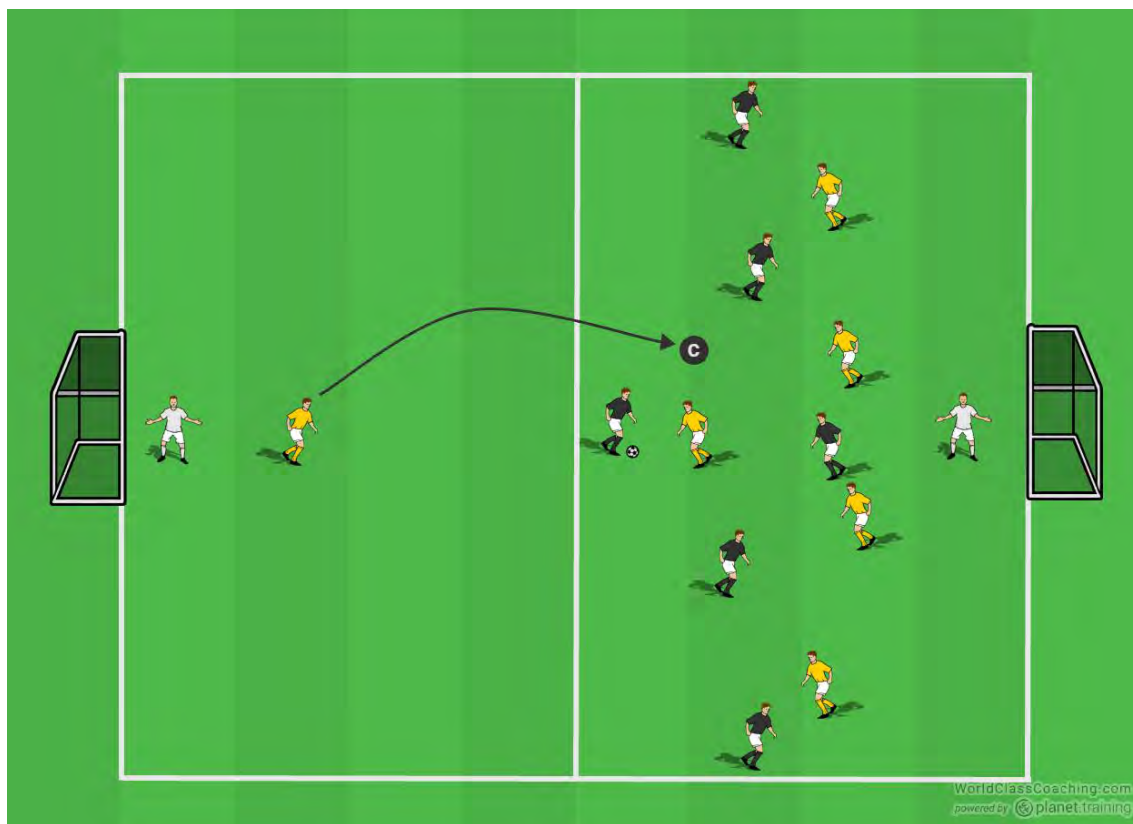
One defender will be defined to start with one ball to kick into the opponent goalie.

One attacker will start into offensive field while the others five attackers will be positionate near to their Goalkeeper to start the exercise.

The game will be playing in a 6x5 game situation in these situations:



- (A) The Goalkeeper will start the exercise touching the ball for a back four line. This line will build up the offensive game for the attack.
- (B) The defender who have the ball will attack the opponent Goalkeeper.



(C) After attacking, the defender will try to recover his position into defense, avoiding the offensive majority.

If the defender recovers his position the exercise will be played in a 6x6 game situation.

The attack has to build up his movement orderly, the Goalkeeper cannot make a long pass directly to his attack field.

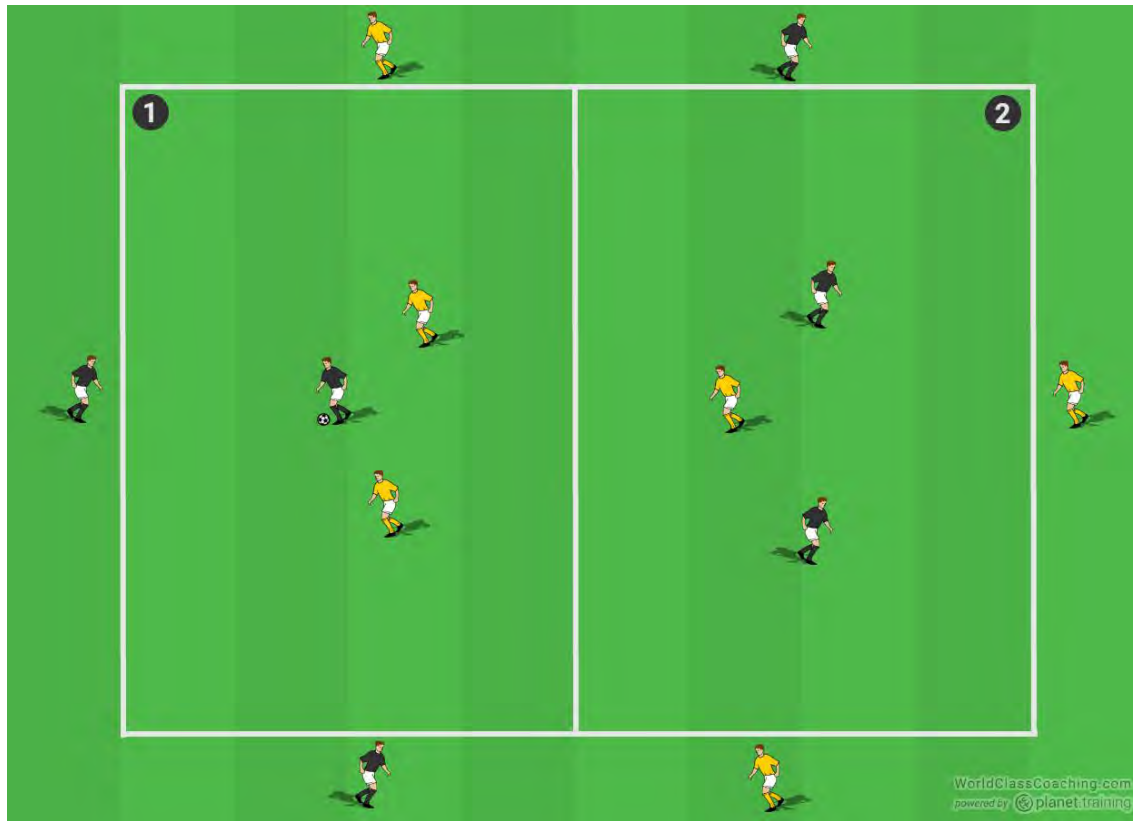
If the defense recovers the ball possession, they will have the counter attack.

If the ball leaves the field, without being a corner kick or a lateral, the exercise will restart.

Variations:

- . You can increase or decrease the number of players involved;
- . You can vary the build up formation using 3 players instead of 4 for example;
- . You can define the type of kick for a defender starts the exercise;
- . You can vary the game field size.

6x6 Dynamic game + 6x3 game situation:



Setup:

12 players

20x20 meters game field

Execution:

Divide two teams with 6 players to each one.

Divide the field in two:

(a) Field 1;

(b) Field 2;

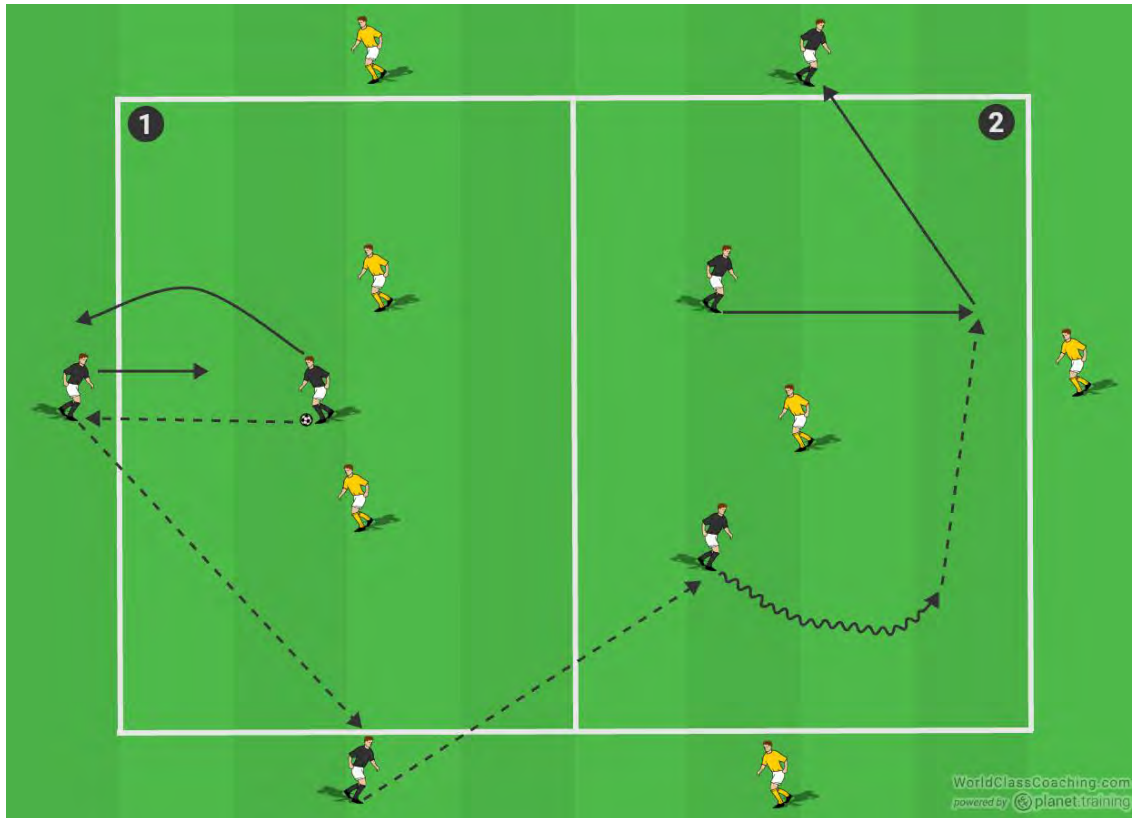
At Field 1 put 3 attackers and 3 defenders.

One attacker will be inside the Field 1 and the other 2 will be outside.

Two defenders will be inside Field 1 and one will be outside.

At the Field 2 you will have two attackers inside and one outside with one defender inside and two outside.

The game will be playing in a 3x3 game situation inside the fields but the attack can play with the three outside players.



Players can change position between them anytime they want but without leaving any space empty.

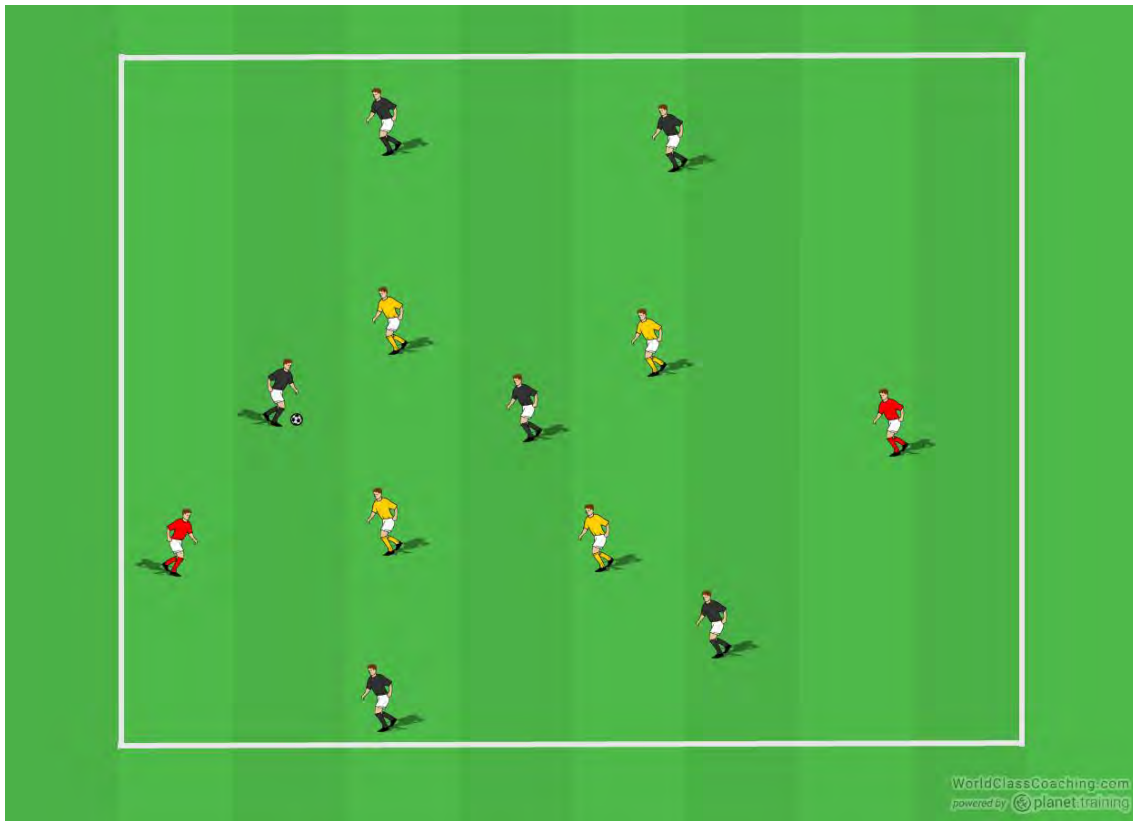
The outside attackers cannot touch the ball directly between them. The ball have to pass inside the field or the attack loses possession.

If the defense recover the ball possession they will start touching the ball between them.

