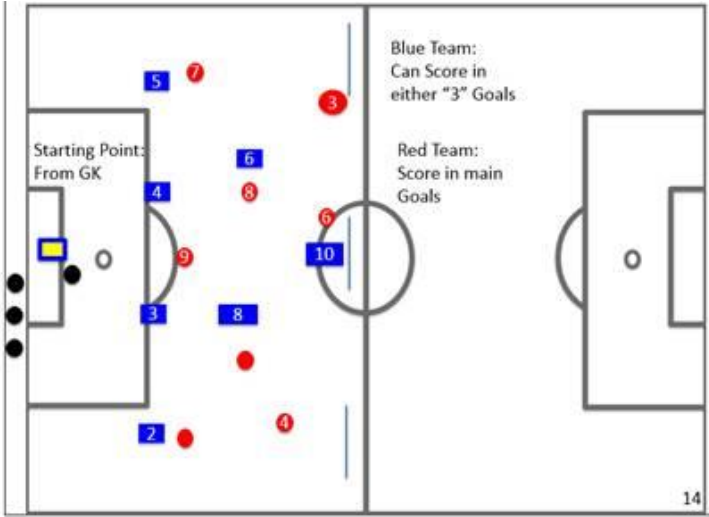


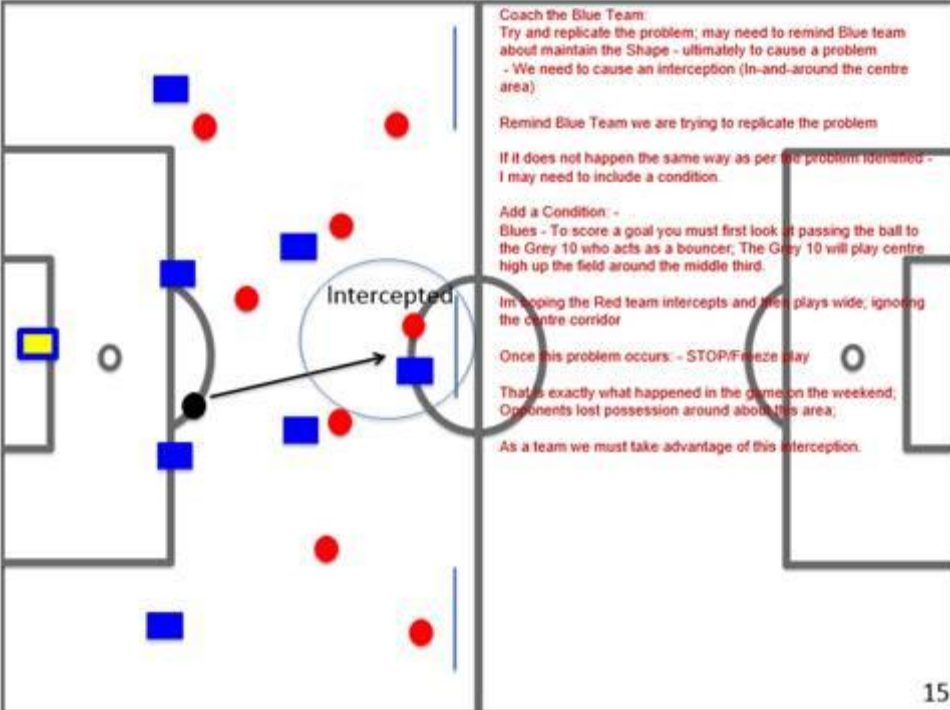
An Example of a script I did: - This is my Game Training Component (25 min work)

| Time   | Sections  | Comments   |
|--------|---|--|
| 0-2min | <p>The Frame – Presented on a White Board</p> <p>Main Moment:<br/><b>BPO &gt; BP</b></p> <p>Key principle:<br/><b>Quick forward passing</b></p> <p>Session Objective:<br/><b>Today I aim to improve – once we win the ball in the center area of the middle third, to take advantage of the space provided by our opponents via the center corridor area with “Quick forward passing” to our forwards resulting into a goal scoring opportunity</b></p> | <p><u>Organization</u></p> <ul style="list-style-type: none"> <li>• 16 Players (All together)</li> <li>• 7 Blue Players (Including GK)</li> <li>• 8 Red players</li> <li>• 8 Balls</li> <li>• Size of Pitch: We will use Half the pitch</li> <li>• 3 Small Size Goals (6 Cones) – Along the halfway mark</li> </ul>  <p><u>Explanation/Progression</u></p> <p>The Blue Team: Will defend – The Formation is: -</p> <ul style="list-style-type: none"> <li>• GK</li> <li>• Defenders (Back 4)</li> <li>• Position: (2,3,4,5)</li> <li>• Midfielders (Middle 3)</li> <li>• Position: (6,8 &amp; 10 playing up</li> <li>• higher centrally)</li> </ul> <p>The Red Team: Will attack – The Formation is; -</p> <ul style="list-style-type: none"> <li>• Forwards (Front 3) Positions: (7,9,11)</li> <li>• Midfielders: (Middle 3) Positions</li> <li>• (6 Deeper - 8 &amp; 10 playing higher)</li> <li>• Defenders Positions: (3,4) –</li> <li>• Playing wide to the left and right of the 6</li> </ul> <p>Starting points: - Will vary</p> <ul style="list-style-type: none"> <li>• Initially with the GK</li> <li>• Later in the drill through the center area;</li> </ul> <p>Players in Blue Team: -</p> <ul style="list-style-type: none"> <li>• To score (Goals are Located on the halfway mark). There are 3 goals –</li> <li>• one located on the left side - one in the center and one on the right –</li> <li>• You may choose any of the 3 Goals.</li> <li>• To score a player can either run through</li> <li>• on the line within the goals.</li> </ul> <p>Players in Red Team:</p> <ul style="list-style-type: none"> <li>• To score (Play to the main goals)</li> </ul> <p>All normal rules Apply: - Offside; corners and throw-ins</p> |

