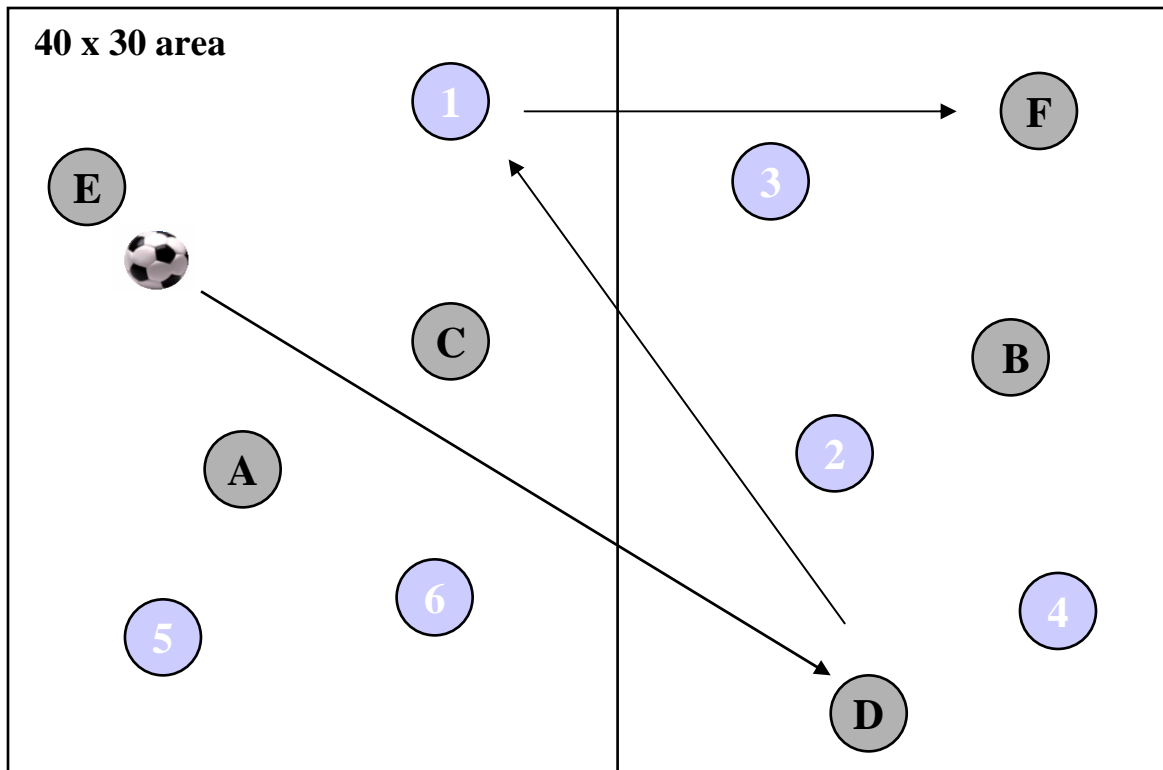
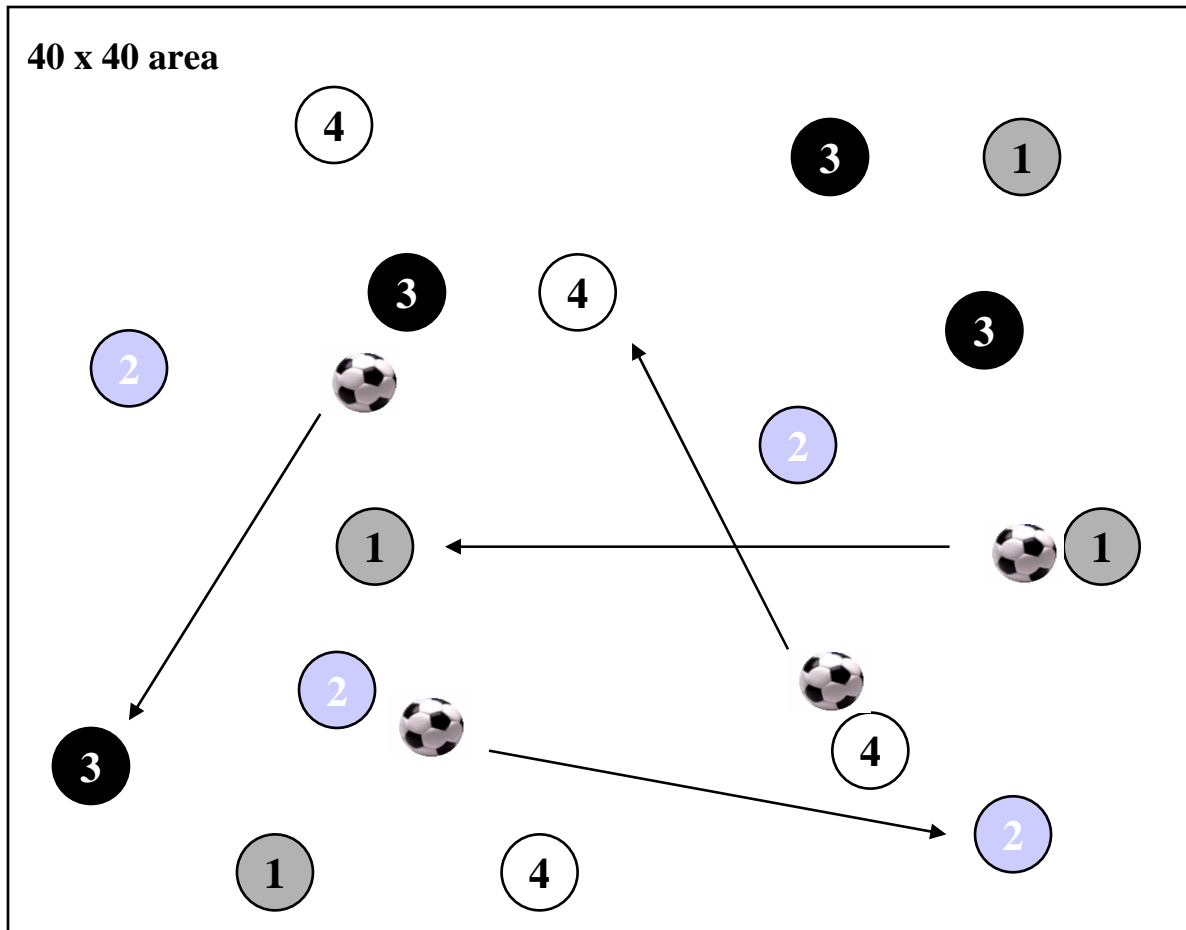