Variations:

- . You can increase or decrease the number of players involved;
- . You can vary the inside game situation;
- . You can allow outside players to mark;
- . You can limit the number of touches on the ball by each player.

6x4 with 2 support players:



Setup:

12 players
A 40x20 meters game field.

Execution:

This exercise will happen in a 6x4 game situation.

The attack have to touch the ball between then without losing the ball possession.

Two possession players will play with the attack to create the offensive majority.

The defender who gets the ball possession switch position with the attacker who loses the ball.

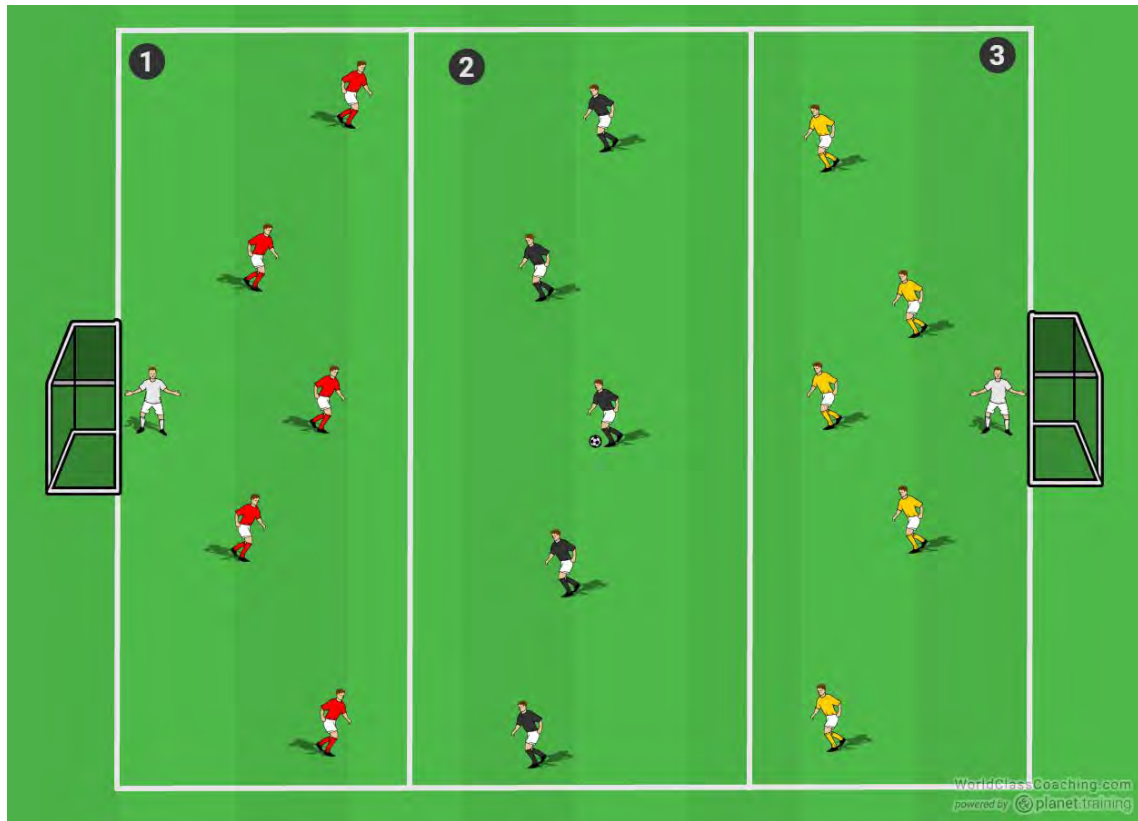
If one support player loses the ball he won't switch position with the defender. The attacker next to him will go defend in his place.

Variations:

- . You can increase the number of players involved;
- . You can vary the game field area;
- . You can limit the number of touches on the ball by each player;
- . You can increase or decrease the number of support players
- . You can define a number of touches to worth 1 point.

CHAPTER 2 – 5x5 game situations

5x5x5 game:



Setup:

17 players
40x40 meters game field

Execution:

Divide the field in three:

- (a) Field 1;
- (b) Field 2;
- (c) Field 3

Divide three teams with 5 players to each one.

Put the attack into Field 2 and the two others teams into Fields 1 and 3.

The game will be playing in a 5x5 game situation.

The attack can choose which Goalkeeper they will attack.

The attack can kick anywhere they want inside Field 1 or Field 3.

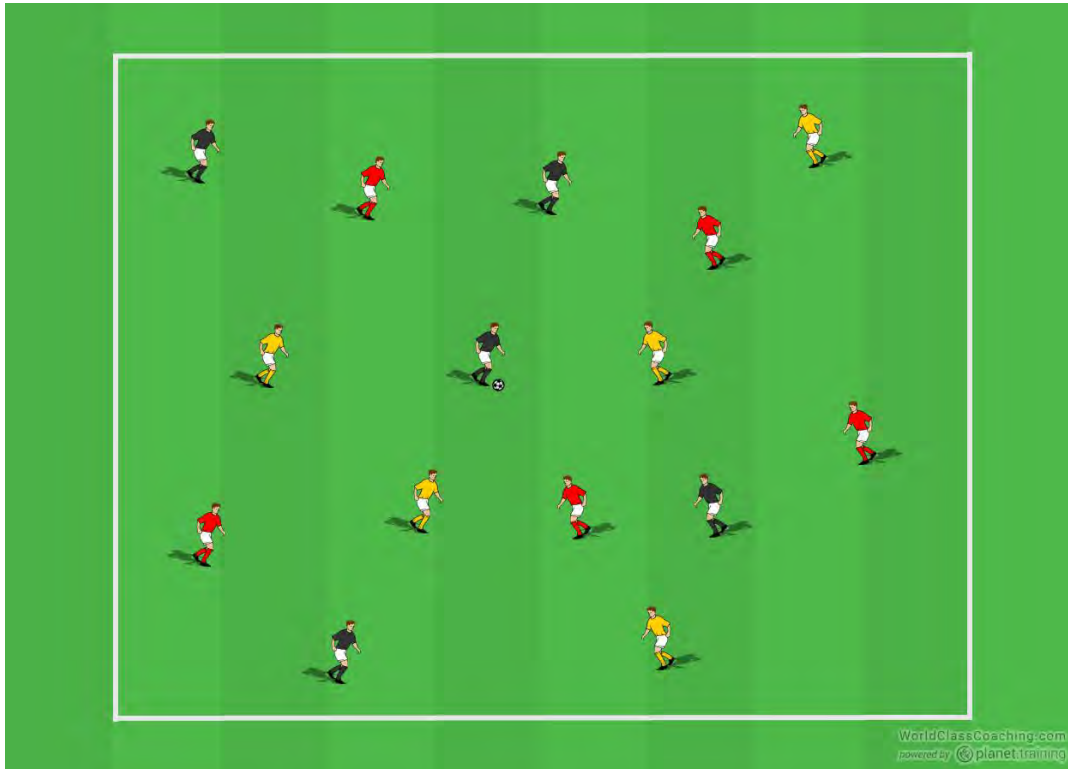
If the attack goes to Field 1 he can change anytime they want and attack the Field 3.

If the defenders of Field 1 or Field 3 steal the ball possession they can choose where to attack.

Variations:

- . You can increase or decrease the number of players involved;
- . You can limit the number of touches on the ball by each player;
- . You can put small goalies instead of Goalkeepers;
- . You can add more Goalkeepers;
- . You can vary the defensive systems.

5x5x5 Caotic game:



Setup:

15 players
40x40 meters game field

Execution:

Divide three teams with 5 players to each one.

The game will be playing in a 5x5x5 game situation.

Each team will play for themselves.

The team with the ball makes 1 point if they touch the ball between them for five times.

Variations:

- . You can increase or decrease the number of players involved;
- . You can increase or decrease the game field area;
- . You can limit the number of touches on the ball by each player.

5x5 + 5x5 game situation:



Setup:

17 players
A 40x40 meters game field.

Execution:

Divide the field into 2 small fields:

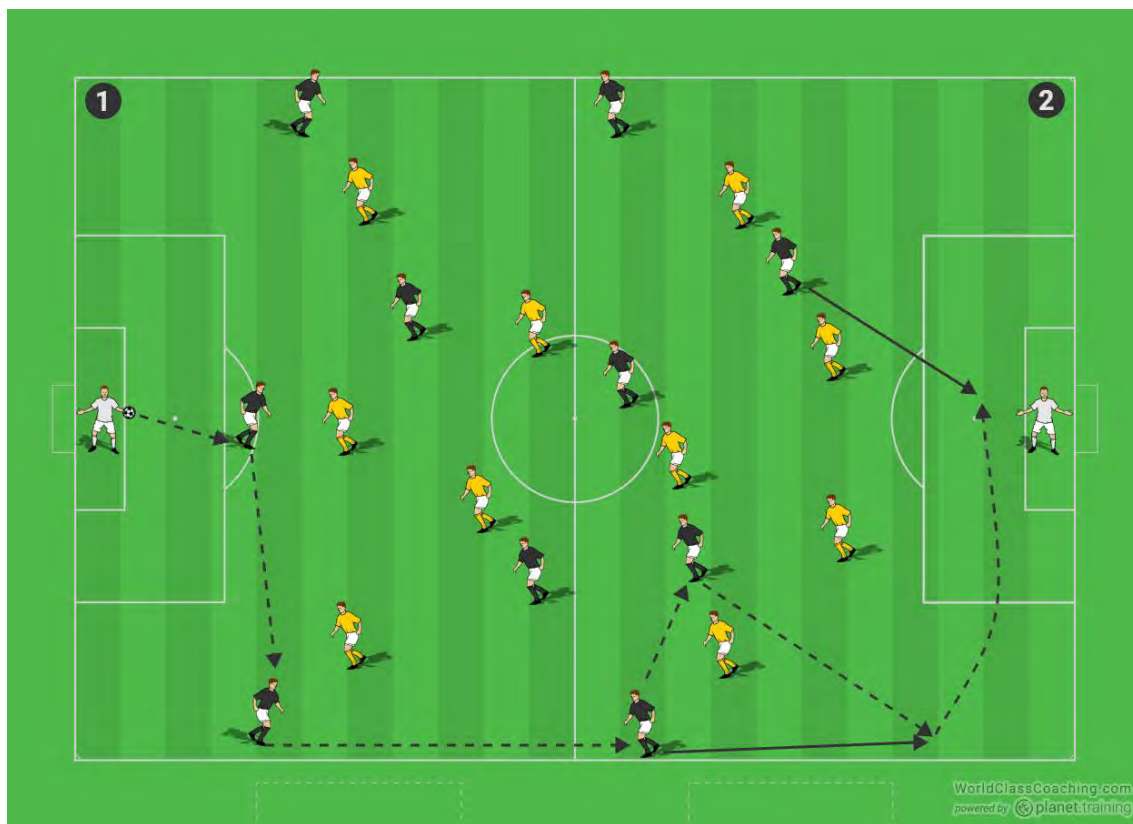
- (a) Field 1;
- (b) Field 2;

Put five players of each team in each small field.

They will be positioned in a way your team plays attacking and defending.

The players cannot switch small fields.

The game will be playing in a 5x5 + 5x5 game situation.



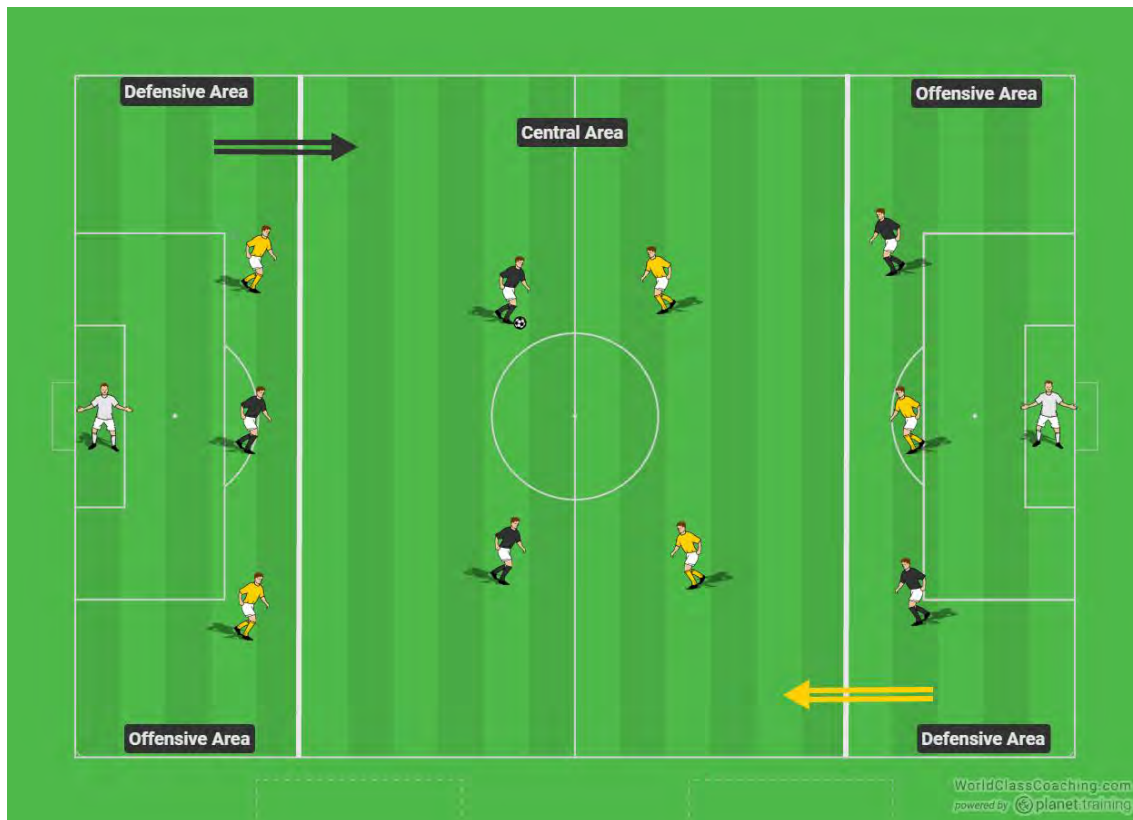
The game starts into the Field 1 and the attack have to pass the ball in a orderly way to Field 2 to kick on the goal.

