

# **TRAINING EXERCISE DATABASE**

# SMALL POSSESSION GAME.

## Formats:

- Here shown 4v4 + 3 (could be more players).
- Pitch size approx. 18 x 28 meters (could be bigger for easier possession).
- 6-8 rounds (2min/1 min break).
- Transitions within the game.

## Rules:

- Free touch game.
- Can be two touch game.
- Walls stay outside pitch.
- Or one touch on jokers/walls.

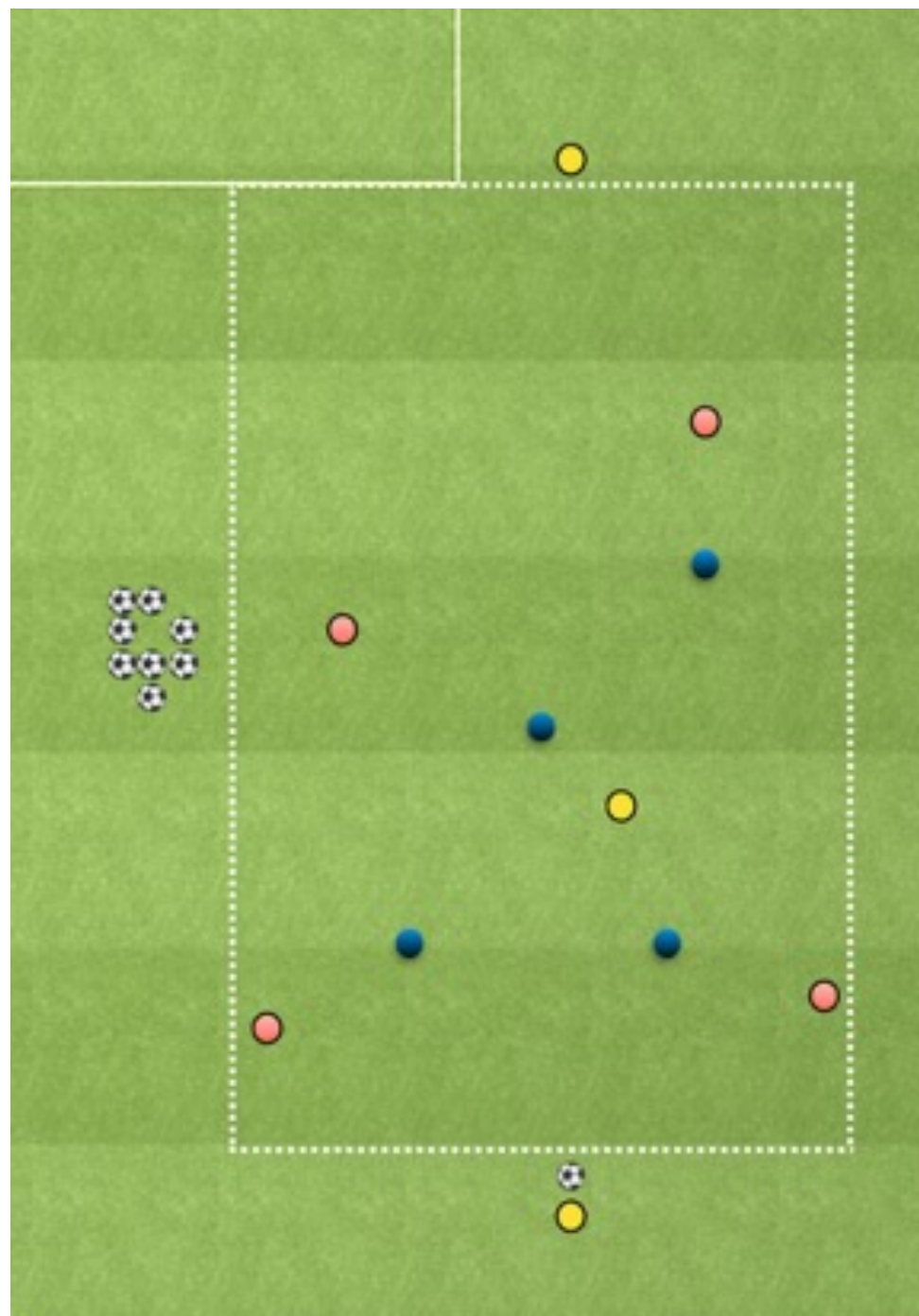
## Focus:

### Possession team:

- Use the space of the pitch.
- Both width / length.
- Move out of shadows.
- Move for next action.
- Orientate before receiving ball.
- React fast after loss of possession.

### Conquering team:

- Work together.
- Don't stand in line (depth in pressure).
- Find press signals.
- Spread out immediately after gain of possession.