## A.I.A. IDENTIFYING LEVELS OF AWARENESS



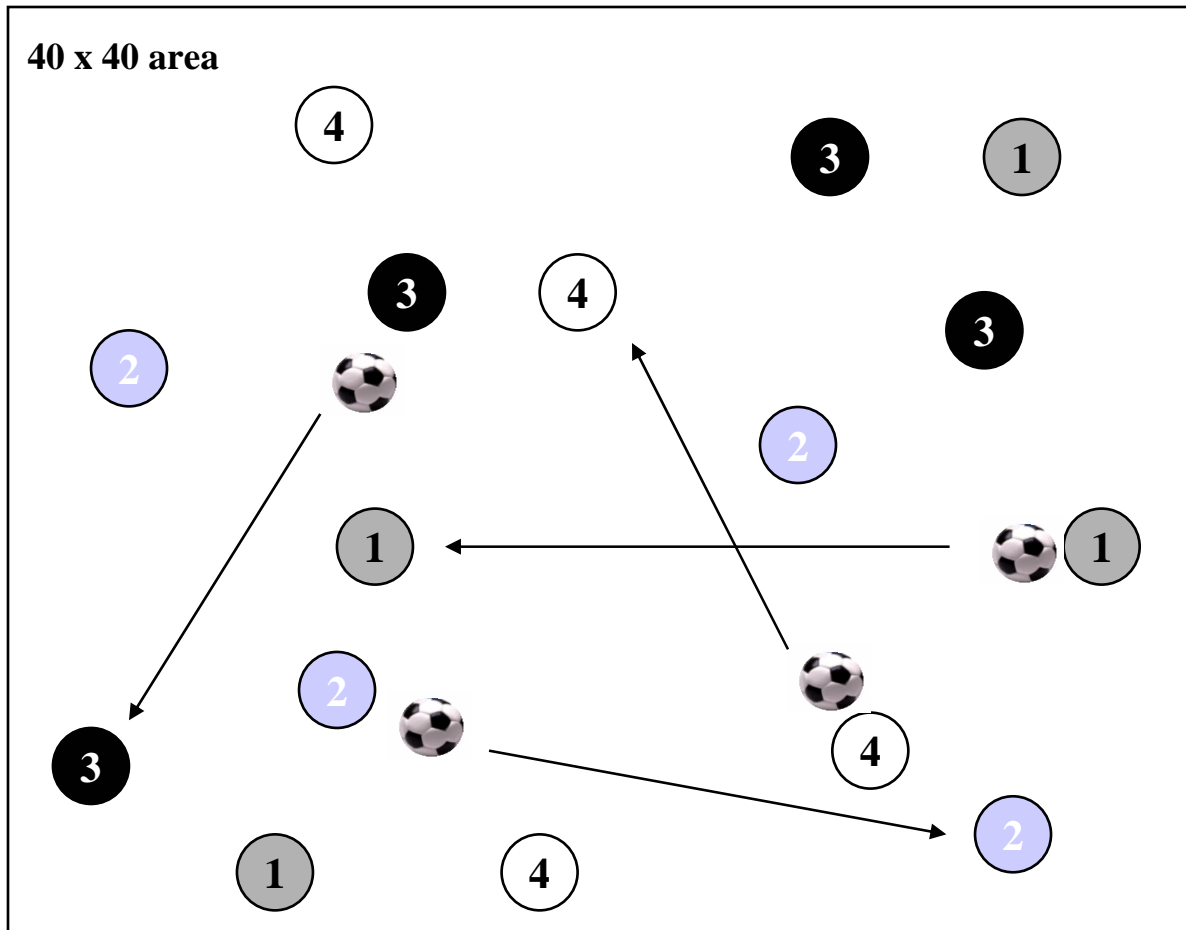
1. Have the players stand still and pass the ball around the group. They must look before they receive the ball to see where they are passing to. Make it 2 then 1 touch.
2. To ensure they are looking have them call the **name** of the player they are passing to before they pass the ball. When they don't call the name you know they haven't looked ahead of the ball.
3. Observe which players can't do this and allow them 2 touches and more time and look to see how they improve with practice.
4. Develop – Have two teams and have them pass to opposite colors so the choices are halved so the players have to be even more aware of where they are passing to before they receive the ball.
5. Introduce 2 balls to the session then 3 and so on but players continuing to stand still and not move to keep it simple to get success.
6. Have them begin to move around the area slowly to make the decision making more difficult as players are harder to find because of this.

# FOUR TEAM PASSING GAME INTRODUCTION



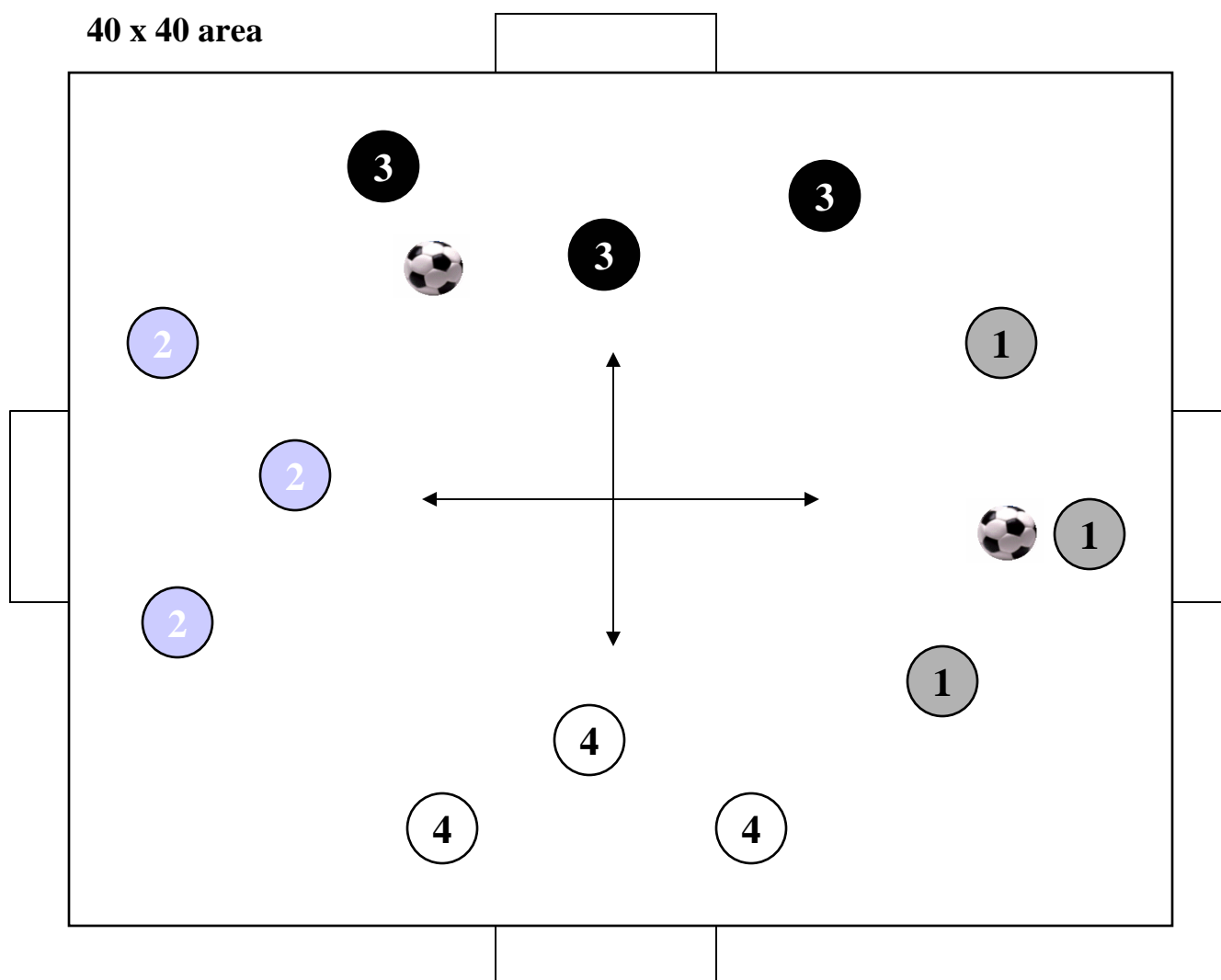
1. Sixteen players, four teams, everyone standing passing to own team, moving a yard or so each side to make an angle to receive the pass if a player from the other team gets in the path of the ball.
2. Generally standing still so it's easy to find a team mate as an easy introduction to the session.
3. Moving the ball on the first touch opening up the angle to make the next pass.
4. Players have to call the name of the player they are passing to before they release the ball to show they have seen that player early in a support position showing they looked before receiving the ball.
5. Make it one touch so they really have to look before receiving. When this becomes easy and players get success they then are allowed to move around the area so it is more difficult to find a team mate. Restrict number of touches to increase difficulty again.
6. You can see from this session who has grasped the concept of looking before receiving and who needs more work.

