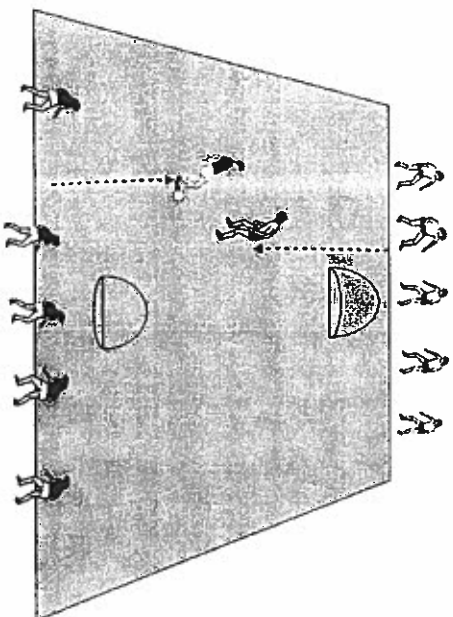


# THE 1,2,3 CHALLENGE

## The 1,2,3 Challenge



### Organization:

Set up a small field with six feet wide goals positioned 5 yards into the field.

Divide the players into two teams and place them behind each end line.

Give each player a number. Use the same numbers for both teams.

When the coach calls out a number, the corresponding players come off the end line and competes against their opponent and attempt to score in the opponents goal. The players can play behind the goals.

### Progression:

One v one

Two v two

Three v Three

Try to match up players of equal ability

Create a competitive environment and award team points for each victory

Allow a couple of round of free play and then step in and use this set up as a coaching environment.

This set up provides a perfect opportunity to teach the fundamental principles of attack and defense.

This set up also allows you to explain when and where to use: A give & go; An overlap; A split pass; A double pass.

## Offensive Coaching Points

### ONE V ONE

Attempt to get the ball behind the opponents.

Use quick changes of pace & direction

Shoot at the earliest opportunity

### TWO V TWO

Second attacker should look to exploit space in front of the first attacker to get Depth in the attack.

The Second attacker should also focus on losing marker by using checked and curved runs

Use double passes and take overs to unbalance defenders

### THREE V THREE

Attacking players need to move around and create space between the defenders.

Use give & Gos and overlaps to unbalance defenders.

Encourage forwards to make diagonal runs and cross over runs.

## Defensive Coaching Points

### ONE V ONE

Delay: Force the attacker to slow down

Select proper angle of challenge -force attacker to one side

Be patient, don't dive into the challenge

### TWO V TWO

Depth: Organize cover behind the first defender

Select proper distance of support to be able to cover first defender and also mark second attacker.

Communicate to the first defender.

### THREE V THREE

Balance: Third defender should provide support on the opposite side of the ball to the second defender.

Should be able to provide cover if first defender gets beat on that side.

Track down runners away from the ball

**Cond 3 hour Session for Full Day Camp for Older/Competitive Players**

3 min	<p><b>SKILL STATIONS</b></p> <p>Set up 4 - 6 skill stations that focus on techniques not covered in the morning session. Put players in groups of 2-4 at each station          Provide a good demonstration and coaching points and then have the campers work for 2 minutes on each station. Provide feedback when the players rotate. Lofted passes - To partner 25 yards away          Bending the ball with the inside of the foot - To partner 20 yards away          Bending the ball with the outside of the foot - To partner 20 yards away          Fakes &amp; Turns - Select advanced turns not covered in the am session          Volleys - Partner feeds inside of foot volley and front foot volley back to hands          Chest Control - Partner feed lob pass for chest control and return pass          Thigh Control - Partner feeds variety of heights for return header back to hands          Heading - Partner feeds variety of heights for return header back to hands</p>
1 hour	<p><b>SCHOOL YARD SOCCER GAMES</b></p> <p>Select games from the list provided. Players should be allowed to enjoy free play, experiment with their own skills and take risks with new ideas without being criticized. The coach provides structure and guidance at this point however should refrain from over involvement.</p>
1:20mins	<p><b>BREAK</b></p>
0-2hrs	<p><b>THE MATRIX GAME</b></p> <p>The group is divided into teams of 3-5 per side (Maximum two games per coach). Each player is given a number. The coach assigns teams based upon their numbers. After the game (5-10 mins) all players return to the coach and report their personal score - 2 points for win, 1 for a tie, 1 per goal scored. The coach then re assigns the players to different teams and they go back to their fields and play. After each game the players return and the coach records their cumulative score.</p>
1:15hrs	<p><b>NON ACTIVE LEARNING</b></p> <p><b>Lead group discussions with the aid of the worksheets provided</b></p> <p>Monday          Tuesday          Wednesday          Thursday          Friday</p> <p>Laws of the game - Walk players through Off-sides, Explain direct/In direct free kicks, Keeper laws          Preparing for a game          What makes a good team player          Nutrition          Laws of the game Quiz</p>
15-3hrs	<p><b>FULL SIDED GAME</b></p> <p>Set up the group in the largest possible format. Combine groups if you have more than one to create full sided teams.          Create real game environment - Pre game team talk, Play two halves, Half time team talk, Play off-sides.          Stop the game and coach at coachable moments - avoid correcting technical flaws during game.</p>