If the defense recover the ball possession, they will have the counter attack into the opposite field where they recovered the ball.

Variations:

- . You can increase or decrease the number of players involved;
- . You can increase the game field area;
- . You can vary the systems of play;
- . You can allow players to switch areas;
- . You can vary the game situations, allowing players advance to participate at offensive actions, creating a 6x5 game situation for example.

5x5 with 2x1 into Offensive areas:



** This exercise is a variation of the 4x4 with 2x1 into Offensive areas.*

Setup:

12 players
A 40x40 meters game field.

Execution:

Divide the field into 3 areas:

- (a) A defensive one;
- (b) A central one;
- (c) A offensive one.

Divide the players of each team this way:

- (a) 1 player into the defensive area;
- (b) 2 players into the central area;
- (c) 2 players into the offensive area

The players can switch areas without leaving any area empty or changing the number initial number of players on each area.

The game starts into the central area and the objective is to pass the ball to the offensive area in a ordenate way to explore a 2x1 offensive situation into the offensive area.

If the defense recovery the ball possession, they have the counter attack.

Variations:

- . You can increase the number of players involved;
- . You can increase the game field area;
- . You can increase the number of players on each area;
- . You can deny players switch areas;
- . You can vary the game situations, creating a 3x2, 4x3, 5x4, etc;
- . You can vary the areas size.

5x7 + 7x7 Attacking with long pass:



Setup:

14 players
55x68 meters game field

Execution:

Divide two teams with 7 players to each one.

Two attackers will begin behind the the midfield line.

All the seven defenders will start the exercise into the defense field.

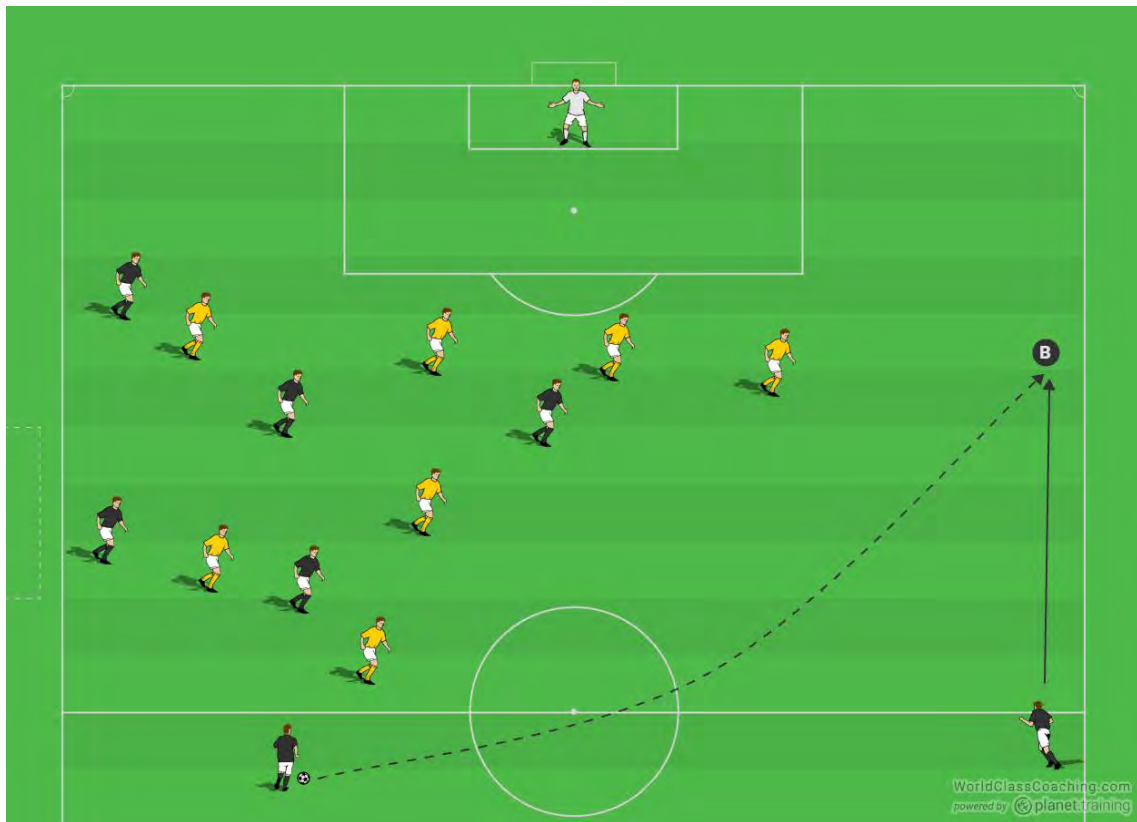
The defense cannot pass the midfield line.

The game will be start in a 5x7 game situation in these situations:

(A) The attack have to touch the ball to the attacker behind the midfield line to put him into the game;



(B) This attacker will have to make a long pass to his teammate positioned into the opposite side of the field.



If the long pass is done right, the right back can participate during the attack.

Then the attack will have 7 players against the defense.

If the ball leaves the field, without being a corner kick or a lateral, the exercise will restart.

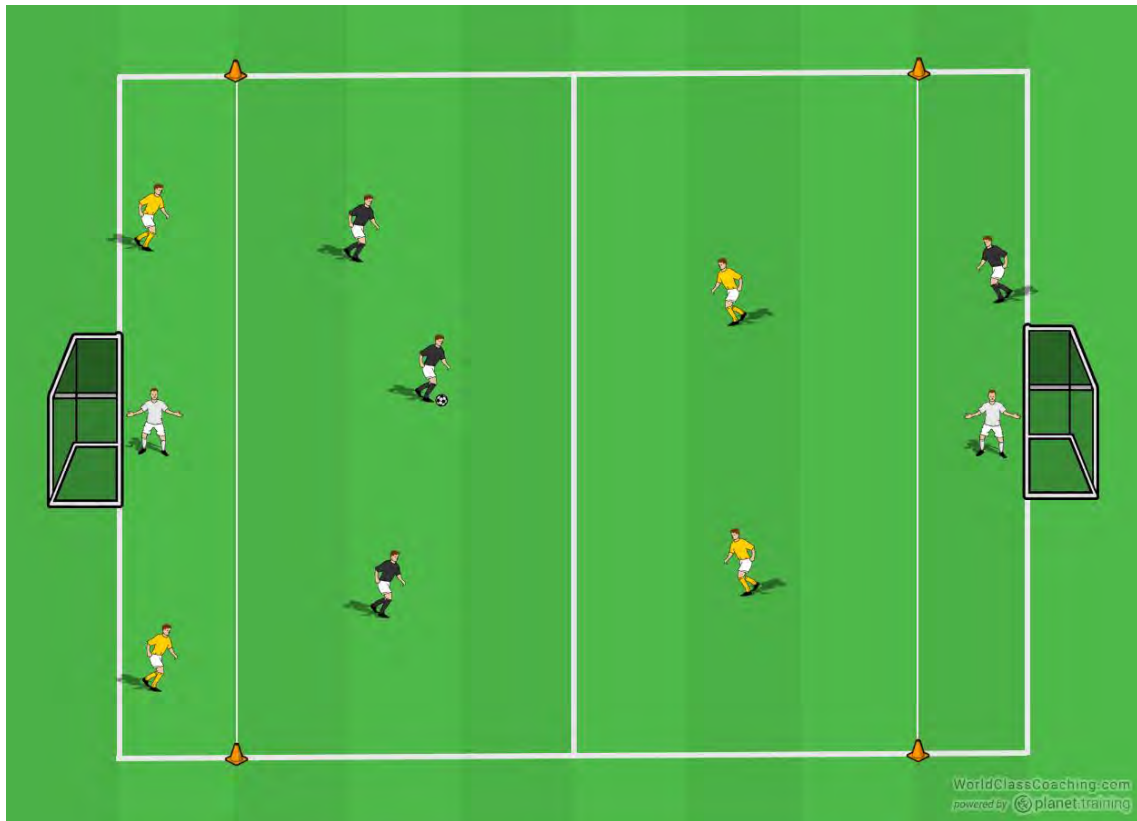
The idea of this exercise is to concentrate your team in one side and attack on the other side with majority of players.

Variations:

- . You can increase or decrease the number of players involved;
- . You can start the exercise without majority or minority of players;
- . You can start the exercise with a long pass.

CHAPTER 3 – 4x4 game situations

4x4 with a 3x2 or 4x2 duel:



Setup:

10 players
A 35x20 meters game field.

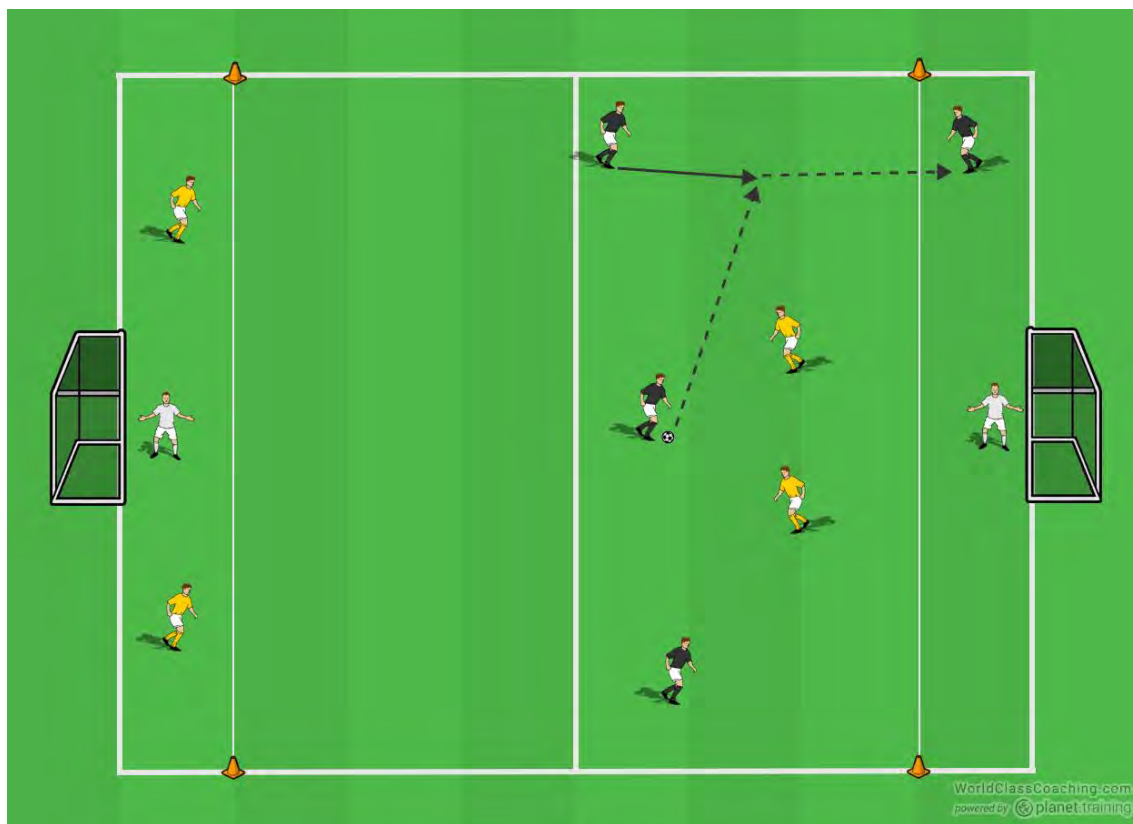
Execution:

Divide two teams with four players to each one.

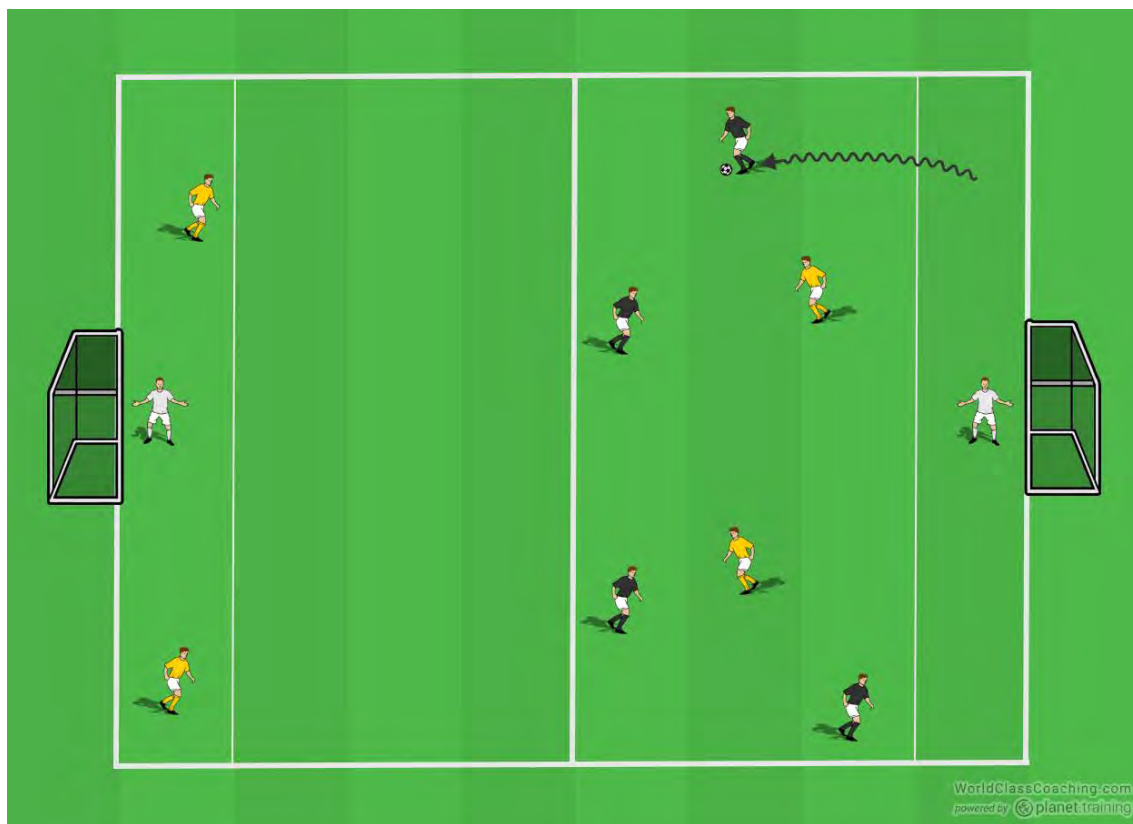
Set two small areas near the Goalkeepers. In these areas put one attacker into one and two defenders at the other area.

