

# Intense In Attack

This is a quick and reactive session that will get your forwards using creativity and team work to score more goals

## WHY USE IT

This is an intense and creative session that has players taking advantage of any space they can get. Because the pitch is small it also encourages shooting, so individual skill and team work are vital to success.

## SET UP

Mark out a 30x20-yard area with normal sized goals. We've used 14 players in the session, including goalkeepers. You need balls, bibs, cones and goals.

## HOW TO PLAY

Split your players into two teams of seven made up of six outfield players and a goalkeeper. Split the teams into pairs and get them to play 2v2. After each pair has experienced the 2v2 for two minutes, get the rest of the players to stand around the playing area and these can be used when the team has the ball. This means the attacking team will be 6v2 if the players use their team-mates on the side. Play each pair for two minutes before swapping.

## TECHNIQUE

Look for strikers shooting at every opportunity and for players to be creative with the ball. It is a quick and reactive game that gets your players using the width of the pitch and quick passing to beat their opponents. Any defensive errors will most likely be punished by a goal.

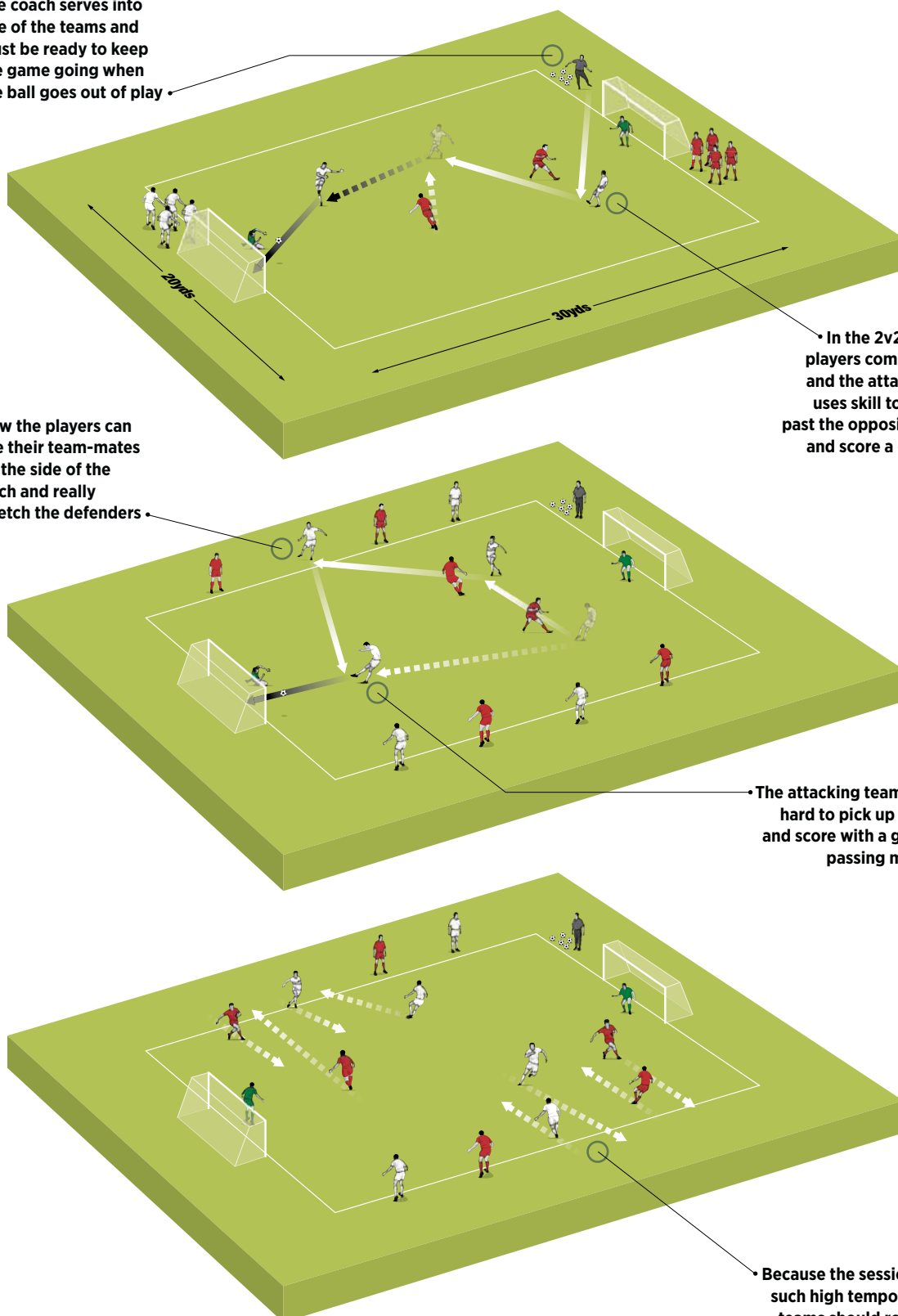
The coach serves into one of the teams and must be ready to keep the game going when the ball goes out of play