## COMPETITIVE FOUR TEAM GAME



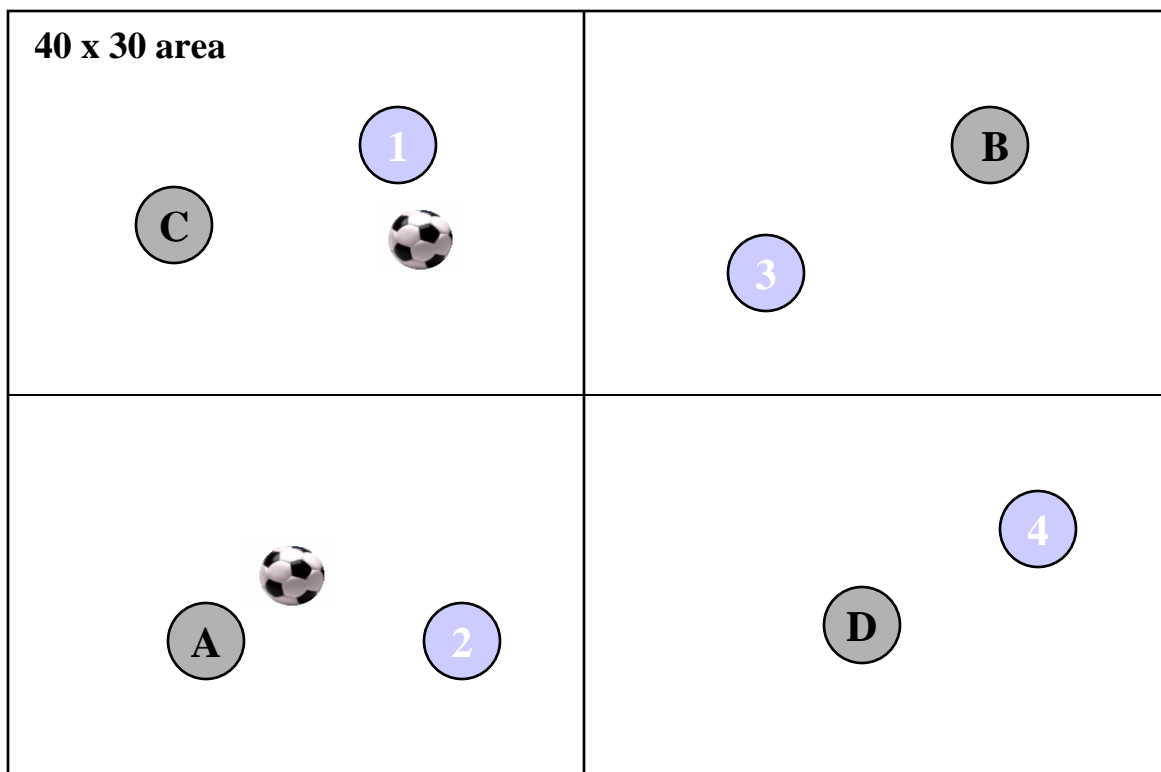
1. Same idea as the introductory session only the players count the number of passes they make in a given time as a team. Compare the totals. They can't pass back to the same player they received from.
2. Introduce several small goals for the players to pass through and count the number of goals scored. Ensure the players arrive at the goal (timing of the run) as the ball is passed through the goal (timing of the pass).
3. Players must not stand by a goal waiting for a pass as in a game they would not stand still like this to receive the ball as they would be easily marked.
4. Develop – Increase the number of goals per team (two balls per team). Combine two teams and have them passing to the other color and have three balls going at once, the variations can be numerous.

## TWO COMPETITIVE GAMES IN THE SAME AREA

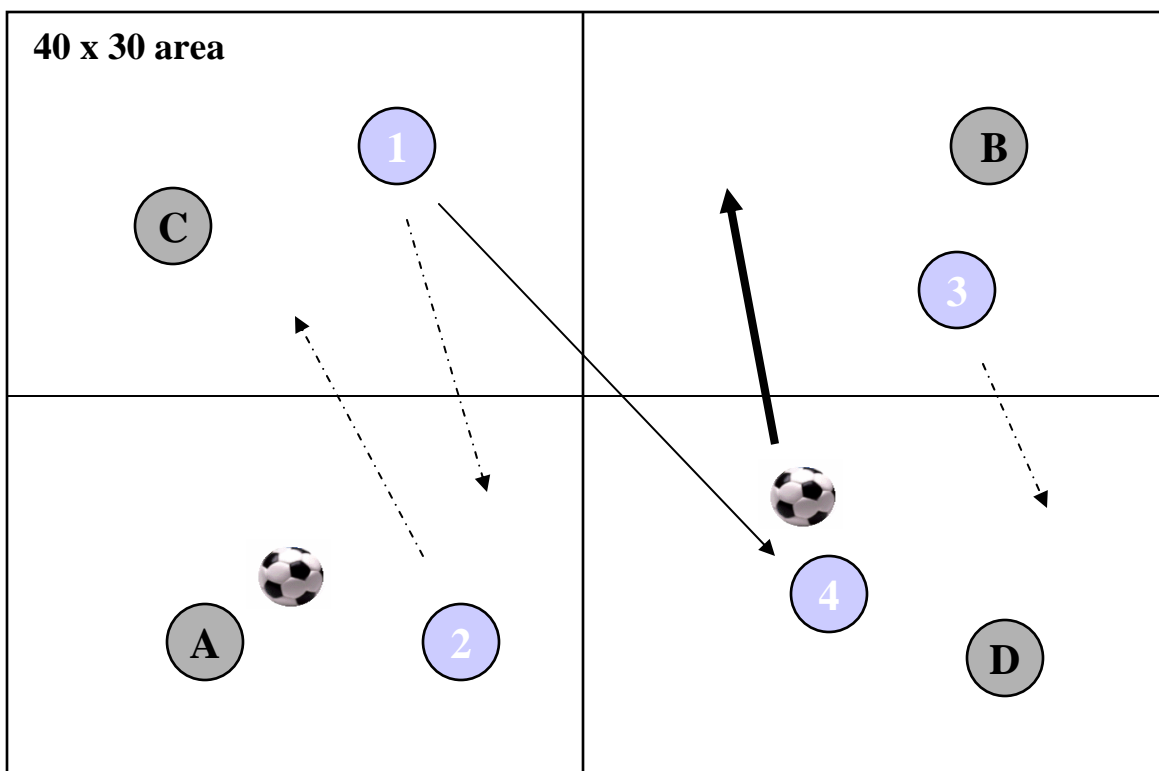


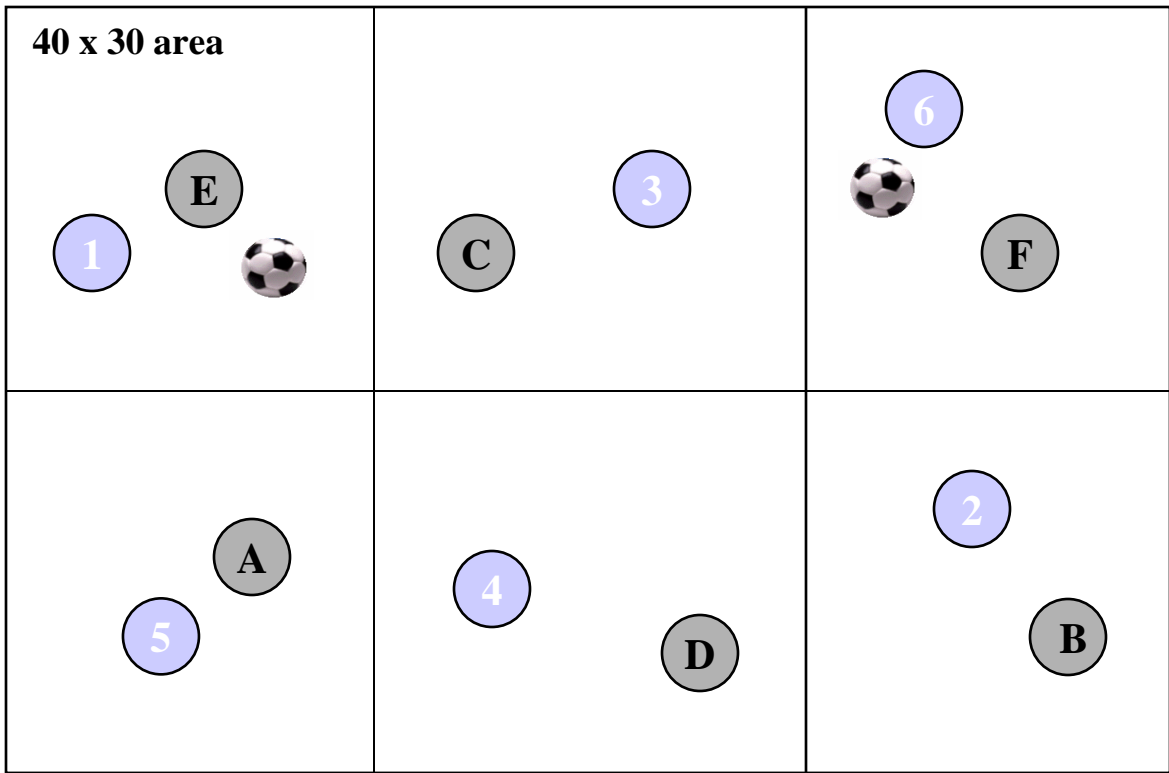
1. Four teams playing. Two games going on at the same time, (1)'s versus (2)'s and (3)'s versus (4)'s.
2. They play across each other so that each team not only has to be aware of their immediate opposition who they are playing against but also the other two teams players positions so they don't bump into each other. This also makes it more difficult to pass the ball as they are passing through two other teams also and those players "get in the way". This is designed to help the players awareness of **players** and **space**.
3. Each team wears a different color and you can change the teams around so each team gets three games in against different opposition.
4. Make it a competition and see which team wins the most games.
5. This is a natural progression from the basic four team awareness non – competitive passing and moving awareness session.

