



Date: 3rd Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

Objectives

- Understand concept of strength in numbers
 - Avoid 1v1/1v2 situations
 - Increase numbers increases decision making of attackers which slows down their speed of play
- Importance of maintaining shape
 - Even though each player has a “primary position” they all play in every position if required. This is to ensure that support (wingmen) are always available where need all over the pitch
 - Ensures that no player is left isolated in 1v1, 1v2 situations

Key

Indicator	Action
—→	Dribble
—→	Off Ball Movement
---→	Pass/Shot



SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

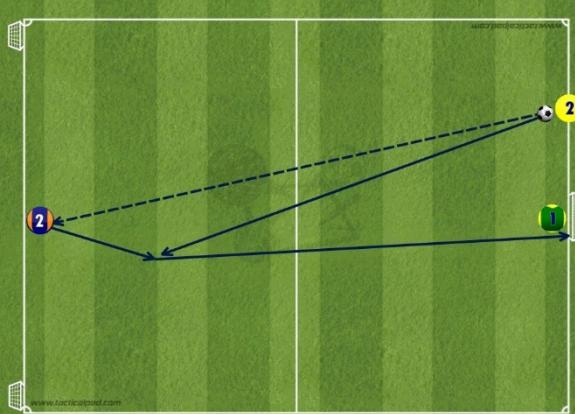
Date: 3rd Feb 17

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Warm Up: 1830 – 1845
Value Of A Wingman



Instructions

1. Yellow passes ball to Blue
2. Blue then has to score against the GK
3. Yellow has to stop shot
4. If Yellow wins the ball then they have to hit small targets in far corners within 2 touches
5. Yellow and Blue swap after each rotation

Key Coaching Points

- Highlight how much easier when have a “wingman”
 - Even 2v2 is easier than 1v1 as attackers have more decisions to make therefore defenders can force more doubt through nothing more than good positioning
- Dominate attack by taking up correct positions quickly then getting low and balanced ASAP
 - No need to dive in

Progression/Regression

- If blue takes too long get shot away limit to 2 touches
- Add an additional defender to create a 1v2
- Increase to 2v2
- Split Yellows into 2 queues; 1 Yellow covers the centre as the other closes down the wide option. Close 2 passes before the next pair go.

Setup

10 x 10 yards, 1 x ball, 2 x teams, 1 x GK



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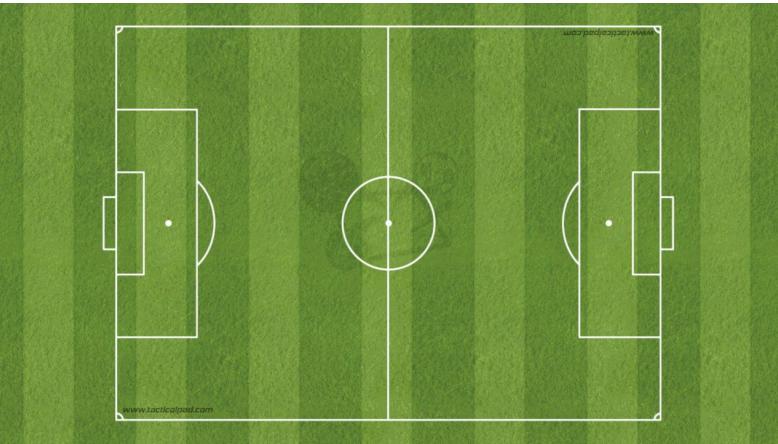
Date: 3rd Feb 17

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Time: 1830 - 2000

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Scene Setter: 1845 - 1850
TBC



Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



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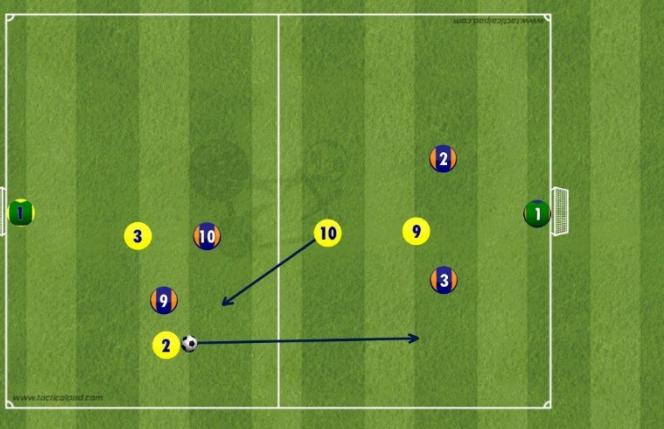
Date: 3rd Feb 17

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Time: 1830 - 2000

Location: City Academy

SSG #1: 1850 – 1915
2v2 Positional Swap



Key Coaching Points

- “Never leave your wingman”
 - Even if it means leaving an opponent unmarked
- When creating 2v3...
 - How does defensive adapt it's shape?
 - How to do you counter when are 1v2 in the opposition half?
 - Answers to be both questions revolve around another question... “What is best for the team (not me)?”
- OODA

Instructions

1. Directional 4v4 game (plus GK's) with each team restricted to 2 players in each half
2. Players can move between each half provided they maintain the 2 players per team in each half

Progression/Regression

- If a player is defending then he can follow the attacker into defensive half creating a 2v3 (one of the attackers must still drop back)

Setup

30 x 15 yards, 2 teams, 2 x GK's, 1 x ball



SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

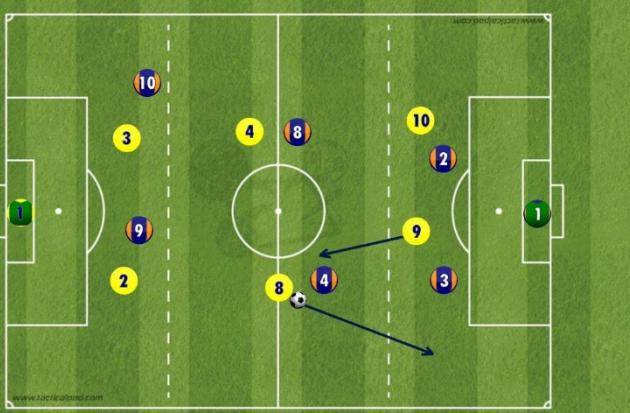
Date: 3rd Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

SSG #2: 1915 - 1940
3v3 Positional Swap



Key Coaching Points

- “Never leave your wingman”
 - Even if it means leaving an opponent unmarked
- How does both teams readjust when a 2v3/3v3 scenario occurs in one of the thirds
 - How can other teammates best provide support to the “active” third?
 - Read triggers to predict possibly outcome of current scenario (OODA)
 - Ask “what is best for the team (not me)?”
- Repeatedly apply OODA

Instructions

1. Directional 6v6 game (plus GK's) with each team restricted to 2 players in each half
2. Players can move between each third provided they maintain the 2 players per team in each third

Progression/Regression

- If a player is defending then he can follow the attacker into next third defensive creating a 2v3 (one of the attackers must still drop back)
- Allow 3v3 scenarios in a third thus leaving space elsewhere in game

Setup

30 x 32 yards, 2 teams, 2 x GK's, 1 x ball



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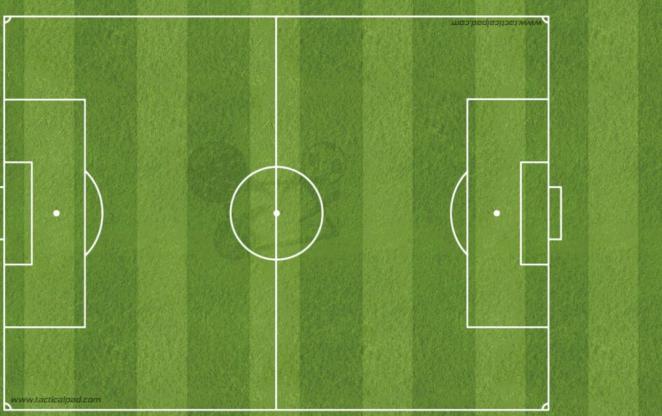
Date: 3rd Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

Scene Setter Revisited: 1940 - 1945
TBC



Instructions

TBC

Setup

TBC

Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session



SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

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Match: 1945 - 2000

Match

**Players play a match... their rules
No coaching, just observing**