

6 Conditioned Games

DATE	VENUE Football Pitch	DURATION	NO OF PLAYERS 8+ players	ABILITY / LEVEL All ages and abilities	EQUIPMENT Balls, Bibs and Cones
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SESSION GOALS
This session is the ace up your sleeve you need on a wet and windy winter's evening. These 6 conditioned games are sure to bring a smile to your players' faces.

PERSONAL COACHING GOALS
These games cover a number of key skill areas including:

Speed of attack, breaking down stubborn defences, possession & communication

WARM UP

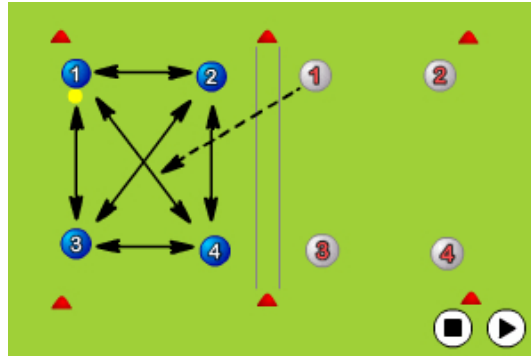
TIME	TASK / ACTIVITY / SESSION CONTENT	COACHING POINTS
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KABADI

Split players up into two teams and give each team their own area in which they keep possession by passing the ball around.

The other team can send one player across to try and win the ball for their side. If they manage to win possession the roles reverse and the other team passes the ball inside their own area.

The winning team is the first team to put 10 passes together without losing the ball.



Notes

The aim of this drill is for players to practice winning back and keeping possession!

Progression

With more advanced players, allow 2 players in to the opposition's area to try and win back possession for their team.

NUMBERS GAME

Split your players into two equal teams and have them wait on the sideline opposite the coach who is standing with the ball in hand. Give players on each team a number from 1-5 (higher number if you have more players).

The coach then calls out a set of numbers. The players with these corresponding numbers must react to the call and run onto the pitch.

The coach kicks the ball into play and the two teams compete to score.


 Coaching Points

If no goal has been scored within one minute all players go off and coach calls out a different set of numbers.

The coach can vary the amount of numbers called each time.

The ball should be played on the floor as much as possible.

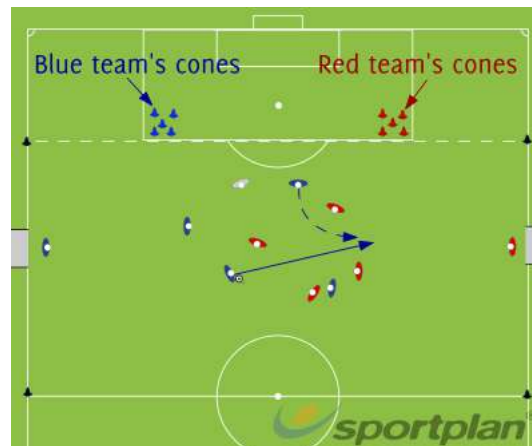
If players start shooting from too far out impose a maximum shooting distance (i.e. 1 metre from the goal.)

CONE RAIDERS

5 vs 5 game where the object is to steal as many cones from the opposition as possible.

Every goal your team scores is worth one of your opponent's cones.

Play the game to a specific time (i.e. 10 mins) and when time is up see which team has the most cones, or keep playing until one team doesn't have any cones left.


 Coaching Points

This game, with its wide goals, should encourage players to go for goal as soon as possible, whilst closing down the opposition to prevent the early shot on goal.

The first team to win all the opposition's cones is the winning side - Don't forget though, don't take this too seriously and have fun!

COMMUNICATION GAMES

COMMUNICATION DRILL

Set up your team in a small sided game on a pitch running from the edge of the penalty area to the half-way line.

Play normal rules except for the fact that during the drill, players are not allowed to talk during the game. Players cannot call for the ball, tell a player where to go or where they want the ball passed to. This really emphasises the importance of communication. If a player does speak, then a free-kick is given to the opposite team.

Having played with these rules, then change them so that no player can pass the ball to a team mate, unless that player has called for the ball. Again, if the player receives a pass and hasn't called for the ball, a free-kick is awarded.



Coaching Points

This exercise will really emphasise to your players how important communication is. Although it may take time for players to understand the game itself, it will remind them that they need to communicate with their team mates.

BARCELONA SMALL SIDED GAME

The aim of the drill is to work on helping your team keep possession all over the field. The game starts with normal rules, no limitations on touches, with both teams simply trying to score. The game changes when the coach shouts the following:

1. Possession - Players must keep possession in their own half, which of course means they are not allowed to score. If a team wins the ball, they must take the ball to their own half and try and keep it.

2. Normal - Teams return to a normal game and are allowed to score.

3. Barca - Similar to possession, but this time players must attempt to keep the ball in the other teams half, but they are not allowed to score. If the other team wins the ball they must get the ball into their opponent's half and keep it there.



 Coaching Points

This drill teaches players how to keep the ball regardless of where it is on the pitch. While playing in their own half, defenders are taught how to keep the ball at the back and not panic, while attackers learn how to press high up the field.

While keeping the ball in the opposite half, players can learn how to break down stubborn defences.

SCORE A TRY!

This fun passing and moving game can be explained in two words - Football Rugby.

In order to score a point players must stop the ball in the opposition's try area.

To begin with, to encourage passing and moving, this should be done by passing the ball to another player who controls and stops the ball inside the area.



Progression

To make the game more challenging and to encourage players to dribble with the ball forwards you can instill the backwards only pass rule.

Like in rugby players can only pass the ball backwards - any ball passed forwards will result in a free-kick being awarded to the other side, so players will have to create space to receive a pass and dribble into the try zone.

OTHER COMMENTS

"It's not the push from behind, or the pull from up front, but rather the drive from within." Steve Bankston

EVALUATION