## KEEPING BALANCE IN ZONES ENSURING MOVEMENT OFF THE BALL

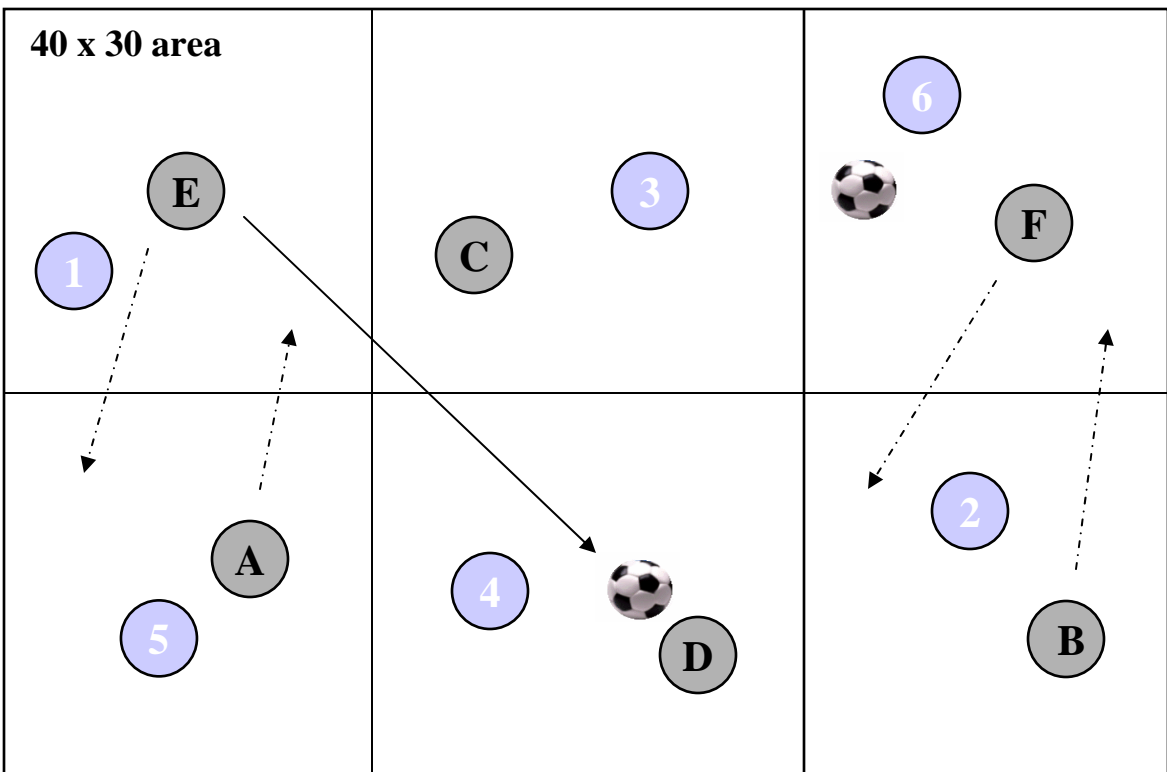


1. A player must be in each zone so as one moves in, one moves out ensuring movement on and off the ball. Players pass then move, move with the ball or just move off the ball.
2. In the diagram below (1) passes to (4) who runs with the ball into another zone. This forces (3) to change zones. (2) moves up a zone forcing (1) to move down to keep the balance between all four zones.



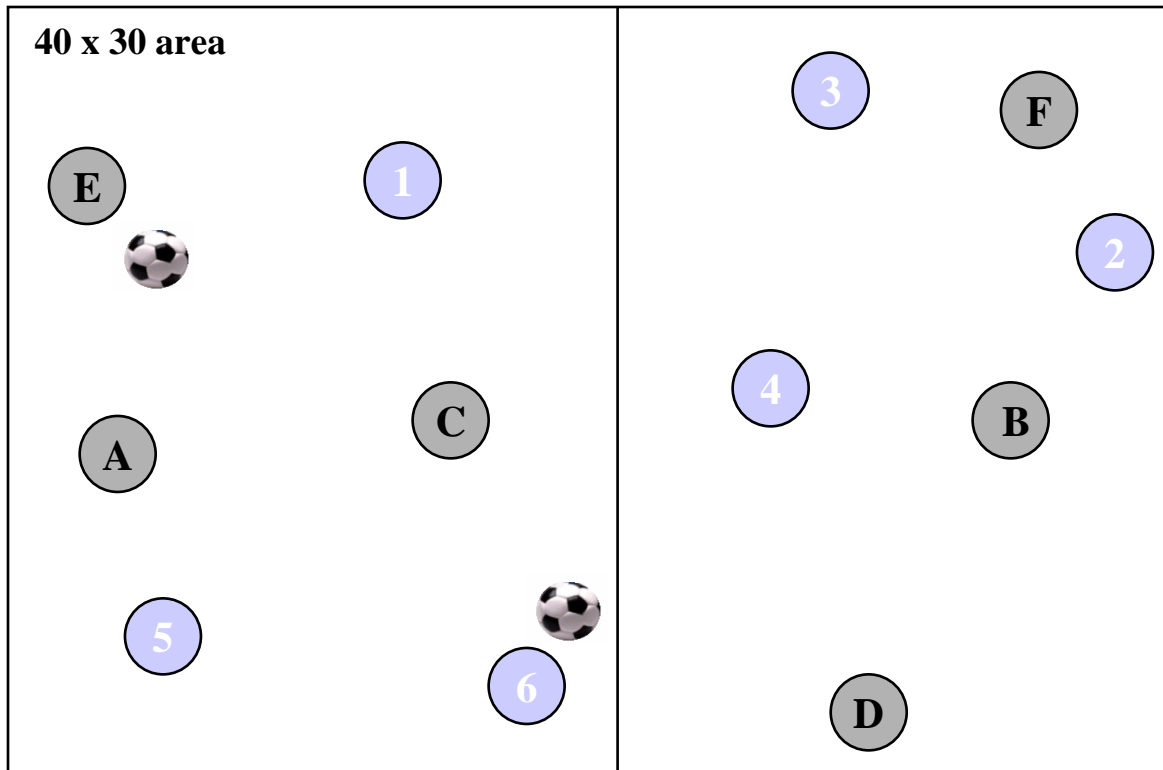


1. This is a six zone game with more potential movement from the players due to more choices of area to move into. Observation has to be sharp here.
2. Below, showing the movement of one team only, there is constant interchange of players between zones ensuring they get the idea of moving with and without the ball.



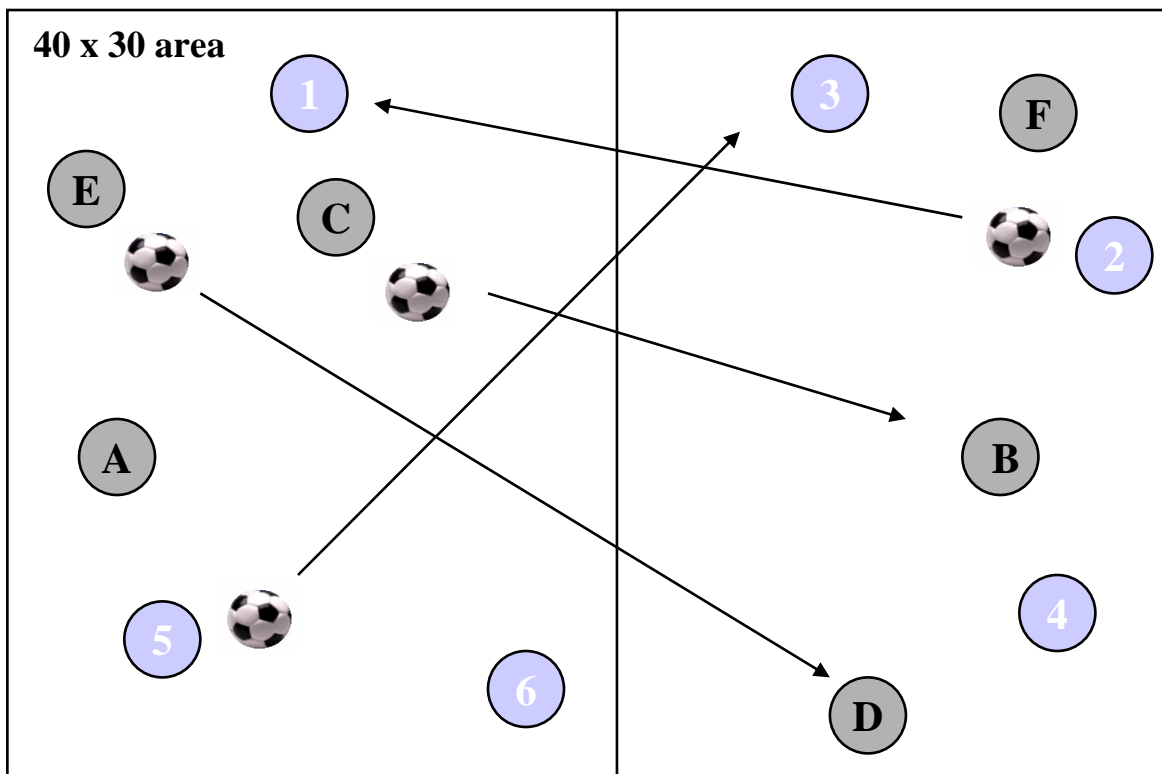
( Wayne Harrison)

## OVERVIEW : TWO TEAMS PLAYING THROUGH EACH OTHER



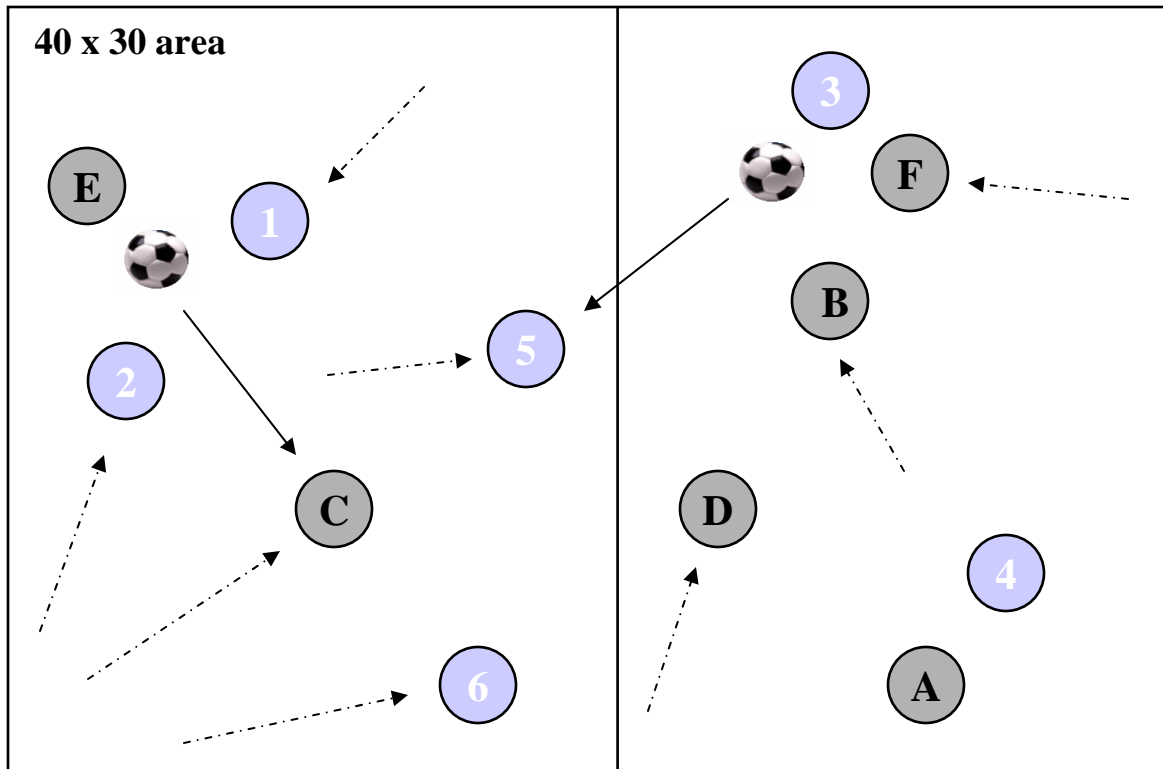
1. Begin with the regular set up each team passing one ball between each other with no opponents to worry about.
2. Make it **competitive** by playing a possession game with first one then two balls for each team to try to win and keep in their possession.
3. Introduce a third ball into the play so each team tries to win three balls and maintain possession.
4. More balls means players often need to work to keep the ball themselves until another player becomes free to receive a pass to help them. Some players will be passing and moving and some will be defending trying to win another ball to gain possession.
5. At any one time it is likely some players on the same team will be attacking and some will be defending. They need to be aware of changing their focus; one second trying to win a ball but the next making themselves available to receive another ball from a team mate already in possession.
6. This should improve players awareness of what is happening on the field with so many options to consider both defensively and offensively at the same time.

## TWO TEAMS PLAYING THROUGH EACH OTHER THEN BECOMING COMPETITIVE



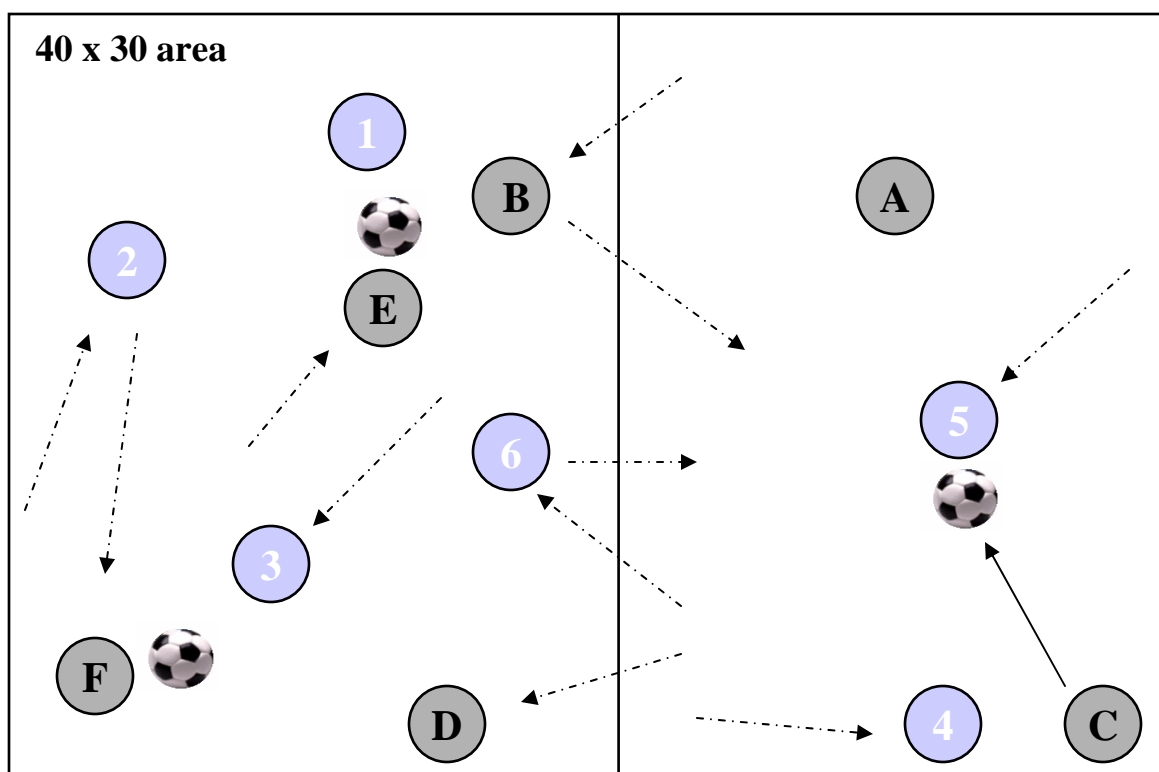
1. This is the **basic beginning** of the A.I.A. session (following on from the introductory practice) where we **first** have **all** the players moving **freely** passing and moving within their own team. Divide the group into two teams again. Begin with one ball being passed around each team and as they become proficient introduce another ball to increase their A.I.A. qualities. A ratio of approximately one ball per three players is ideal to build up to eventually.
2. Once they have got good at this introduce a competitive element to the game. Have 1 ball to play with and make it a possession game. Introduce another ball so each team has 2 balls to focus on so at the same time one teams players can be defenders trying to win a ball back and at the same time be attackers having possession of the other ball.
3. It may be that a particular player is involved in trying to win a ball back but has to be aware that other teammates have possession of the second ball and she/he may have to adjust her thinking and positioning instantly if a player looks to pass the second ball to her/him. This helps the mind prepare for instant transitions from attack to defense and defense to attack.
4. On changing from a defender to an attacker by receiving the second ball which this players team has possession of, this player must think about where the other players are who are free to pass to, to keep the momentum of the move going. Going back to the A.I.A. principles this player has to know where the ball is going before receiving it to have the best chance of keeping possession of this second ball.

5. Next stage may be that the team win back the first ball so they have 2 balls to keep possession of. This means the players are constantly looking around the area they are playing in focusing on keeping two balls, as soon as a player receives and passes on one ball they are looking to receive and pass the second ball and so on.



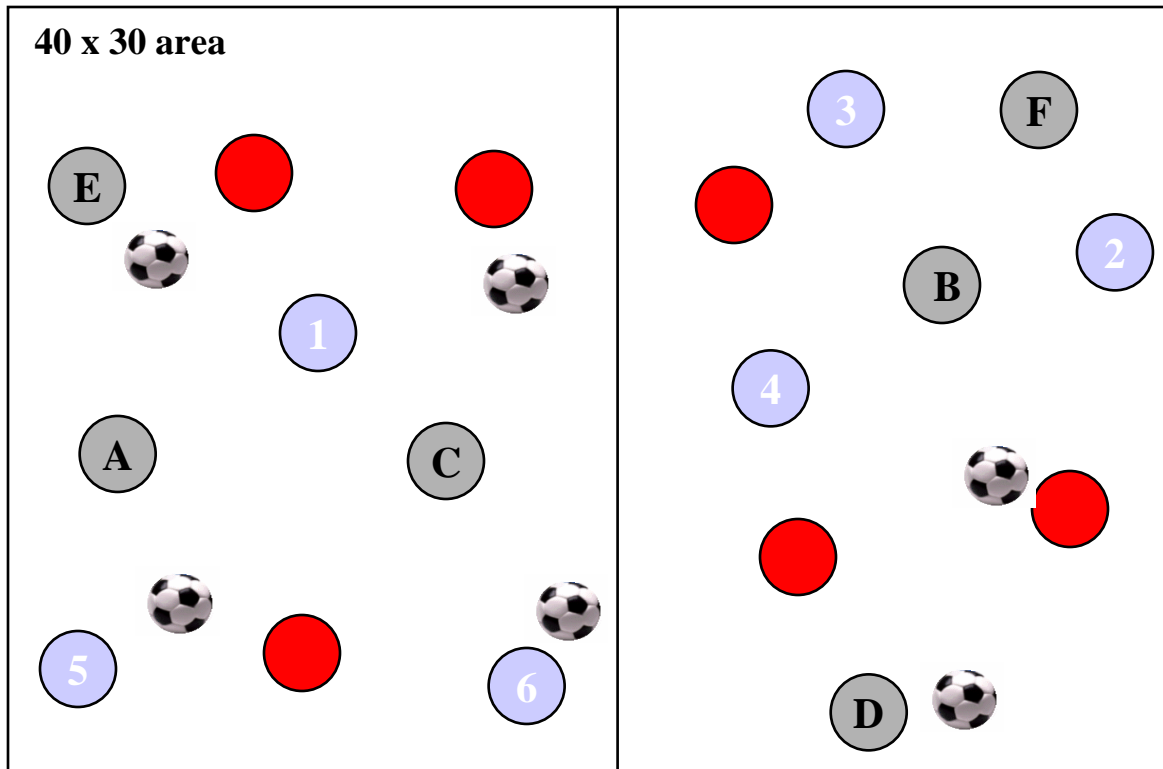
6. Above, each team has a ball to keep possession of and at the same time try to win possession of the ball they haven't got.
7. Observe; (C) and (D) make movements to support (E) to keep the ball, at the same time (B) and (F) close down (double team) (3) on the other team in possession of the other ball.
8. Observe; (1) and (2) close down (E) to win back the ball and (5) and (6) move into space to support and receive a pass from (3).
9. Develop by playing with 3 balls. Awareness must be really sharp now with so much to think about; which balls we have in our possession and consequently where we have to position to keep possession but also which balls we haven't got and how we need to work to try and win them back.
10. Decision making now is being tested to the fullest capacity, do I support the balls we have, do I defend to win the balls we haven't, do I change mid-stream as the opportunity presents itself, each player needs to be aware of all these options.
11. When we go back to one ball with two teams playing simple possession, the A.I.A. instincts of the players should be more developed and sharp as a needle.

## WORKING WITH THREE BALLS



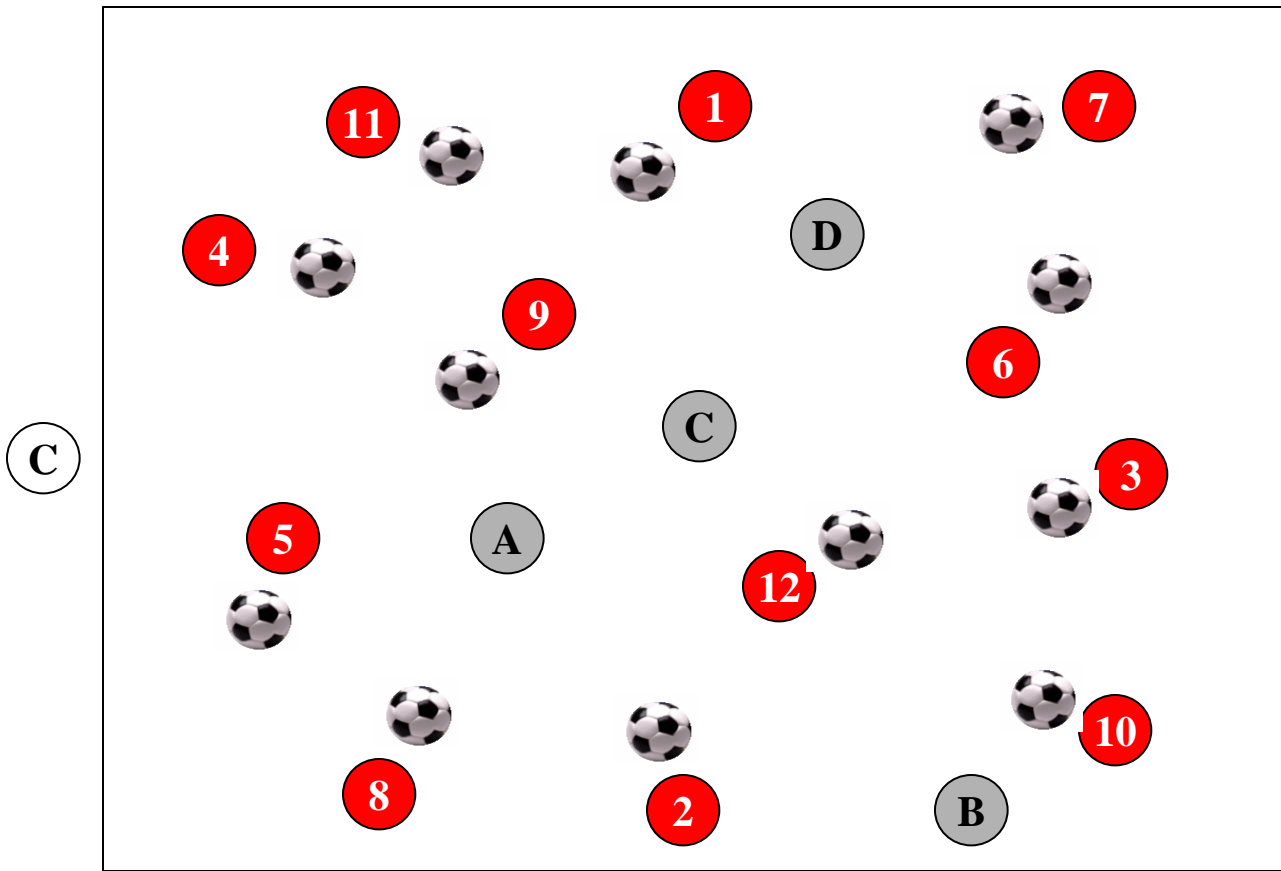
12. Above, (E) and (B) closes (1) down) but (E) wins the ball. (B) at the same time observes (C) needs help and moves from defending against one ball to supporting another.
13. (C)'s pass in the meantime is intercepted by (5). (6) moved to support (1) initially who then lost the ball so (6) switched to support (5) who had just won another ball.
14. (2) moved to support (1) on the ball, (1) then lost it so (2) changed direction to help (3) pressure (F) who had possession of another ball and so on.
15. It looks complicated but when you get into the session you can see how it works and how players need to constantly learn to transition in their minds and in their actions.
16. Experiment with the size of the area the players play in, it will be easier to introduce this in a bigger area with more space to work in, maybe a 50 x 40 yard area. Bigger area means also that it is easier to identify what is happening with each ball as they can be spread apart more, it is almost like three individual games going on in the same area but they become intermingled as possession changes and players change their roles as defenders or attackers in an instant.

## THREE TEAM GAME WORKING TEAM THEN INDIVIDUAL

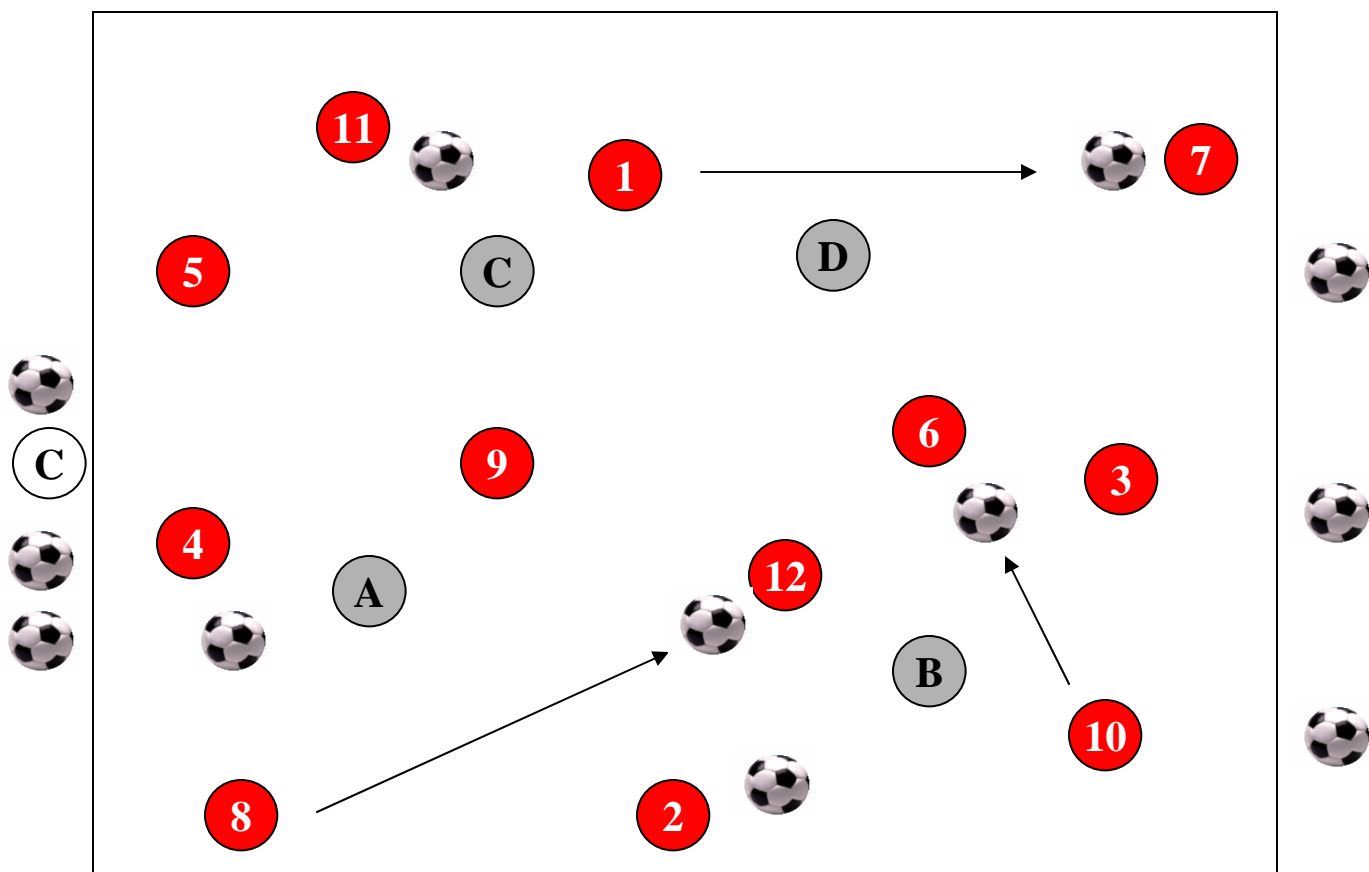


1. Three teams passing and moving. Initially one ball per team passing and moving then two balls per team. Passing only to their own team mates.
  2. Count the number of passes **each team** makes in a given time, players can't pass back to the same player they received from. This makes it competitive between the three teams, who can make the most passes.
  3. Then players can't pass to their own color but only that of the other two teams. Two thirds of the choices.
  4. Red passes to blue, blue to Grey and grey to red. One third of the choices.
  5. **Individual competition** – players count the number of passes they make in a given time, compare all scores to see who is most involved in the play.
1. Ensure players pass and move, once they pass off one ball they have to receive a pass from another ball.
  2. Can include that they have to pass then run to an outside line before joining back into the game. Each time they pass they have to go to a new line (4 lines in total then they start again). Ensures they spread out and also that they don't stay in one place all the time to make it easy and also make it false.

# KICK OUT GAME



1. There are 16 players in this session, 12 with a ball, 4 without. The 4 without have to try and win a ball off a player with a ball and kick it out the area. If a player has their soccer ball kicked out then they can join in with the other players helping them keep possession by passing and support play.
2. To make this competitive rotate the players so different groups of 4 work together, time each group to see who does the best.
3. To decrease the time it takes if the defenders can win a ball and pass it to the coach (who is constantly moving around outside the area) for example 4 times out of the 12 balls won, then the clock stops. This represents winning the ball and keeping possession in a game rather than kicking it out of play and losing possession again in a game. It may be the first 4 balls the defenders win.
4. The session develops from an individual 1 v 1 attacking / defending work out to a passing and support situation. You can work on the defenders by encouraging them to work as a team, maybe in 2's for instance to have a better chance of winning the soccer balls. The defenders can pass the ball around between themselves until one can find the coach with a pass. Attackers during this time can try to win it back before it goes out the area.
5. Develop – Make it a two team game, one defends, one attacks.



1. This is showing the progression of the session where the defenders have won 6 balls and got 3 to the coach thus maintaining possession if it were likened to a game.
2. The reward for them getting the soccer balls to the coach and keeping possession and working as a team to win them is that it may take a lot less time to have to work in the session. Coaches can move around so the players have to look to see their position.