# LARGE POSSESSION W/TRANSITIONS.

## Formats:

- Here shown 6v6 + 3 (could be more players).
- Pitch size approx. 50 x 40 meters.
- 4-5 rounds (2x1,5 min) One round with each team in possession/conquering ball.
- 1 min break between rounds.
- Conquering team can score.
- Count goals per team after conquering.

## Rules:

- Two touch possession team.
- Free touches conquering team.

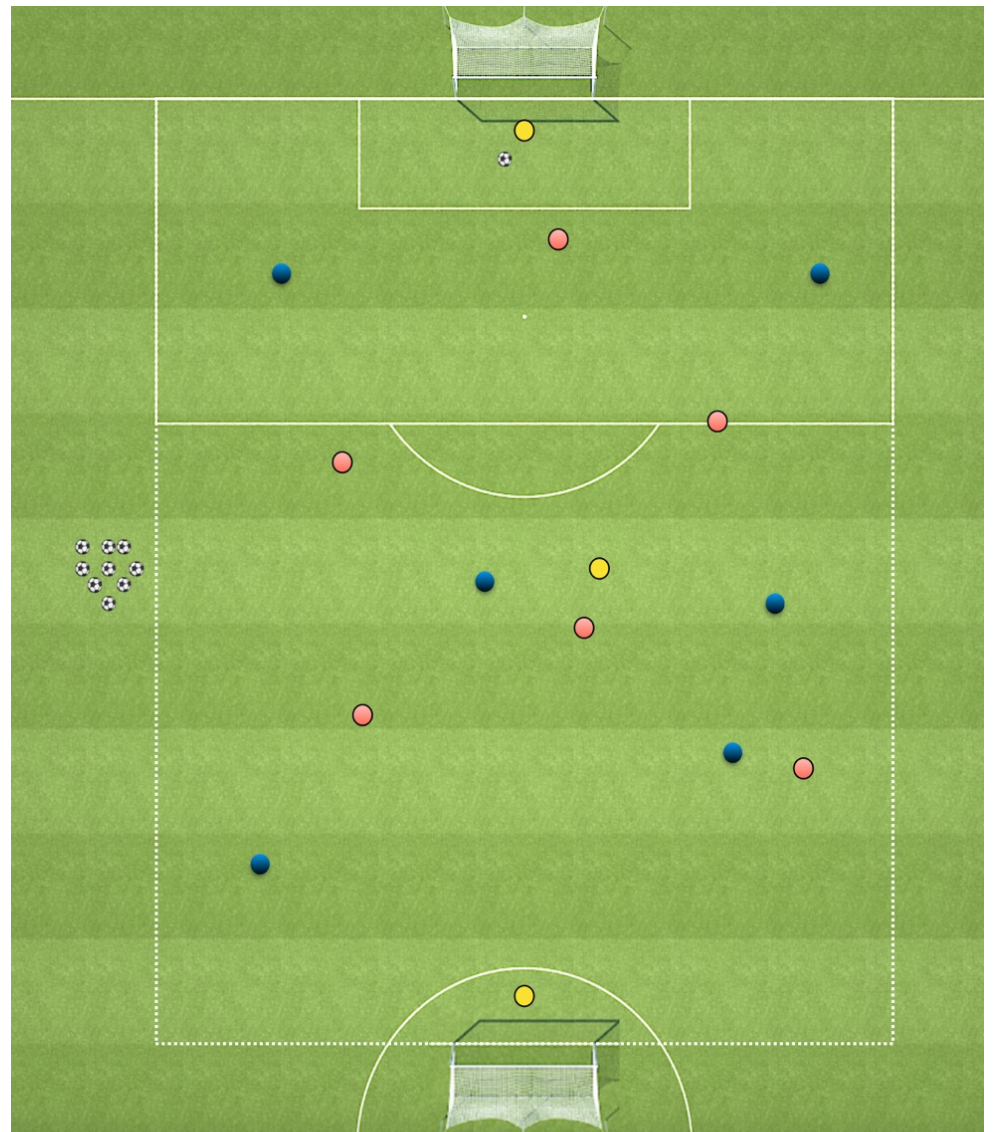
## Focus:

### Possession team:

- Use the space of the pitch.
- Rest with the ball out of pressure.
- React fast after loss of possession.

### Conquering team:

- Work together.
- Find press signals.
- Attack quickly after conquering the ball.



# 3V3 / 4V4 INTERVAL GAME.

## Formats:

- Here shown 3v3.
- Pitch size approx. 32 x 30 meters.
- 6-8 rounds (1,5/1,5 min break).

