

TARGET BOXES 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

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.

WHY USE IT

This activity focuses on improving awareness and vision of the field, and helps encourage players to switch the point of attack.

SET UP

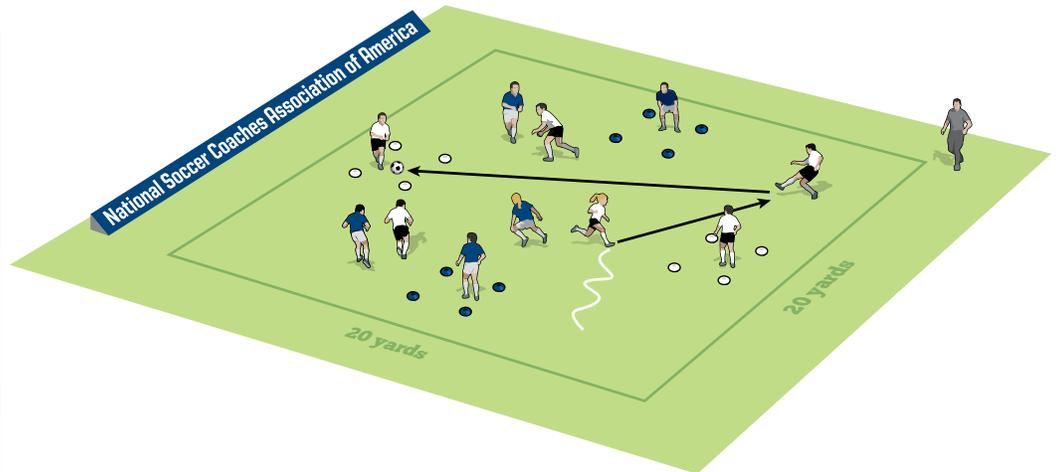
Using cones, set up 4 small (2x2 yard) "target boxes" in a larger 20x20 yard playing area. Designate two opposing grids as the "white" boxes, and the other two grids as the "blue" boxes. Form two teams to play 5v5. Place a player in each target box, and play 3v3 in the area around the boxes.

HOW TO PLAY

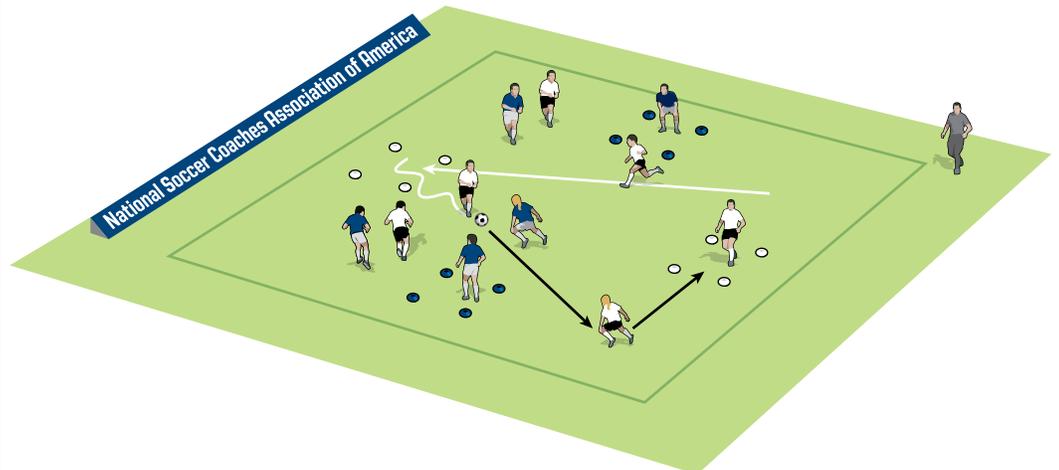
Teams score goals by completing a pass to either of the two teammates in their target boxes. The target player must control the pass cleanly (entirely within the box), and no defenders can enter the box. When a point is scored, the receiving player dribbles out of the target box and is replaced by the teammate who made the previous pass into the box. The attackers now try to score by passing to the target player in the opposite box.

COACHING NOTES

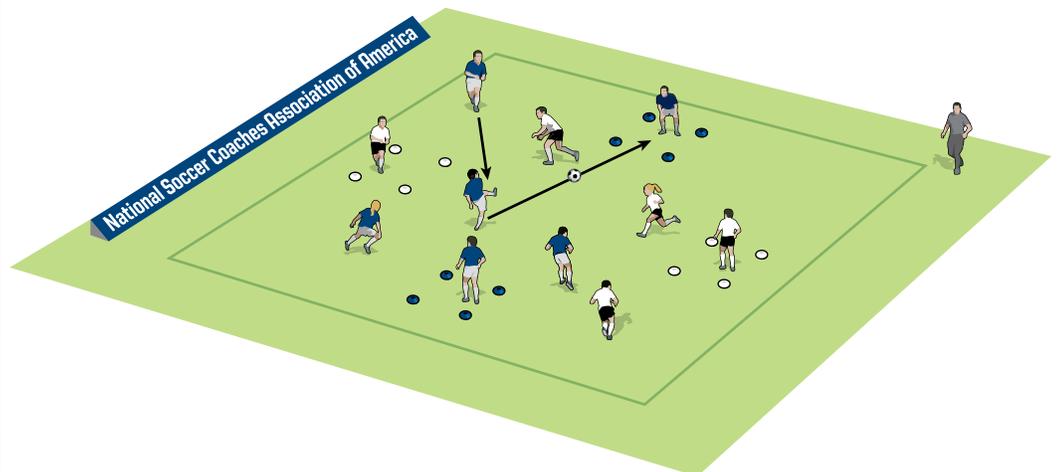
- + Coaching objectives - Focus on awareness of open space and numbers-up vs. numbers down areas. Look for the long option first, but use closer options to keep possession if a penetrating pass is not open. The best pass may be behind you!
- + Coaching tip - Demand technical precision for passes and first touches!
- + Adaptation - Increase numbers and space to play 4v4 in the middle.



- + Use the dribble to create 2v1 situations around the ball.
- + Score first if possible; keep possession otherwise.



- + Transition roles quickly after each scoring pass.
- + The team must now attack the opposite target box.



- + Attack either target box when you first win the ball.
- + Keep score and put an incentive on the line to win!