2-7min

Replicate the problem

Game Training – Replicating the Problem



Coach the Blue Team:  
Try and replicate the problem; may need to remind Blue team about maintain the Shape - ultimately to cause a problem  
- We need to cause an interception (In-and-around the centre area)

Remind Blue Team we are trying to replicate the problem

If it does not happen the same way as per the problem identified - I may need to include a condition.

Add a Condition: -  
Blues - To score a goal you must first look at passing the ball to the Grey 10 who acts as a bouncer; The Grey 10 will play centre high up the field around the middle third.

Im hoping the Red team intercepts and then plays wide; ignoring the centre corridor

Once this problem occurs: - STOP/Freeze play

That is exactly what happened in the game on the weekend; Opponents lost possession around about this area;

As a team we must take advantage of this interception.

15

Coach the Blue Team:

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|          |                        |   |
|----------|------------------------|---|
| 7-8 min  | Announce the Team Task | <p><u>Team Task:</u><br/>Can we get our attacking players in forward positions anticipating a “Quick Forward Pass” made centrally by our midfielder – in this case from the 6</p>   |
| 8- 22min | Player Tasks           | <p><u>Player Tasks:</u></p> <p><b>Player #6</b></p> <ul style="list-style-type: none"> <li>• When you intercept the ball; or if a ball is played to you; Can you make a through Pass to find our 9</li> <li>• If not - keeping possession and finding the 7/11 feet is still good;</li> <li>• Or - Can you combine a pass with 8/10 to then find a killer pass through to 7/9/11;</li> </ul> <p><b>Player #8 and #10</b></p> <ul style="list-style-type: none"> <li>• When we intercept; Can you make an off-the ball run to support our 9; he may decide to set you up for a shot at goals or turn; be ready for the shot</li> <li>• Or - If the 6 intercepts the ball or a pass is played to him - can you support the 6 (by opening and Positioning yourself as such where you can now see the 6 and the 9</li> <li>• - look at combining passes with the 6; this will allow us to play a killer pass through to 7/9/11</li> <li>• If you cannot find a return pass to the 6; can you play a forward pass to the 7/9/11</li> </ul> <p><b>Player #9</b></p> <ul style="list-style-type: none"> <li>• As per our passing practice -</li> <li>• - can you position yourself as such to receive and set up the 8/10 for a shot at goals</li> <li>• Or - Can you hold onto the ball and turn yourself into space with the ball for a short at goals - (Shielding and holding your ground is a good way to do this)</li> <li>• Other considerations are: -</li> <li>• You may also look at playing a combination pass with either 7/11</li> <li>• You may also make “cross” runs with 7/11 thus creating space and passages for a killer pass to be played.</li> </ul> <p><b>Player #7 and #11</b></p> <p><b>Part A:-</b><br/>Depending on which side the ball is coming - can one winger open up spreading the defence creating space and the other winger tuck in to support the 9; and Vice-versa depending on which side;<br/>Playing close to the 9 will allow “cross runs” to be made; And Making off the ball runs looking at moving into positions made available by the 9 will strengthen our chances of scoring; you must anticipate the pass when running.</p> <p><b>Part B:-</b><br/>If the 6 wins the ball and faces forward - can you move away from defenders and open; anticipating a through pass and run into space as a pass may be played behind or through defenders;<br/>Be aware &amp; Anticipate<br/>If a shot has happened; follow up on the keeper searching for the loose ball;<br/>Balls coming in from midfield forward may come to your feet; may be played through defenders into space; or rebounded from the goalkeeper or defenders</p> <p><b>Player #3 and #4</b><br/>Defend the goals at the half way mark; shuffle across when the 6 has moved forward<br/>If needed; leave the furthest goal free; When intercepted see if you can find the 6; if not see if you can play the 8/10</p> |

|          |                    |   |
|----------|--------------------|---|
|          | Coaches Cue        | <u>Coach's Cues: Quick transition from BPO to BP.</u> <ul style="list-style-type: none"> <li>• When you win the ball facing forward and you see 7/9/11 moving forward, make a pass between defenders for 7/9/11 to receive behind, or a pass that will enable them to take their first touch beyond the defender</li> <li>• Can we find the #9 quickly as this opportunity opens us up for more scoring chances</li> <li>• Create good supporting angles and passing triangles.</li> <li>• Wingers tuck in if the attack is coming from their opposite side.</li> <li>• Midfielders Support the 6 and 9 simultaneously making pro-active runs to them; This will help make combination play and scoring opportunities.</li> </ul> |
| 23-25min | Wrap up - Conclude | Team Gathering  |

John Kostopoulos