

HALF FIELD BARRIER SCRIMMAGE

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack
- + Counter attacking and finishing breakaways

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.
- + Shooting technique

WHY USE IT

This match-related game requires teams to attack down the wings, and also challenges players to recognize the right moments to change the point of attack.

SET UP

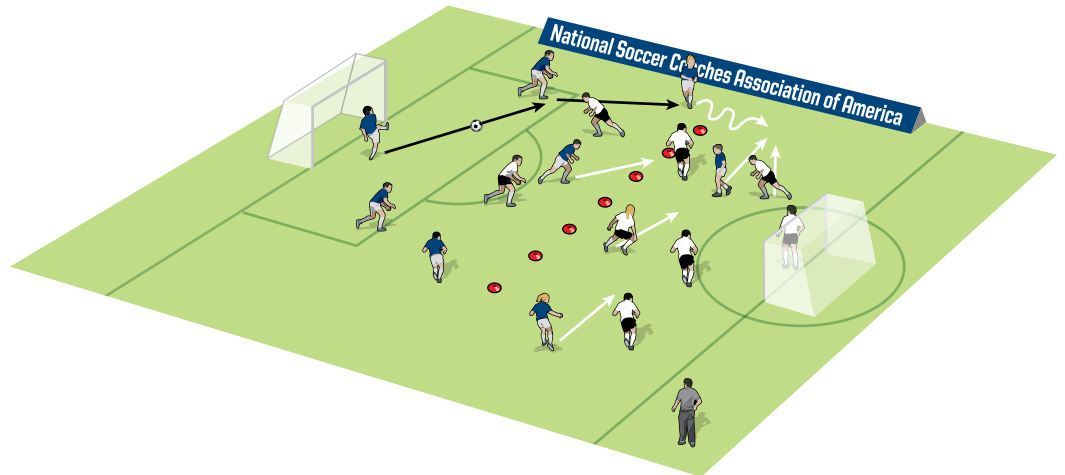
A goal on the halfway line and another goal opposite on the goal line. Cone off a 40-yard-wide barrier midway between the goals. Divide players into 2 teams and play 8v8 in the half field - a goalkeeper in each goal. One goalkeeper has a ball.

HOW TO PLAY

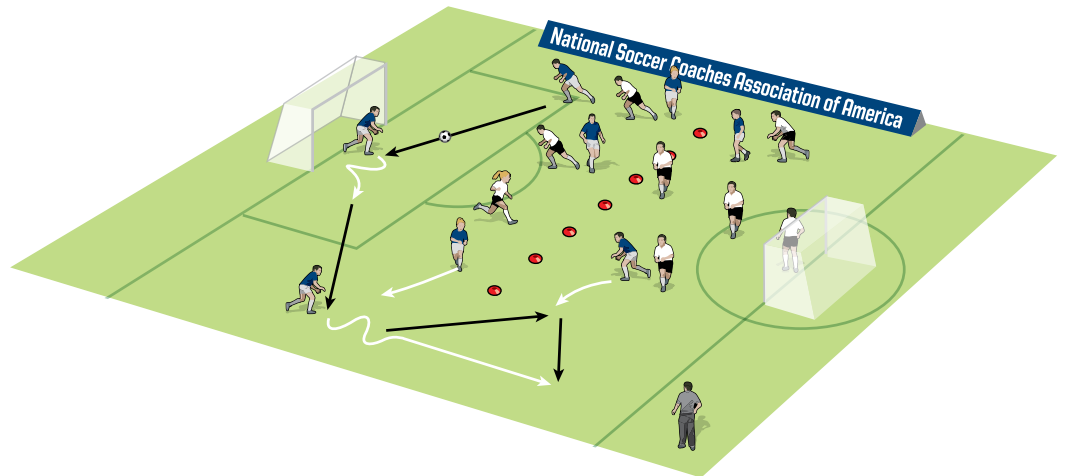
Goalkeeper starts. Players can travel through the barrier but the ball must go around it. Goalkeepers can distribute the ball only by throwing it. If the ball crosses over or through the barrier, then play is restarted at the spot where the ball was last touched by a player on the opposing team. Play within the marked touchline and goal line boundaries, and enforce the offside law in each team's attacking half.

COACHING NOTES

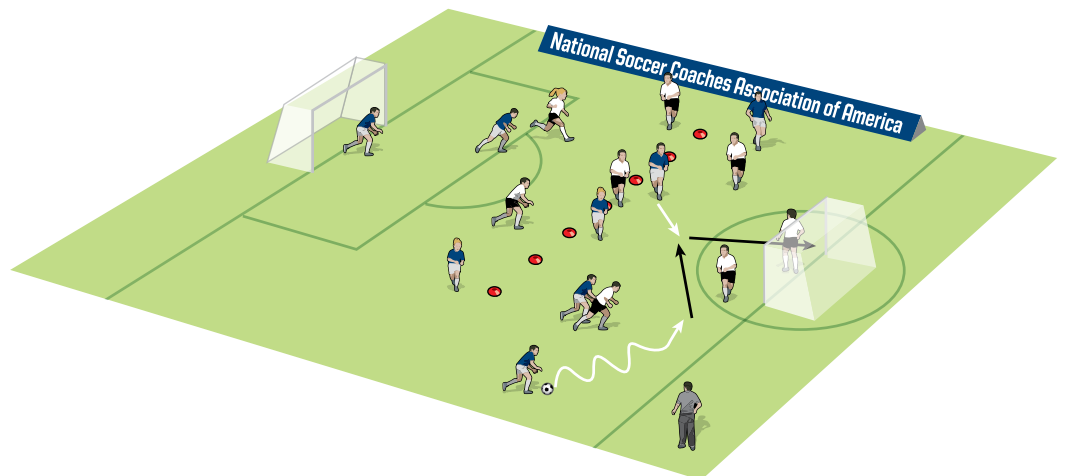
- + Coaching objectives - Look for players to play through 4 tactical lines (GK/D/MF/F) while also using the full width of the field to maximize the available attacking space.
- + Coaching tip - Require 2 forwards to stay in the attacking half so that teams can't "pack the box" defensively and have distribution outlets when they win the ball
- + Adaptations - You can open a small hole in the center of the barrier to give a third attacking option down the middle of the field.



- + The keeper initiates action with a throw.
- + Attackers look to get the ball wide, then forward.



- + When one wing is closed down, switch the point of attack quickly through the backs.



- + Get deep to the goal line to set up drop-back passes
- + A trailing teammate should finish from a good shooting angle and distance