These players can move freely inside this area but they can only leave if they receive the ball.

The game will start in a 3x2 situation for the attack.



If the attack touch the ball for the attacker who is into the small area he can participate of the action.



If the defense recover the ball possession, they have the counter attack.

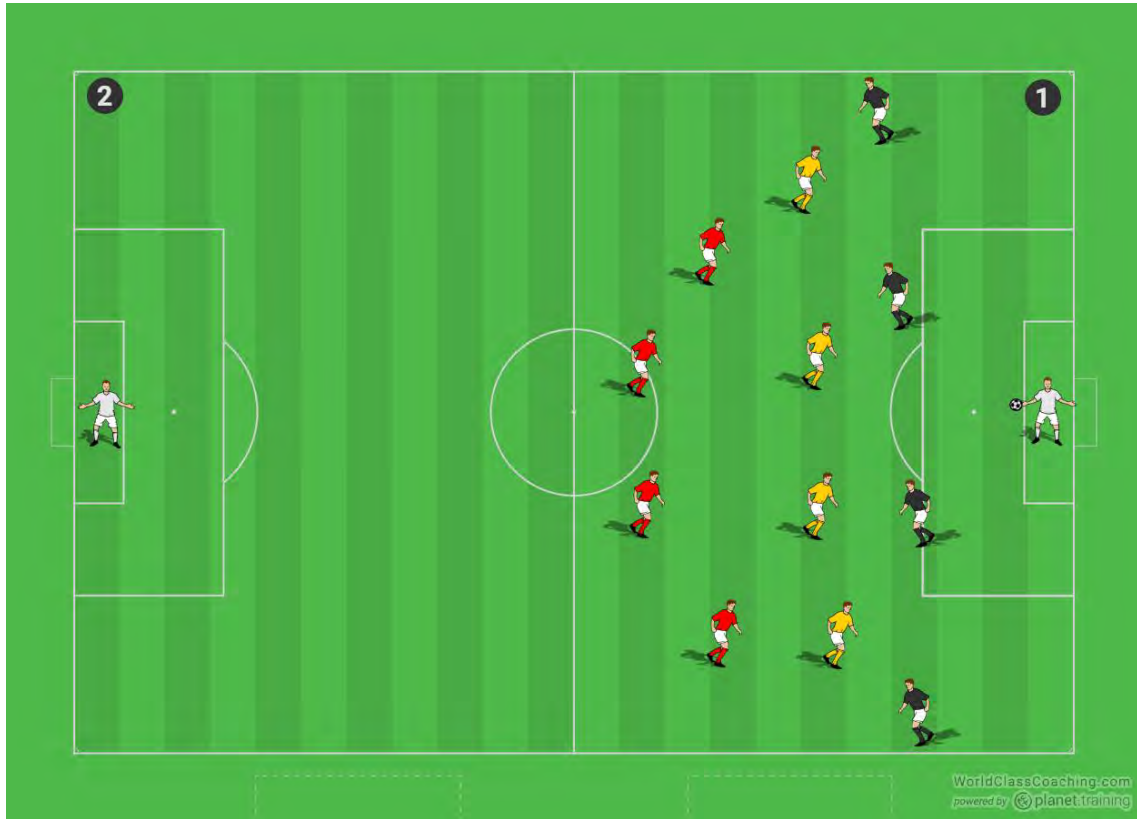
If the attack loses ball possession two of his players have to return to their field to defend while the other two waits inside the small area.

Then you will have a 2x2 game situation.

Variations:

- . You can increase the number of players involved;
- . You can increase the game field area;
- . You can increase the number of players on each small area;
- . You can increase the space of the small area;
- . You can vary the game situations, creating a 3x2, 4x3, 5x4, etc.

4x4x4 Transition game:



Setup:

14 players
40x35 meters game field

Execution:

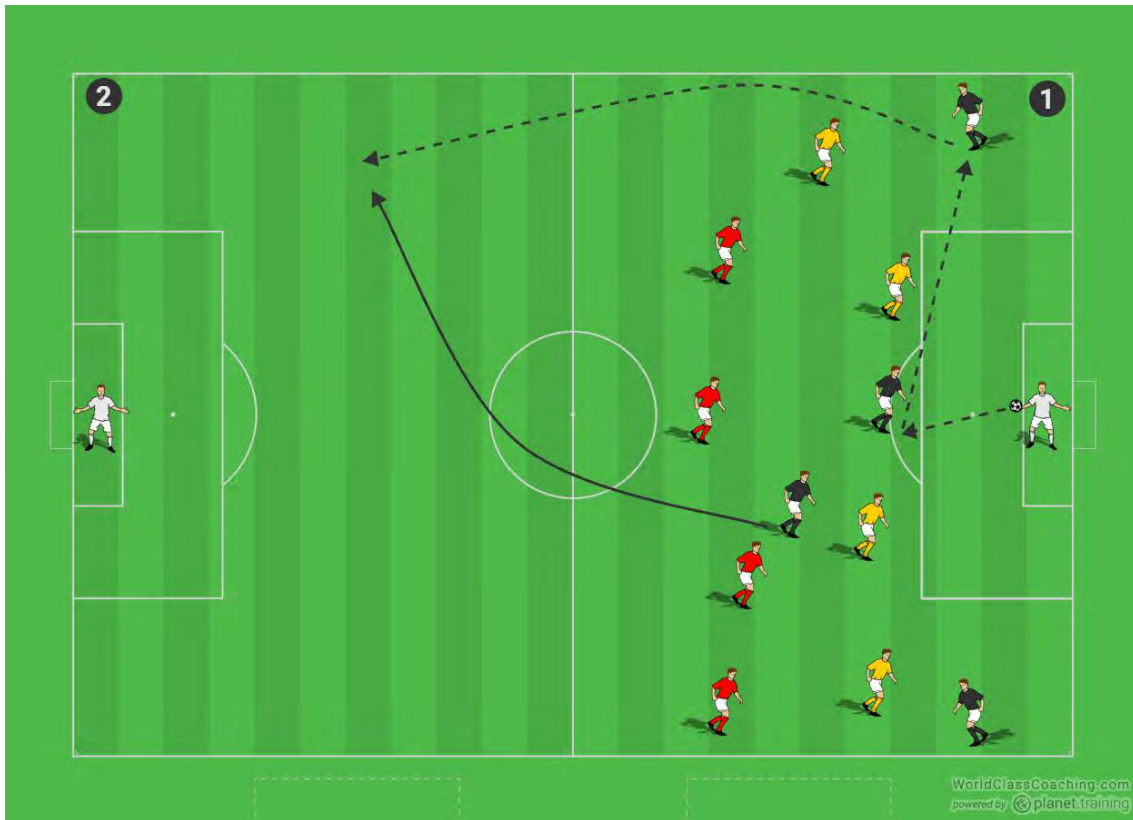
Divide the game field into two:

- (a) Field 1;
- (b) Field 2.

Divide three teams with 4 players to each one.

The game will be playing in a 4x4x4 game situation in these situations.

The three teams have to start the exercise into Field 1.



The attack have to touch the ball from Field 1 until the Field 2 to score a goal.

The attack have to build up his movement ordenatly, the Goalkeeper cannot make a long pass directly to his attack field.

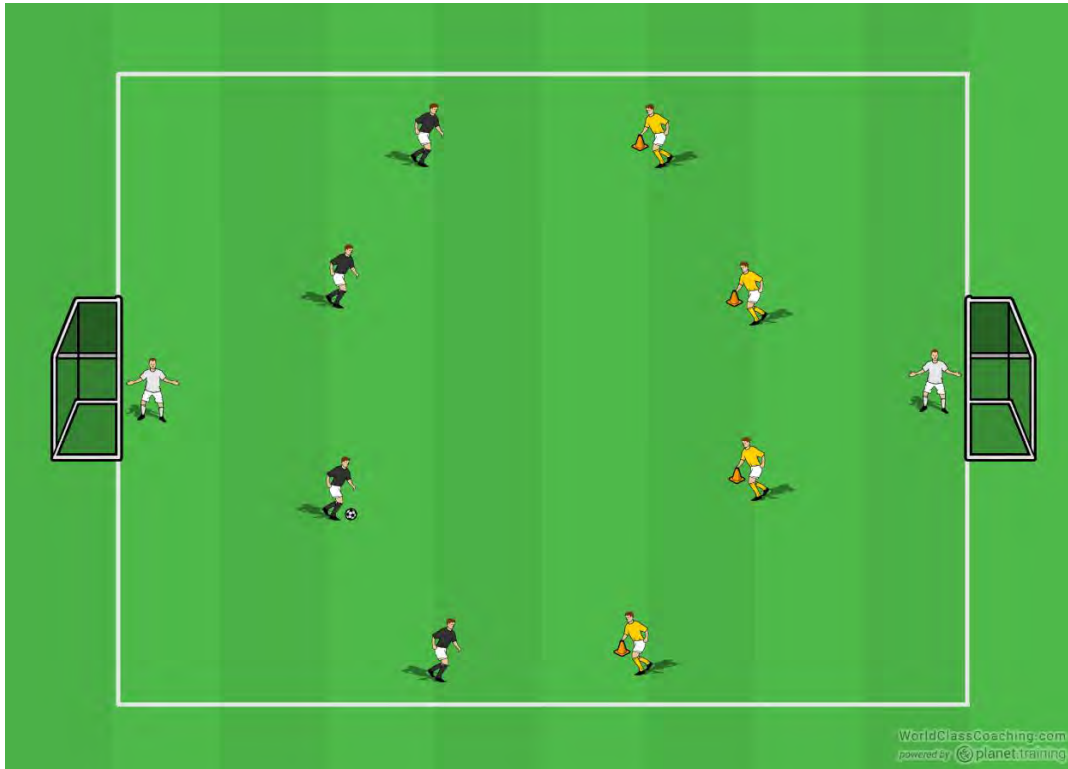
If one team without the ball recoveries the ball possession, they will have to counter attack into Field 2.

The team who scores a goal will attack again.

Variations:

- . You can increase or decrease the number of players involved;
- . You can vary the build up formation using 3 players instead of 4 for example;
- . You can vary the game field size.

4x4 Transition game:



Setup:

10 players
35x20 meters game field

Execution:

Divide two teams with 4 players to each one.

The game will be playing in a 4x4 game situation in this situation.

Each defender will hold a little cone or anything that shows he is a defender.

Defenders can only steal the ball if they are holding a little cone in his hands.

If the Defense recovers the ball possession they have to quickly drop the little cones and start the counter attack.

Defenders are not allowed to throw the little cones far away.

They have to drop the where they are and the attackers have to catch them quickly to start defend and try to recovery the ball possession.

Variations:

- . You can increase or decrease the number of players involved;
- . You can vary what defenders will hold, like little plates ou shirts;
- . You can vary the game field size.

4x4 + 1 with 4 goalies game:



Setup:

9 players
A 40x35 meters game field

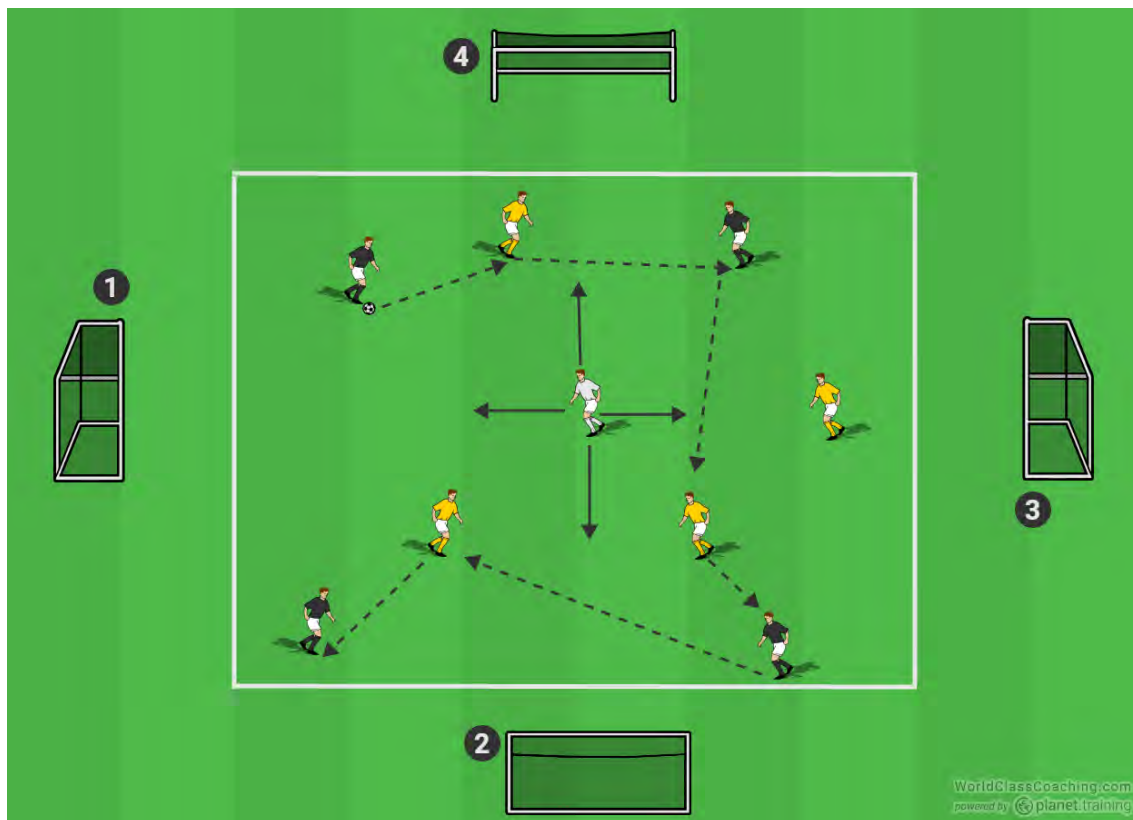
Execution:

The players will positionate anywhere they want into the field.