Now the players can use their team-mates on the side of the pitch and really stretch the defenders

In the 2v2 the players combine and the attacker uses skill to get past the opposition and score a goal

The attacking team are hard to pick up now and score with a good passing move

Because the session is such high tempo, the teams should rotate every two minutes



Player movement ■■■→

Ball movement —→

Run with ball ■■■→

Shot —→

# Solid Defence

Arsenal's success under Arsene Wenger, both in the past and during this season's revival, has been based on a solid defensive core. Train your players to defend like The Gunners

## WHY USE IT

This session gives defenders a good work-out, with attacks coming in from the wing. Solid defending and covering can make sure your defenders block any move from wide on the pitch.

## SET UP

Set up an area of 40x30 yards with a five-yard 'winger alley' on either side of the pitch. We've used 12 players. You need balls, bibs, cones and a goal.

## HOW TO PLAY

Split your players into three teams of four. The first team has a goalkeeper and three defenders. The other two teams take turns to attack, with two of the attacking team in the wing alleys and two in the central area.

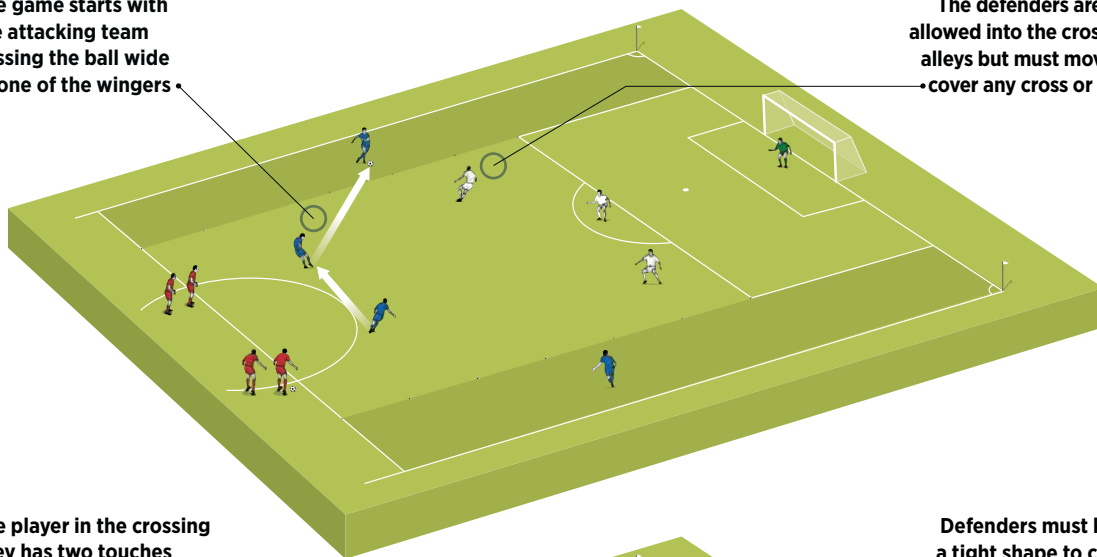
The ball must be passed to one of the wingers who are allowed two touches to cross the ball or pass into the middle. The nearest defender can go to block the cross but he is not allowed to go into the wide zones. Swap teams after every four attempts on goal.

## TECHNIQUE

The session will help your defence hold their triangular shape. With practice the three players will forge a good understanding that they can take onto the pitch with them to help make a stronger defence.

