



Position-Specific Training

Category: Tactical: Positional understanding
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

IAS Special Topics Clinic: 4/3/18. Play-Practice-Play. Practice session to give a better understanding of positions.

Play

4v4 Free Play

Organization:

- See Diagram. 4v4 + GKs

Coaching Notes:

- Give players responsibilities in different areas of the field.
- Defending, Zonal or Man-Marking



Practice

1v1 Box

Allows players to work on 1v1 attacking and defending.

Organization:

- See Diagram. Groups of 4.

- Set up multiple grids (1v1 Boxes) around your field.

How to Play:

- Play 1v1 endline to endline. To score, must beat opponent and stop ball on endline.

Variation:

- Shielding Activity. Player must shield the ball from opponent..

Coaching Notes:

- Use take-on moves.
- Teach defenders proper way to tackle.



Play

4v4 SSG

Organization:

- See Diagram.

How to Play:

- If you score, you keep the ball and attack the other goal. This will be a quick transition and force players on both teams to get organized and find their positions on the field.

Coaching Notes:

- Players must understand their roles in the thirds.