The exercise will start with a 4x4 + 1 game.

The Goalkeeper will start playing with his feets passing the ball to any player he wants.

Players cannot pass the ball to any teammate during the initial game.



Players will touch ball between the teams until the Goalkeeper decides to run to any goalie.

The Goalkeeper can choose which goalie he will go: (1), (2), (3) or (4) anytime he wants.

Then the players will start a Attack x Defense situation game.

Defense must recover the ball in order to counter attack.

When the ball leaves the game area without being corner or foul kick, the exercise begins again.

Variations:

- . You can increase or decrease the number of players involved;
- . You can define a number of touches by each player;
- . You can vary the number of goalies;
- . You can vary the number of Goalkeepers.

4x4 with 1 Player action zone:



Setup:

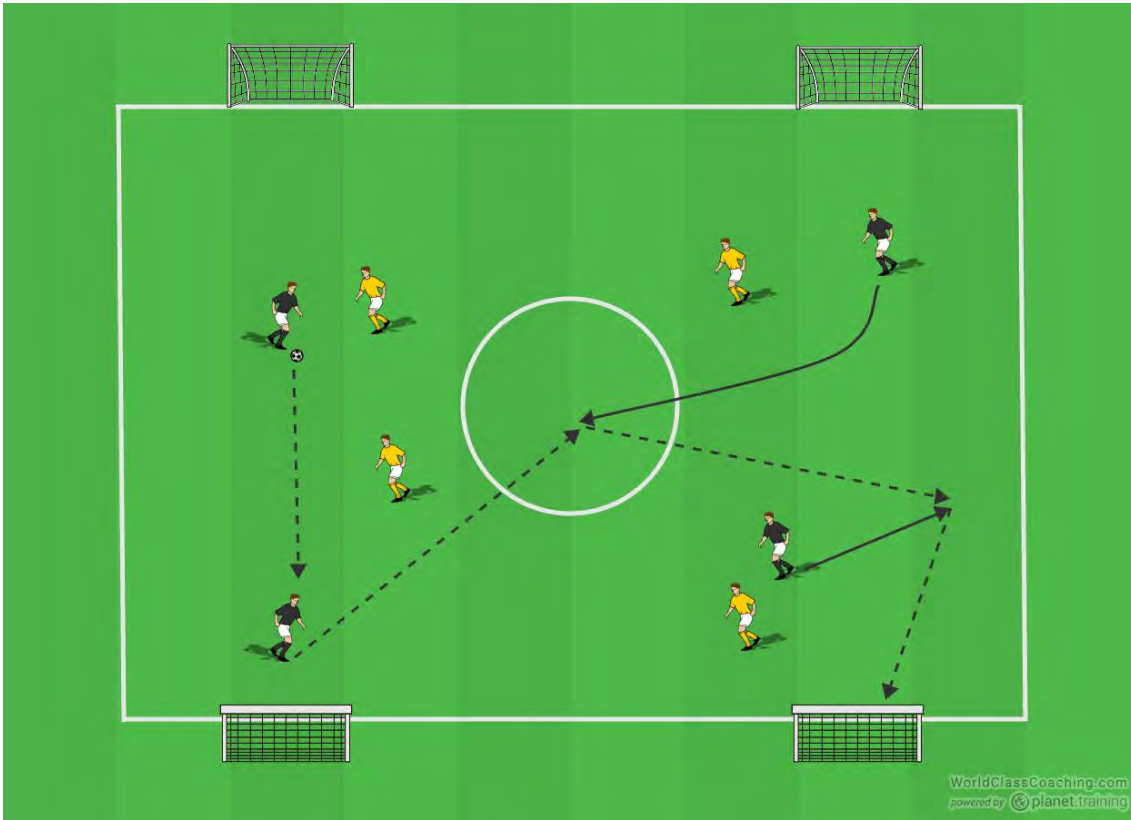
8 players
30x17 meters game field

Execution:

Two teams with 4 players each and will defend two goalies.

Define an area into the field where just 1 attacker can enter.

To kick inside a small goalie, the attack have to touch the ball inside the 1 player area first.



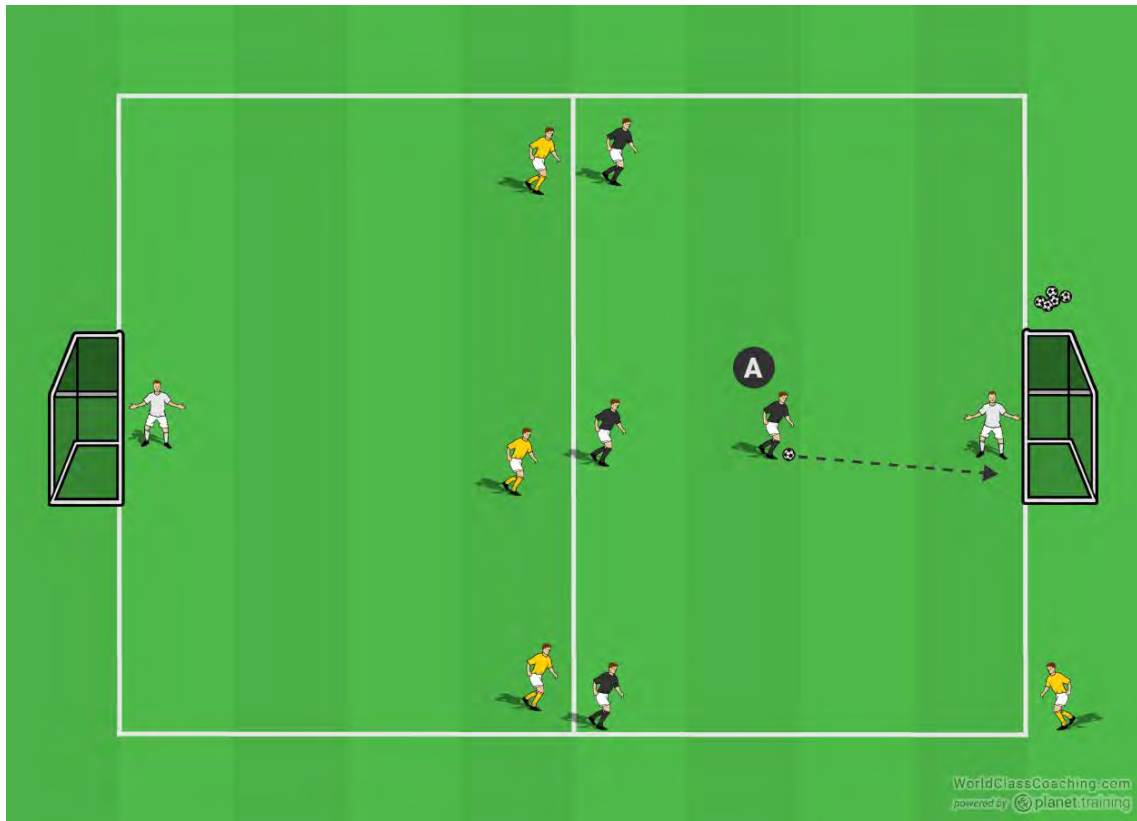
The game will be playing in a 4x4 game situation.

The defense have to recover the ball to have the counter attack.

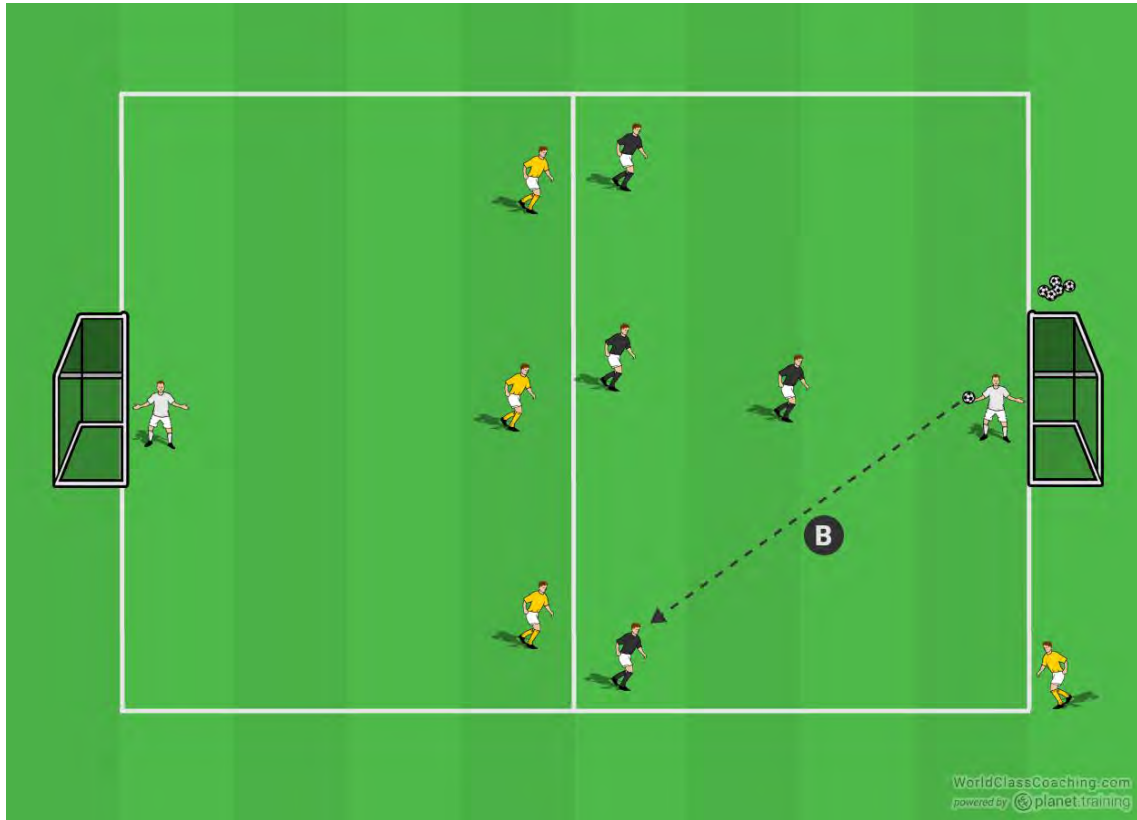
Variations:

- . You can increase or decrease the number of players involved;
- . You can increase or decrease the number of goalies defended;
- . You can vary the 1 player action area;
- . You can move the goalies, putting it in different places into the field;
- . You can add goalkeepers.

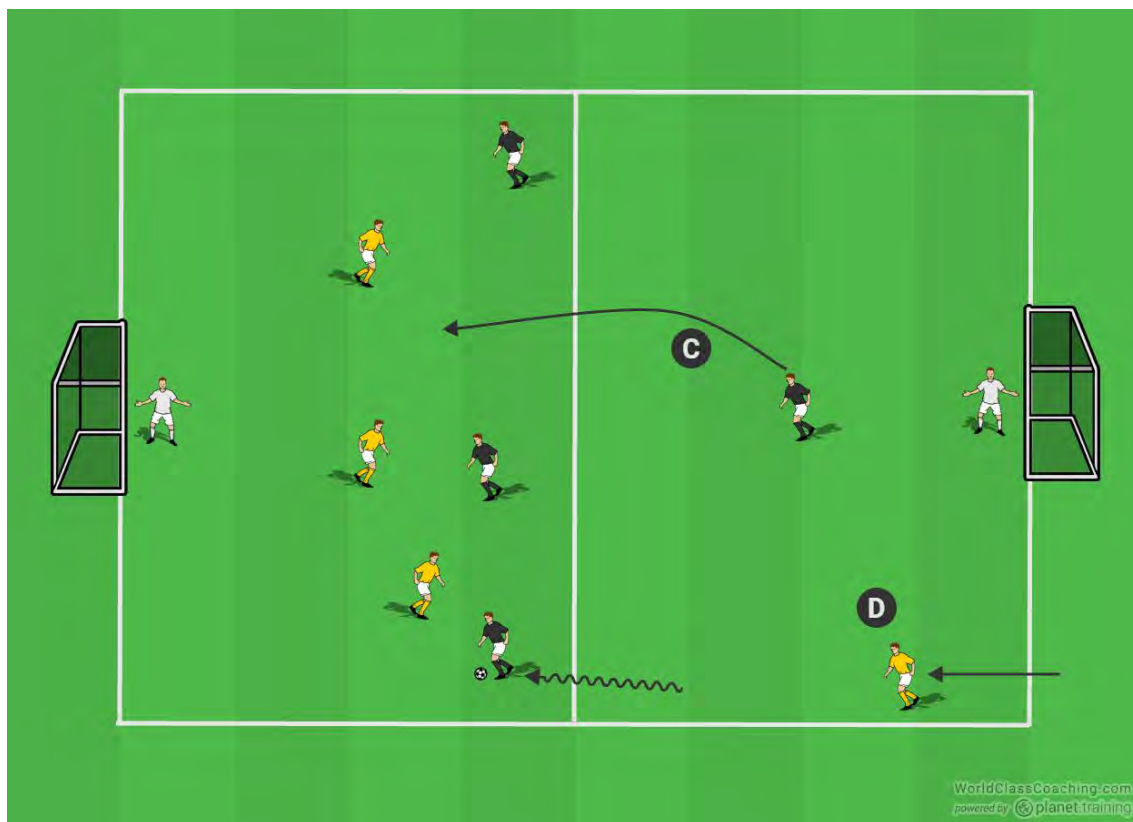
(A) The attacker will start kicking the ball against the Goalkeeper;



(B) The Goalkeeper will make a long pass to the attackers near the midfield line, starting the attack;



(C) After kicking, the attacker will try to participate into the attack providing offensive majority for his teammates.
If the attacker reaches his teammates the exercise will be play in a 4x3 game situation.



(D) After the Goalkeeper's pass, the outside defender can enter the game area, giving his teammates the possibility for a long pass to counter attack.

The attackers have to attack fast in order to utilize the fast pass of the Goalkeeper.

The attackers cannot hold the ball in order to wait his fourth attacker.

If the defense recovers the ball possession, they will have the counter attack.

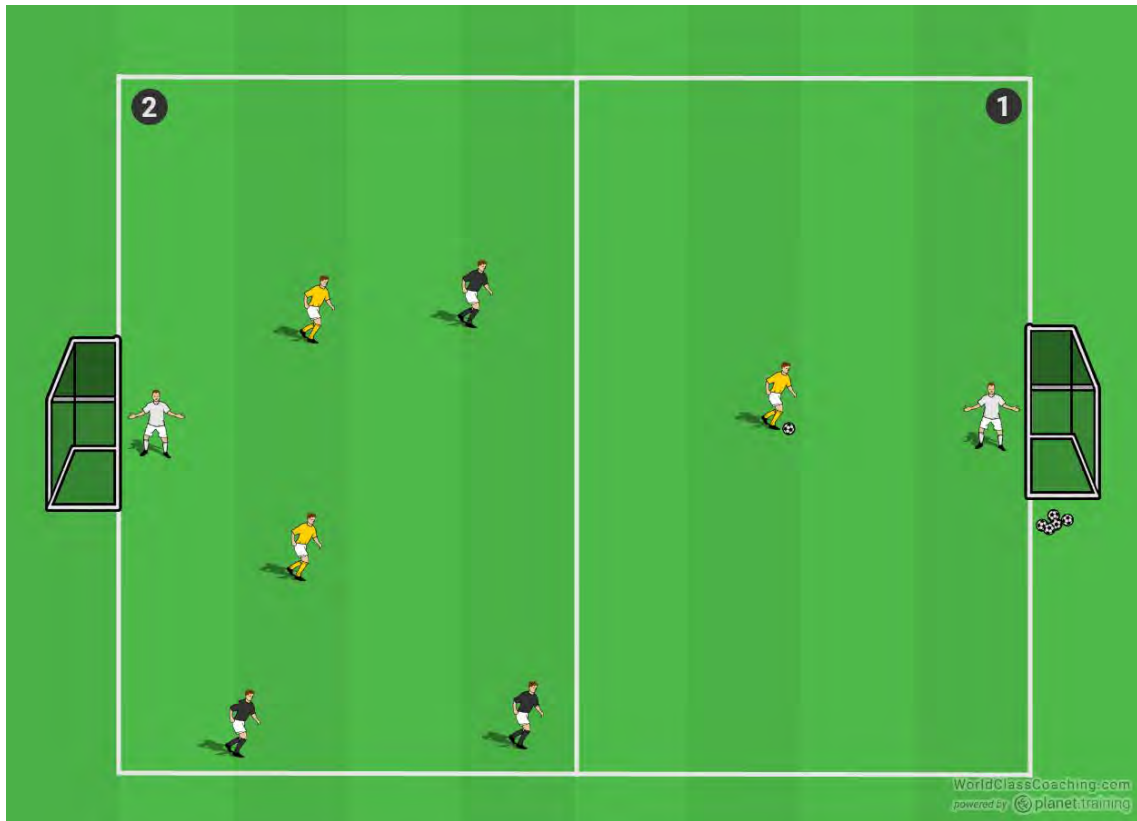
If the ball leaves the field, without being a corner kick or a lateral, the exercise will restart.

Variations:

- . You can increase or decrease the number of players involved;
- . You can define the type of kick for a attacker starts the exercise;
- . You can vary the number of outside players;
- . You can define an majority situation for attack or defense;
- . You can vary the game field size.

CHAPTER 4 – 3x3 game situations

3x3 Transition game with a 3x2 initial game situation:



** This exercise is can be an variation of the 5x5 Transition game with a 5x4 initial game situation and a 6x6 Transition game with a 6x5 initial game situation.*

Setup:

8 players
30x15 meters game field

Execution:

Divide two teams with 3 players to each one.

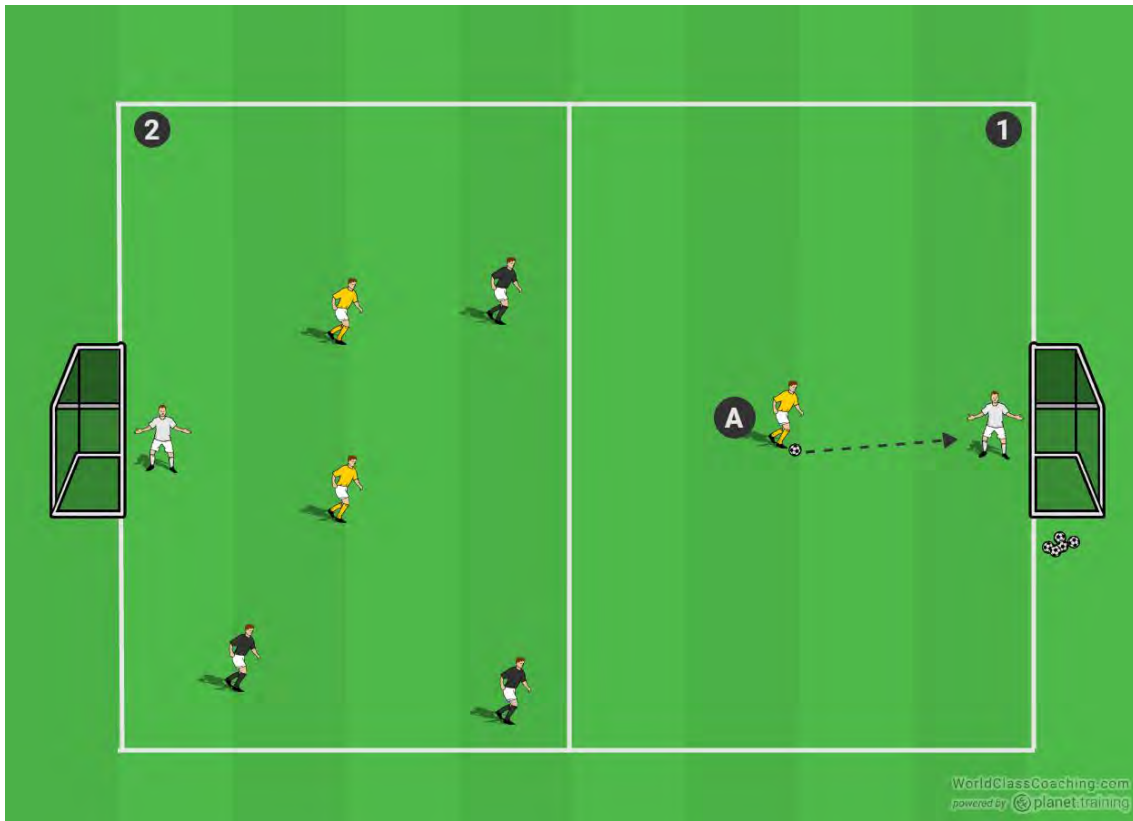
One defender will be defined to start with one ball to kick into the opponent goalie.

Divide the field into two small ones:

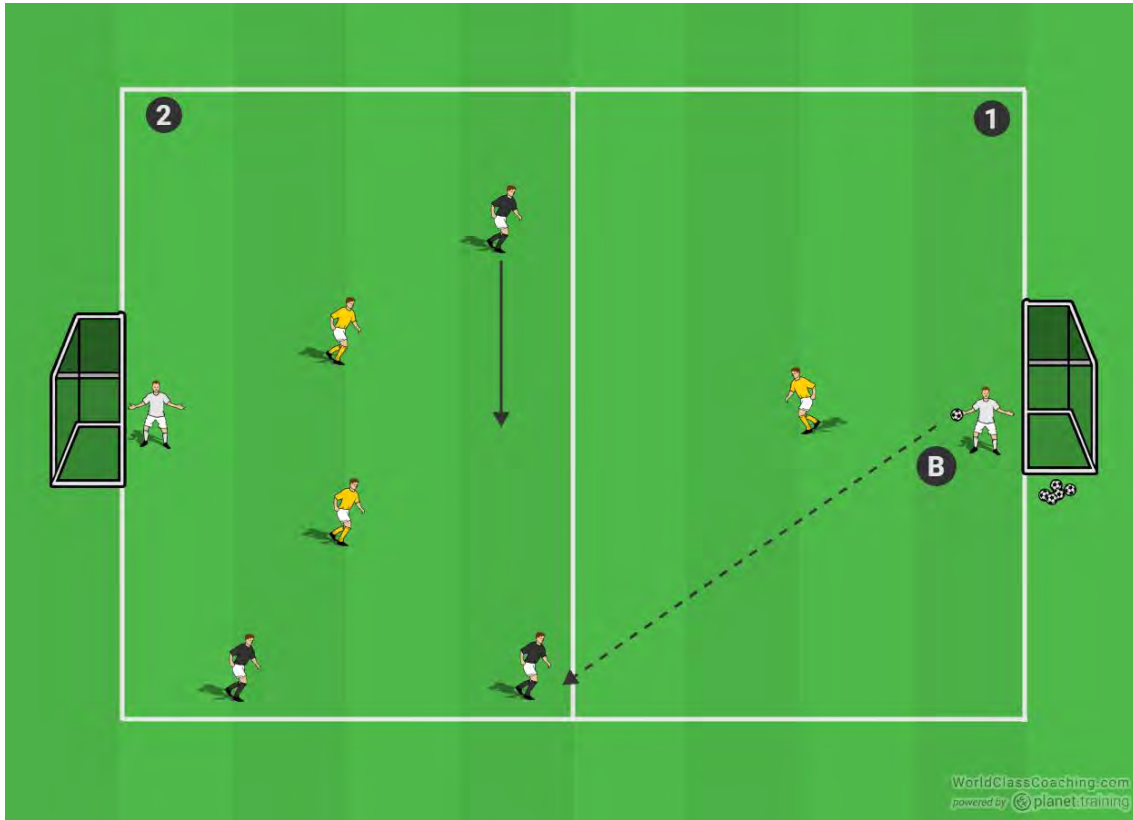
- (1) Field 1
- (2) Field 2

The game will be playing in a 3x2 game situation in these situations:

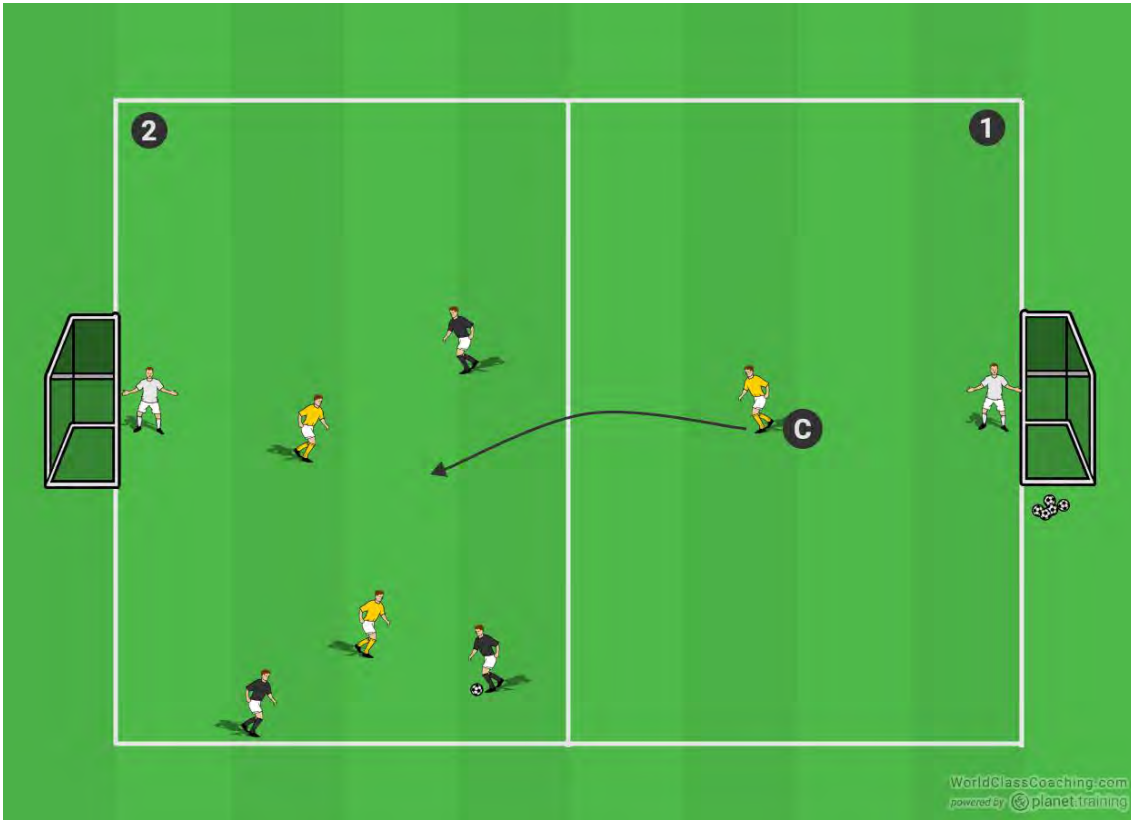
(A) The Defender will start kicking the ball against his opponent Goalkeeper;



(B) The Goalkeeper will make a long pass to the Field 2, starting the attack;



(C) After attacking, the defender will try to recovery his position into defense, avoiding the offensive majority.