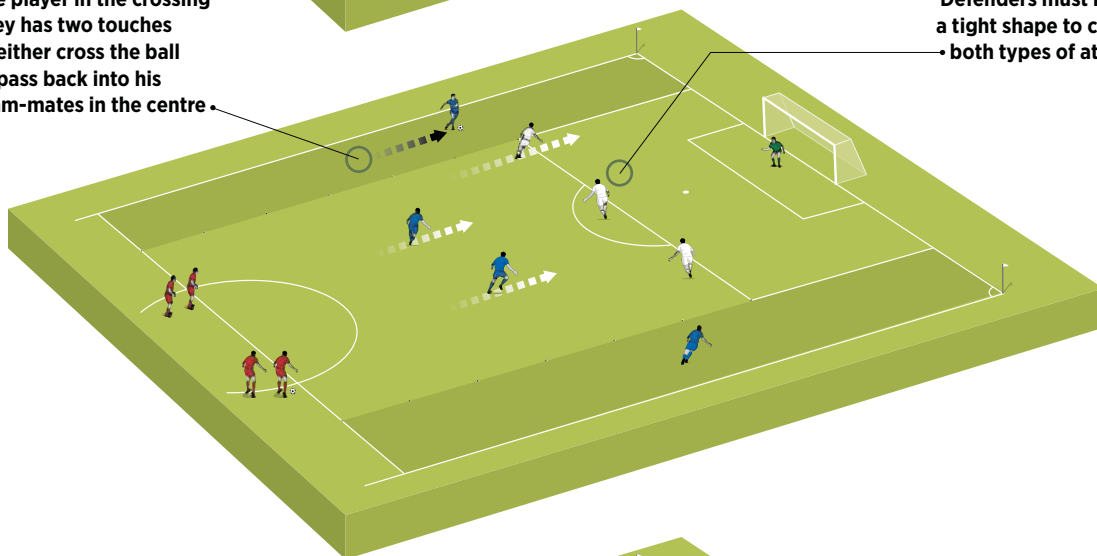
**Activity by:** Michael Beale,  
U15 & U16 head coach at  
Liverpool FC Academy

The game starts with the attacking team passing the ball wide to one of the wingers

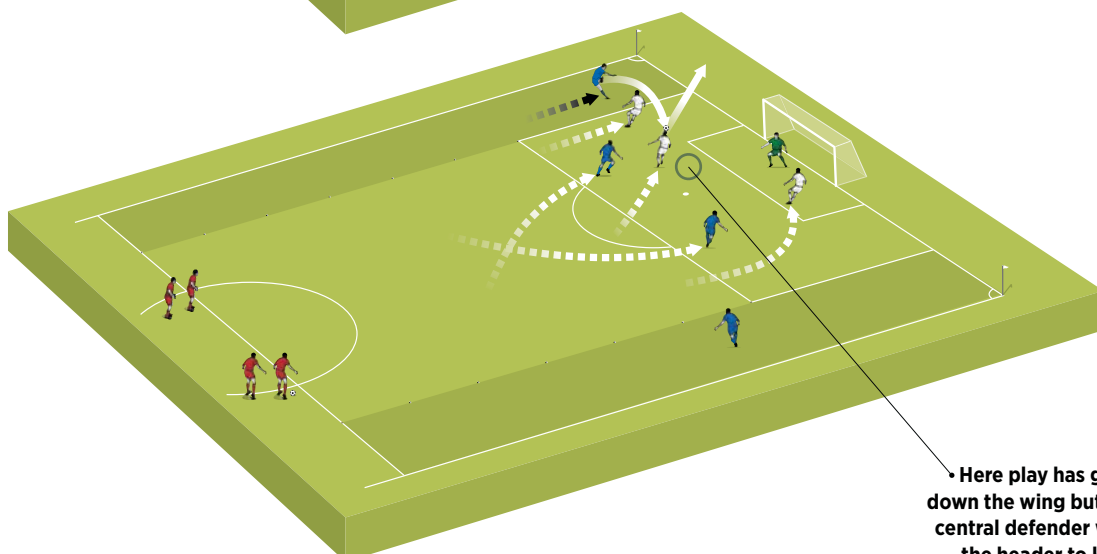


The defenders are not allowed into the crossing alleys but must move to cover any cross or pass

The player in the crossing alley has two touches to either cross the ball or pass back into his team-mates in the centre



Defenders must keep a tight shape to cover both types of attack



Here play has gone down the wing but the central defender wins the header to keep danger at bay

Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →