



## TARGET PLAYERS

### Emphasis:

This attacking game focuses on receiving and passing to the target players in the attacking third of the field.

### Game Info:

This is for ages U10-U14. It is best run with at least 16 players but no more than 22 players. The game should be run approximately 30 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys

### Setup:

25x25 yard grid split down the middle. 8 players (set up 2 separate areas and get 2 groups of 8 for a total of 16)

### Instructions:

Blue plays 4v2 against the Yellow and attempt to find the target in the attacking half. As soon as the target is played they send 3 more players over and one defender goes and helps to get the ball back. If the defender in the attacking half wins the ball as the ball is played across they must try and keep the ball away from that target as the 2 defenders from the other half come help play 3v1. A 2-touch limit will be put on these defenders as they try and keep the ball away from the target. When the target wins the ball back then they must play over to the waiting 3 players in the other half.

The purpose is to find the forward target, get connected and keep possession. It will be very difficult for the target to win the ball back if it is lost in the attacking half because they will soon be 2 men down – so high pressure is a must to win the ball back. This will make players aware of the danger of dispossessing the ball and the energy needed to get the ball back.

The attacking team looks to get 10 changes before the players rotate into different roles. If the defender win the ball and connect 10 passes then the entire attacking team will do push-ups or sit-ups or sprints – whatever the coach decides.

### Progression:

- Have the 2 remaining players pass back and forth, while keeping an eye on the ball in the other grid

### Coaching Points:

- Vision to see the passing options
- Anticipation of receiving the ball and understanding passing options
- Movement off the ball
- Quality first touch to prepare for the pass
- Controllable passes, with the right weight and pace