If the defender recovers his position the exercise will be play in a 3x3 game situation.

The attack have to attack fast in order to utilize their superiority of players.

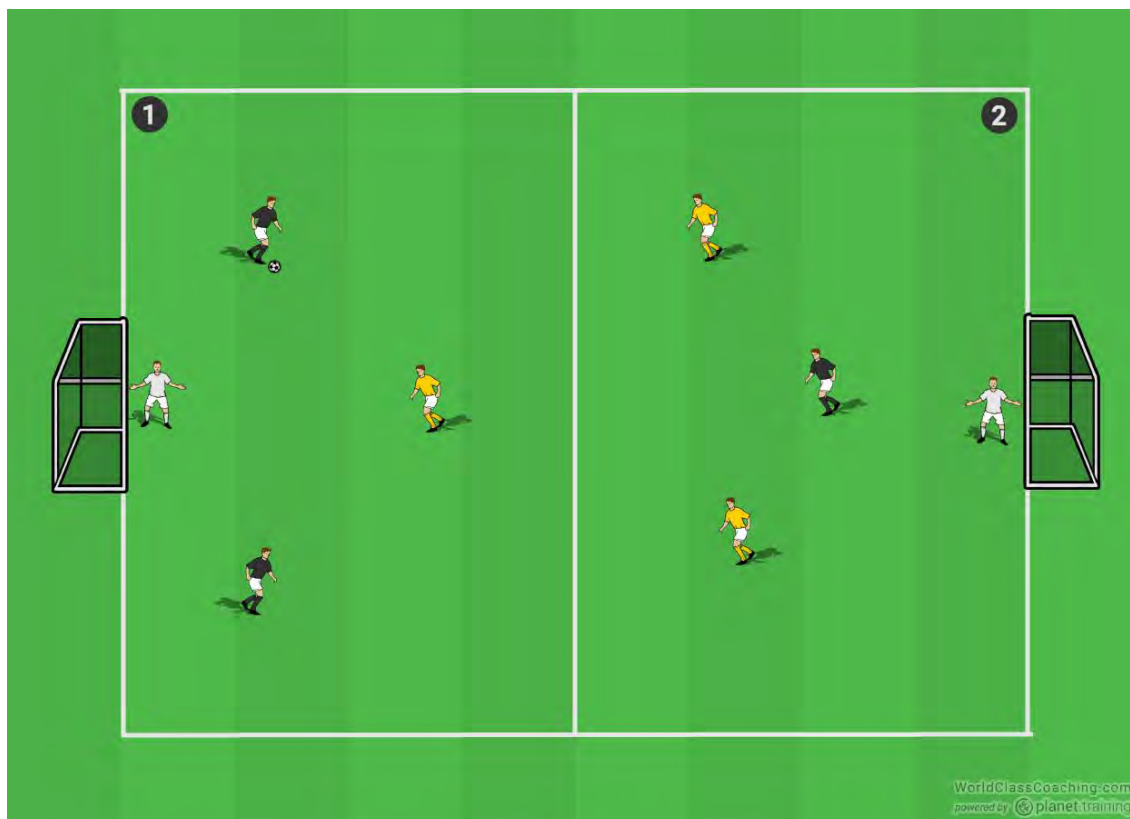
If the defense recovers the ball possession, they will have the counter attack.

If the ball leaves the field, without being a corner kick or a lateral, the exercise will restart.

Variations:

- . You can increase or decrease the number of players involved;
- . You can define the type of kick for a defender starts the exercise;
- . You can vary the game field size.

3x3 Transition game with a 2x2 game into Offensive areas:



** This exercise is an variation of the 4x4 with 2x1 into Offensive areas and 5x5 with 2x1 into Offensive areas.*

Setup:

8 players
A 30x15 meters game field.

Execution:

Divide the field into 2 small fields:

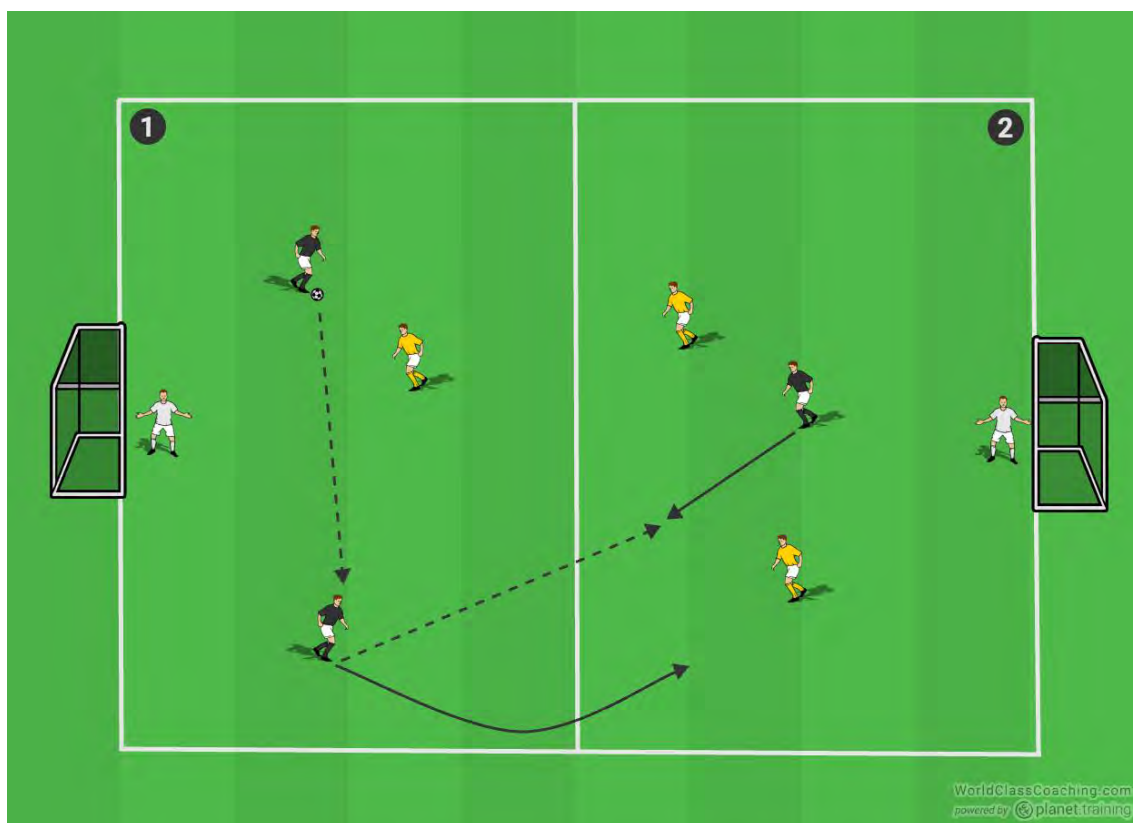
- (a) Field 1;
- (b) Field 2;

Divide two teams with 3 players to each one.

Two players will be positionate into the defensive field while one will be positionate into the offensive field.

The game will start with a 2x1 game situation inside the defensive field;

The players cannot switch areas without passing the ball to the other field.



The attackers at Field 1 have to pass the ball to the attacker at Field 2;

The attacker who make the pass to the Field 2 can advance and participate to the offensive movement, creating a 2x2 game situation into offensive field.

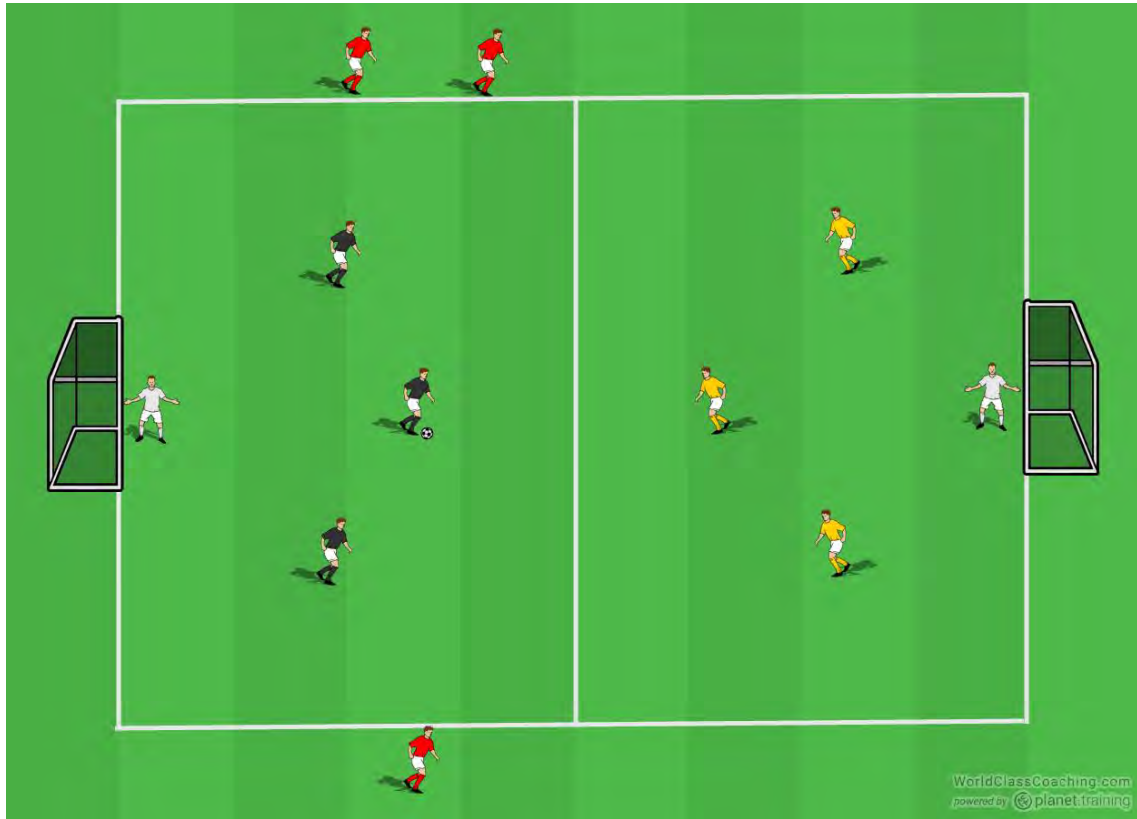
If the defense recover the ball possession, they have the counter attack.

If the defense recover the ball possession into Field 1, one teammate can advance to help him during offensive movement.

Variations:

- . You can increase the number of players involved;
- . You can increase the game field area;
- . You can increase the number of players on each area;
- . You can deny players switch fields, forcing a 1x2 game situation.

3x3x3 Transition game



** This exercise is can be an variation of the 6x6x6 Transition game*

Setup:

11players
30x15 meters game field

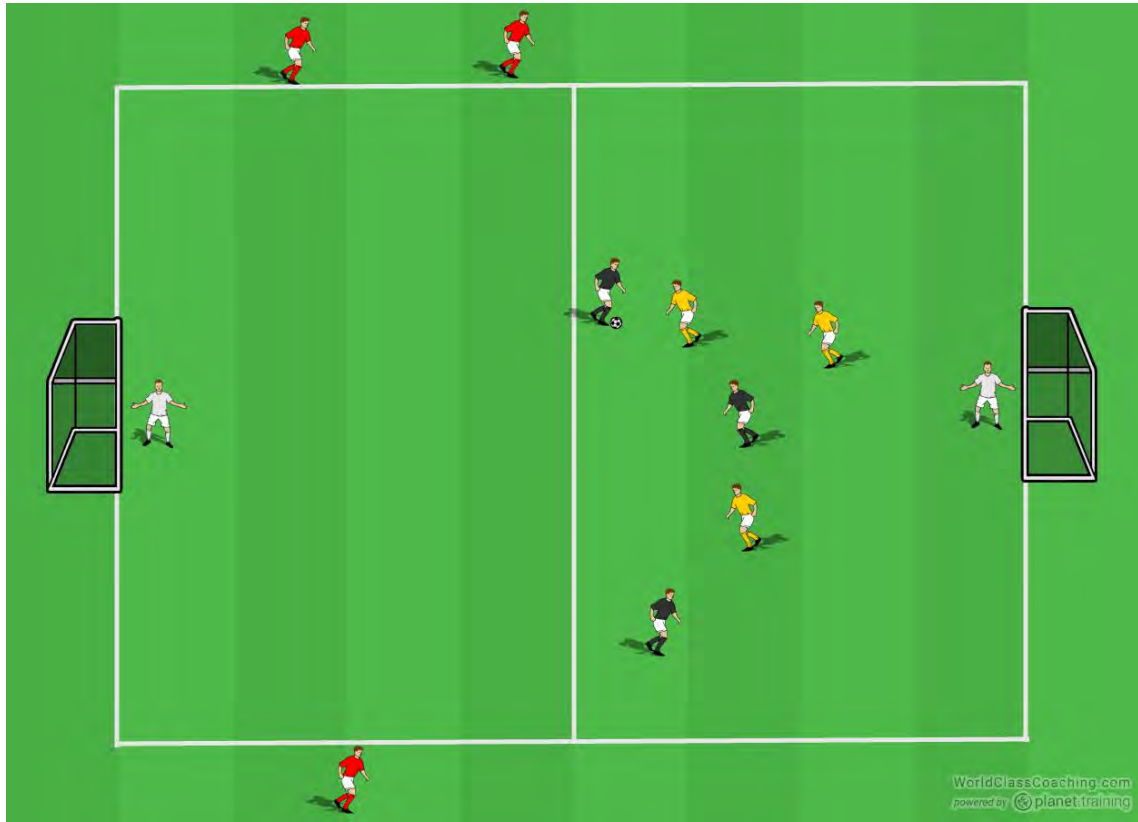
Execution:

Divide three teams with 3 players to each one.