# School Yard Soccer Games for Full Day Camp for Older/Competitive Players

## Wembley

The entire group compete against each other within the penalty area, trying to score a goal to progress to the next round. The coach plays the ball in and the players attempt to shoot or head the ball into the goal. If the goalkeeper saves the ball they distribute it into a space in the penalty area. If the player scores, they leave the field and wait until the next round. This continues until one player is left, they are eliminated. The remaining players return to the field and repeat. This is repeated until there is one champion.

## Team Wembley

As above, however players team up in two or threes and now combine to score. Once one of the team scores the whole team leaves the field and is qualified to the next round.

## Pairs Soccer

Two equal teams play against each other in a small sided game. The players are paired up against an equal ability player. Players score a point for each goal they score and minus a point when their opposite number scores.

## Headers and Volleys

The coach, or a strong player, supply crosses to the group of players waiting in the penalty area. Each the players attempt to score by either heading or volleying the ball into the goal. Goalkeepers are optional.

## The Numbers game

Players are divided into two teams and given numbers 1-6. Each team waits at the half way line of opposing sidelines on a 30 x 40 yd field. When the coach calls their number the players run through the back of their own goal and out on to the field to compete against their opposite number. For variation, call multiple numbers or add a restriction to the game - must play a give and go before shooting.

## Lightning

One player goes in goal and the other players line up on the edge of the penalty area. The first player pushes the ball forward a few yards and then shoots. If they score they get their ball and go to the back of the line. If the goalkeeper saves it the shooter goes in goal.

## Shoot out

One player goes in goal and the other players line up 25 yards out. Each player takes it in turn to dribble and try and score within 5 seconds. The game can either be played as an elimination game or players can earn a point for scoring and go in goal if they fail to score.

## Turnaround

The players are divided into two teams and play against each other within the first 25 yards of the field. One team attacks the main goal and the other attacks two small counter attack goals which are spread out on the 25 yard line. If the team attacking the counter attack goals scores, their team turns around and attacks the main goal.

## One V One Shoot out

Players are paired up with an opponent and have one ball per pair outside of the penalty are. When the game starts each player attempts to score on the main goal. Who ever scores earns a point and waits until all pairs are through and the coach then re assigns the pairs.

## Team dribbling relays

Divide the group into teams and set up a dribbling challenge. Straight speed dribble; slalom; dribble and pass; dribble and juggle; dribble and head etc.

## Ladder games

Players stand opposite a partner, the pairs being in one long line (ladder). The coach sets a challenge for the pairs - ie make as many passes as you can in 30 seconds; score as many juggles as you can in 30 seconds; make as many consecutive headers as you can in 30 secs etc. Each pair then reports their score at the end of the 30 seconds and the coach moves them up or down the ladder depending upon how they rank.

## Juggling Competitions.

This can be done for a limited time each day. The campers should improve over the course of the week and should look forward to trying to improve their personal best each day.

## Change Soccer

The group is divided into two white teams and two red teams, One of each color play on a 30 x 40 yd field. The other two teams sit behind each of the opposite goals. When one team lets a goal in they are replaced by their corresponding color team who are sitting behind their goal. The team who scores must run back and touch their own goal line before they can touch the ball.