## Rules:

- Free touch game.
- Keeper only one touch.
- Scoring team starts with ball.
- Immediate change of teams (leave ball in pitch).
- Running score.

## Focus:

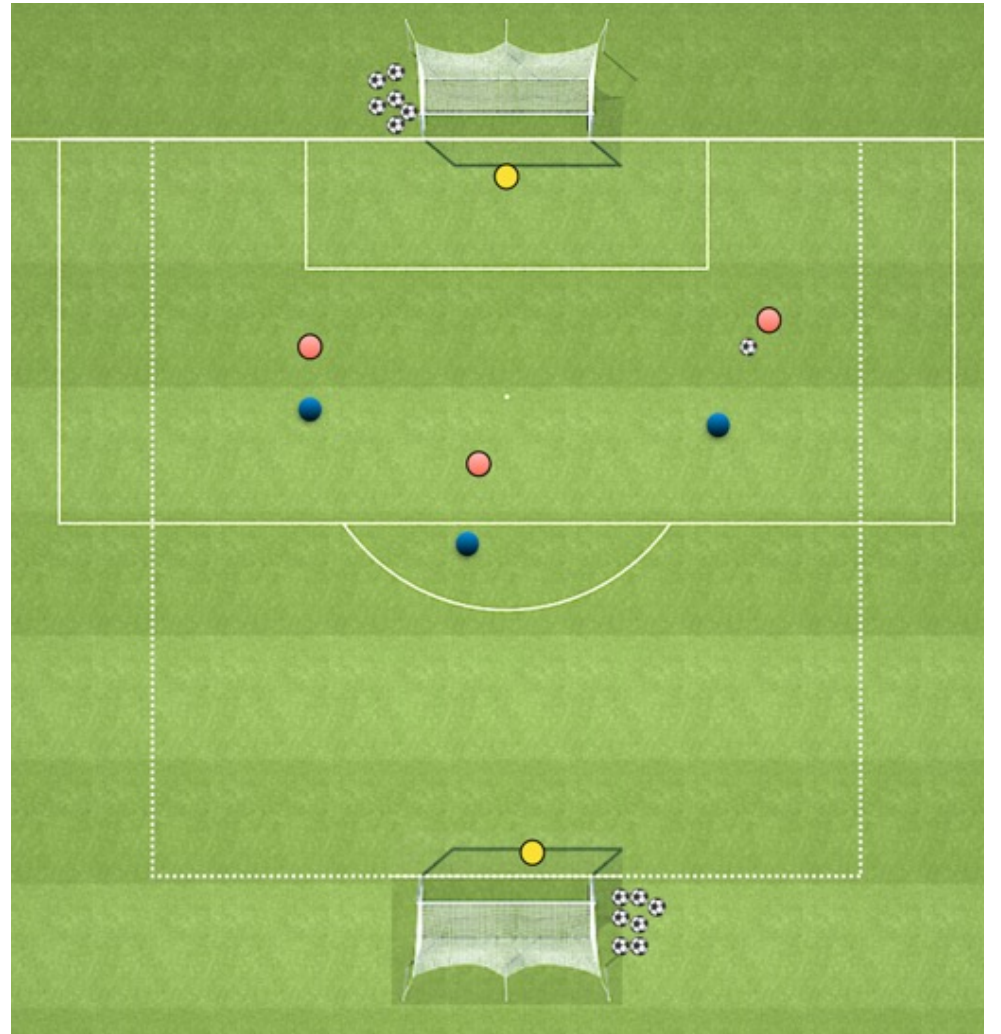
- Take your 1v1 off/def duels.
- Work in high intensity while tired.

## Offensive:

- Challenge your opponent.
- Create space by running without ball.
- Finish when you can.

## Defensive:

- Get close to your opponent.
- Follow runs.
- Close down angles for finishes.





# 3V2 FORMAL EXERCISE.

## Formats:

- Pitch size approx. 40 x 50 meters (could be smaller for shorter runs = lower physical load).
- 2-3 actions per defending pair before switch.
- 1 action per attacking trio.
- 3-4 mins restarts / 1-2 mins break.

## Rules:

- Free touch game.
- Defenders start as high as possible.
- Offside is on.

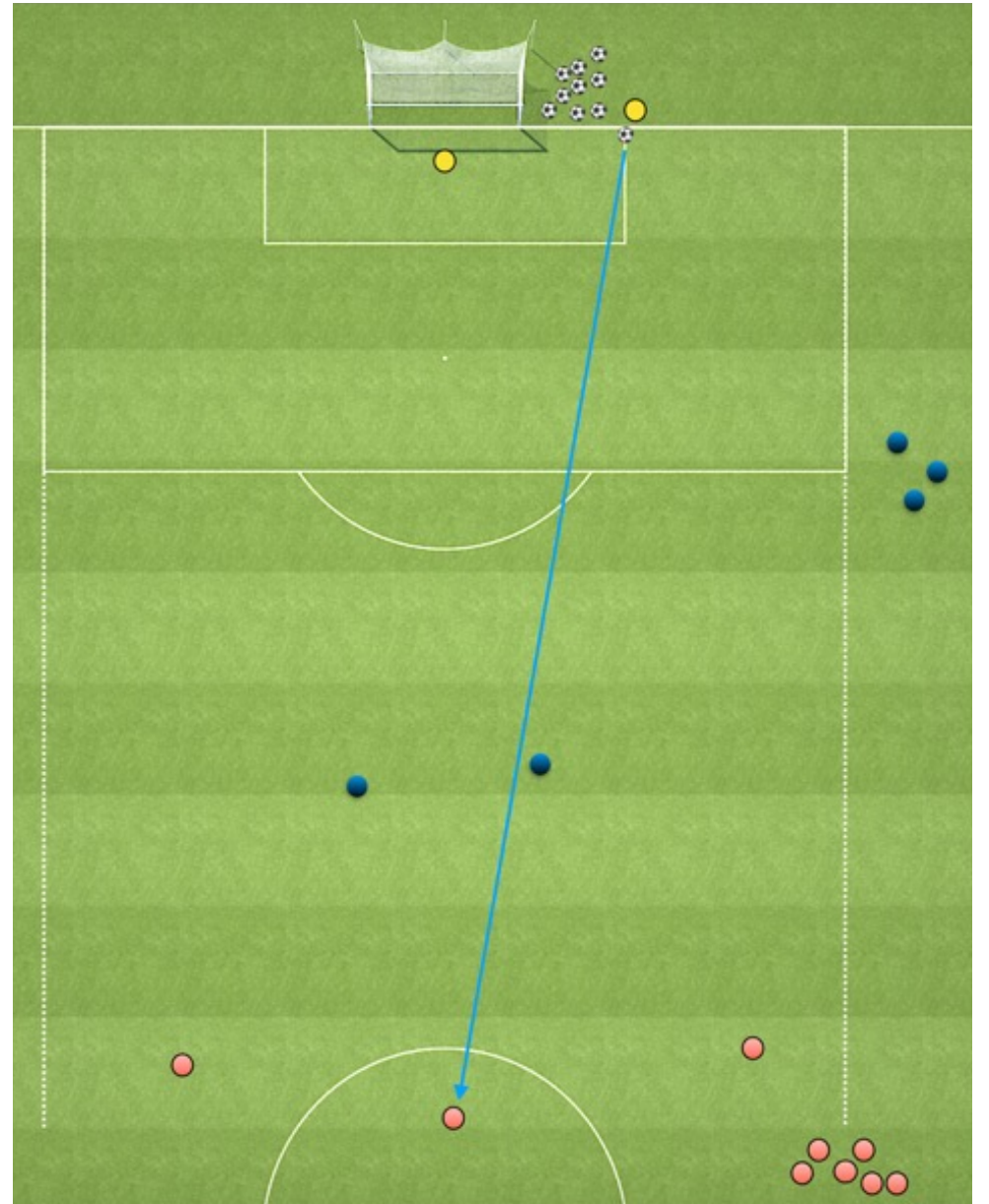
## Focus:

### Offensive:

- Transition – go to chance quickly.
- Ballkeeper seek up pressure.
- Runners use width or break line.
- Create the biggest chance possible.

### Defensive:

- Link up defensively.
- Defend the backspace and center first.
- Lead opponent on the outside.
- Get close to opponent.
- Close down angles to help keeper.



# 3V2 FUNCTIONAL GAME.

## Formats:

- 3v2 with permanent striker on the side.
- Pitch size approx. 30 x 40 meters (could be bigger for easier more long running).
- 1 off/1def action per player every time.
- 4 off/def actions per player before 2 min break.
- 4-6 rounds (change striker every break).

## Rules:

- Free touch game.
- Striker can turn behind middle line.
- Or else he must play support pass.
- Offside is on.
- Running score.

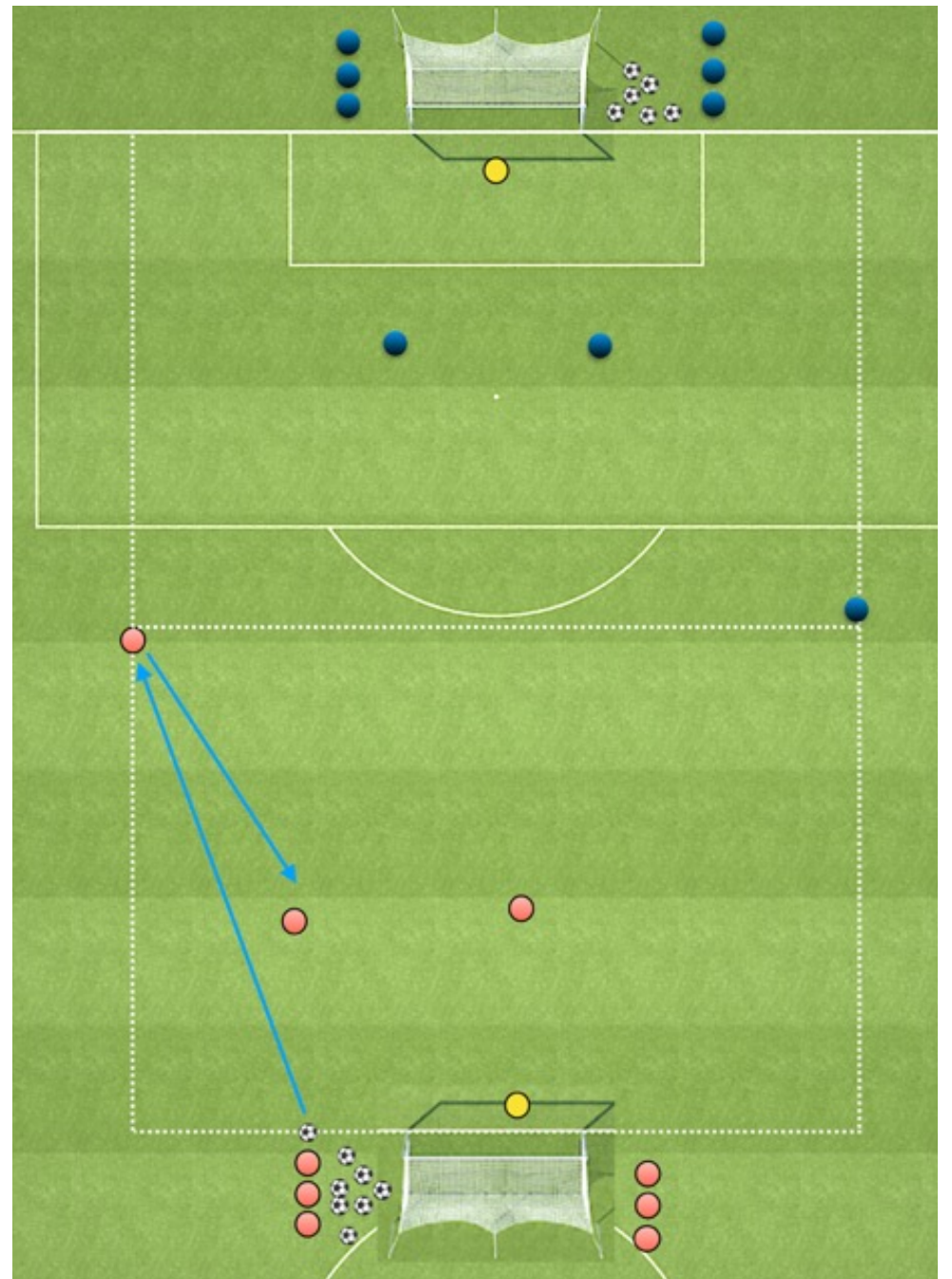
## Focus:

### Offensive:

- Transition – go to chance quickly.
- Ballkeeper seek up pressure.
- Runners use width or break line.
- Create the biggest chance possible.

### Defensive:

- Link up defensively.
- Defend the backspace and center first.
- Lead opponent on the outside.
- Get close to opponent.
- Close down angles to help keeper.



# SMALL 4V4 + WALL-PLAYER GAME.

## Formats:

- 4v4 + 4 walls each team.
- Pitch size approx. 30 x 32 meters.
- 3-6 rounds (1,5min/1,5 min).
- Walls become players every other round.

## Rules:

- Free touch game.
- Can be two touch game.
- Walls stay outside pitch.
- One touch on walls.
- Scoring team starts next ball.
- Immediate change of teams (leave ball in pitch).
- Running score.

## Focus:

- Run without ball.
- Go to chance quickly.

## Offensive:

- Use your advance in players numbers.
- Create space by running without ball.
- Finish when you can.

## Defensive:

- Get close to your opponent.
- Follow runs.
- Close down angles for finishes.