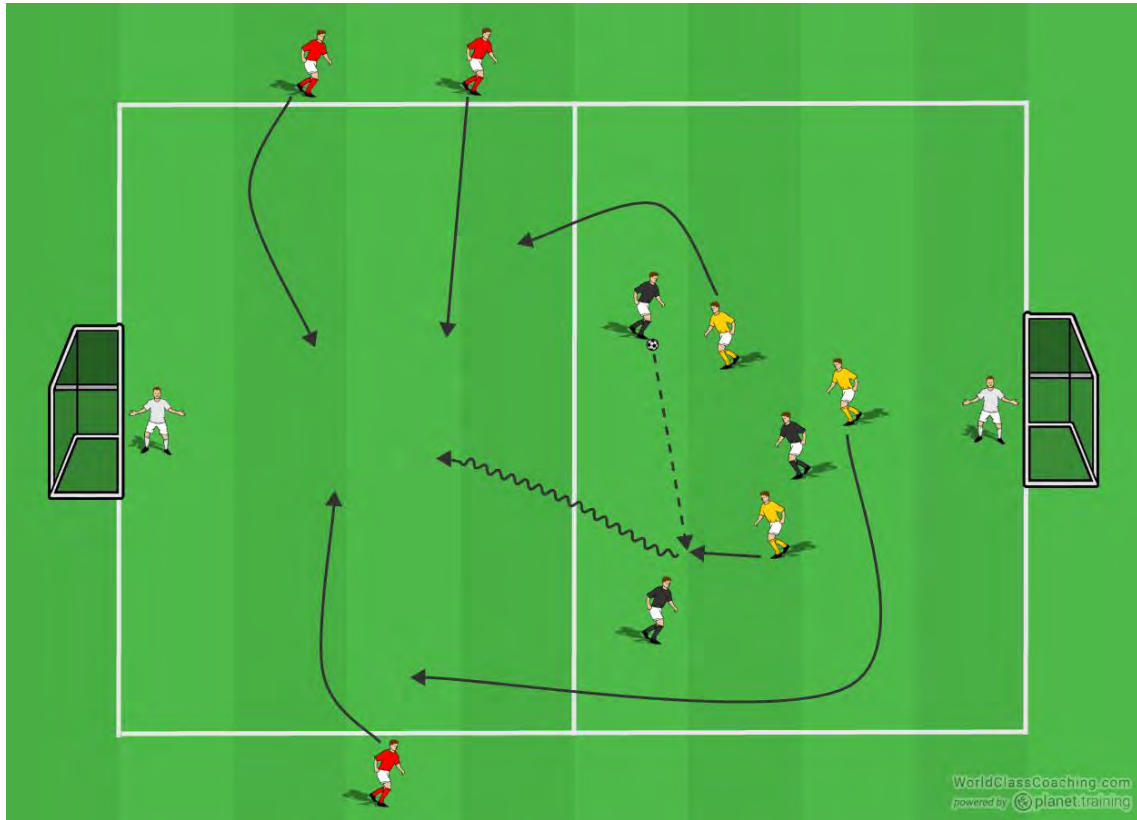
Two teams will start playing while one team will wait outside the field

The game will be playing in a 3x3 game situation.

The attack have to score a goal to attack the third team on the other field.



The defense have to recover the ball and pass over the midfield to attack the third team.

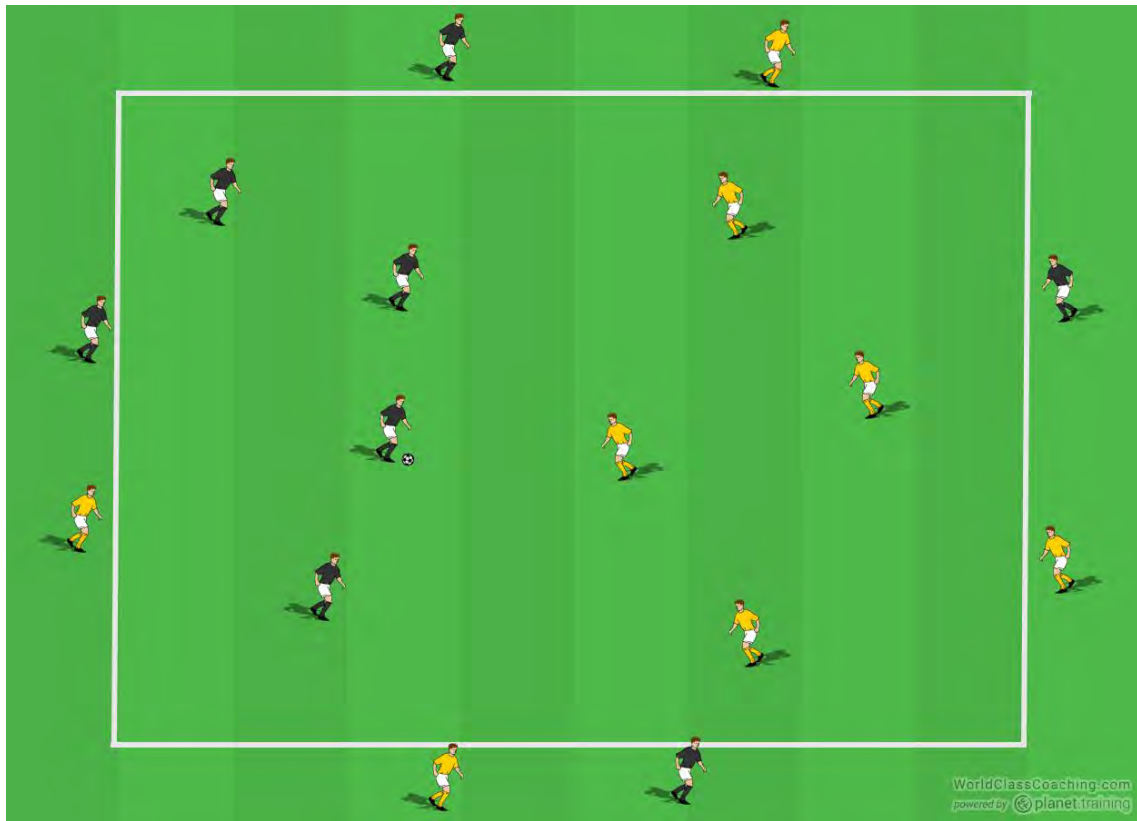


Variations:

- . You can increase or decrease the number of players involved;
- . You can add a fourth team and made a simultaneous game into both fields;
- . You can start the exercise with an especific situation, a corner for example;
- . You can limit the number of touches on the ball by each player;
- . You can add more Goalkeepers or small goalies

CHAPTER 5 – Other game situations

8x8 with a 8x4 Changing spot game:



Setup:

16 players
A 20x20 meters game field.

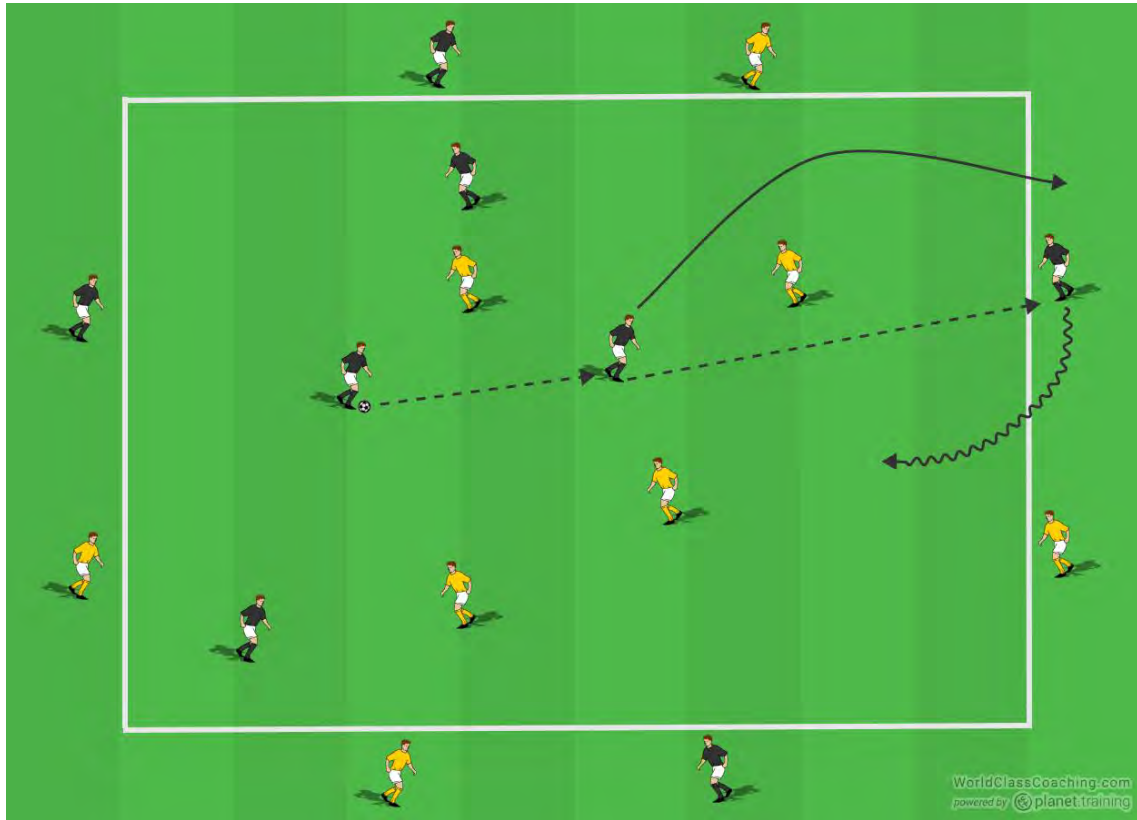
Execution:

Divide two teams with 8 players each one.

Put four players of each team outside the field game and four players of each team inside the field game.

The exercise will happen in a 4x4 game situation.

If the attack make ten touches between their players they score one point.



The attack can play with players positioned outside the field. But the attacker who made the pass to an outside attacker have to go to his spot.

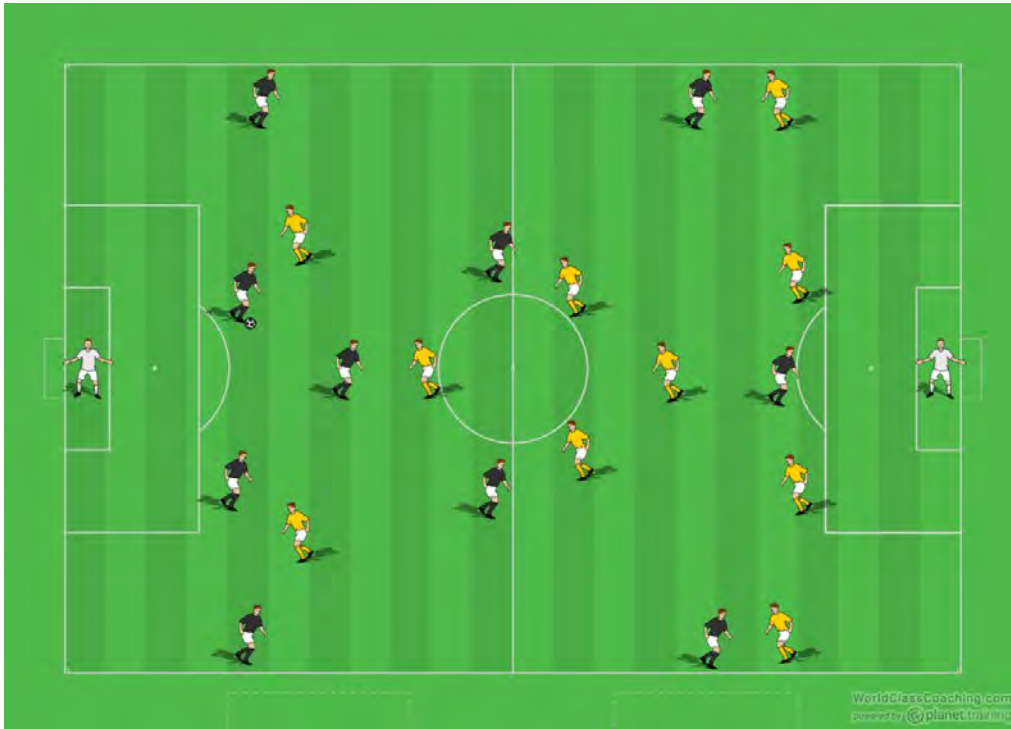
When a outside attacker receives a pass he can enter the game field and he can participate normally of the game.

If the defense gets the ball possession they will start to play.

Variations:

- . You can increase the number of players involved;
- . You can limit the number of touches on the ball for each player;
- . You can vary the number of touches between the players to score a point.

11x11 with 1 Touch game:



Setup:

22 players
A 80x40 meters game field.

Execution:

The game will be playing in a 11x11 game situation.

The players can only touch the ball once.

If a player touches the ball twice the ball will go to the other team immediately.

It's a normal game with free kicks, fouls and corners.

Variations:

- . You can vary the number of players involved;
- . You can increase or decrease the game field area;
- . You can vary the number of touches on the ball by each player;
- . You can increase or decrease the number of the Goalkeepers.