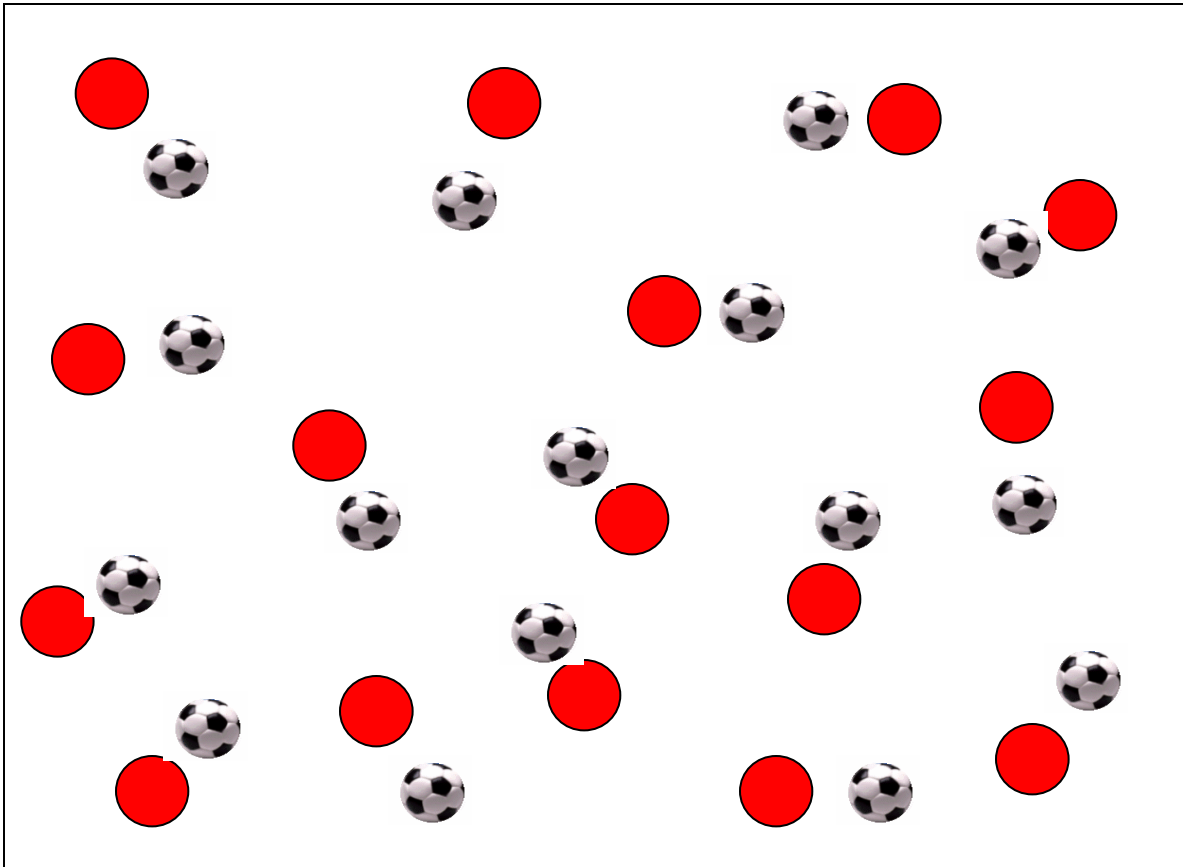
### 3. Coaching Points

**Attackers with the ball** – a) Dribbling and turning practice, b) Shielding, c) Moving and support play, d) Quality of passing, players keep possession by passing between each other once one or more lose their ball. e) Awareness of positions of both sets of players.

**Defenders without the ball** – a) Practicing defensive pressurizing skills, b) Team work (in 2's) to win the ball using supporting defensive skills – Angle / Distance / Communication, c) Maintaining possession after winning the ball, d) Awareness of the player to pass to (the coach or a team mate to get it to the coach), e) Quality of the pass once they win the ball.

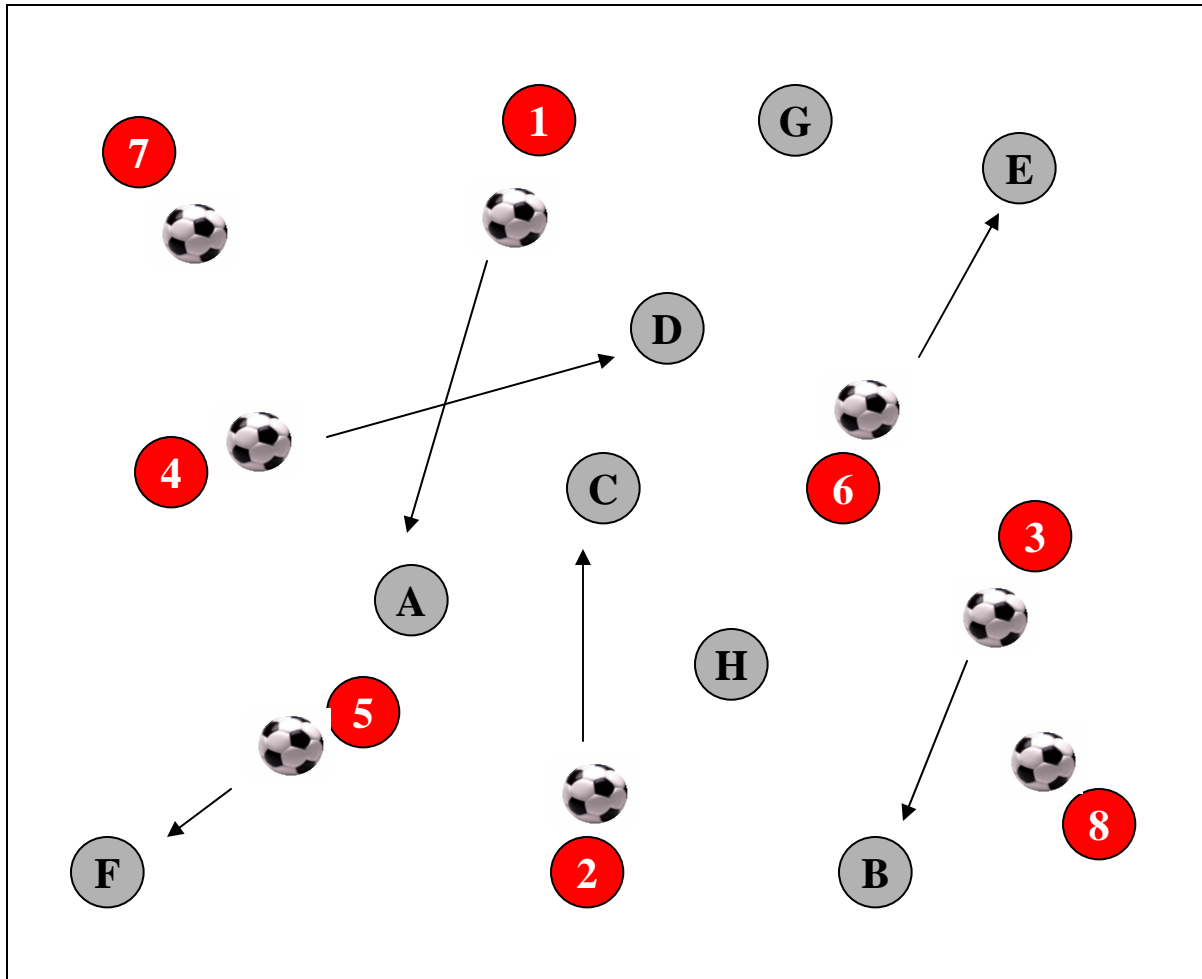
4. The essence of this game is it is fun and competitive for the players but it also provides a situation where they are learning important skills.
5. **Develop** – Every ball won by a defender must be passed to the coach to show they have won the ball but also kept possession of the ball.

## KICK OUT GAME WITH A BALL EACH



1. Each player has a ball to play with. They must protect their own soccer ball but at the same time try to kick someone else's ball out the area. When your ball is kicked out you cannot kick anyone else's ball out. You can vary the game by allowing them chances, maybe up to three each before they are ultimately out of the game. When they are out have them juggle the ball to keep practicing skills. A practice that is fun but ensures relevant skills are practiced by the players.
2. Play until the last player is left with their own ball still and everyone else's ball has been kicked out. This player is the winner.
3. Variations can be you have three areas of play they can work in. They start in one then if they are kicked out they go to the next and so on, this way they get two chances but also you can have two winners in each group with an overall winner at the end. Or you can just decrease the area they are playing in to make it harder as there is less space to work in.
4. **Coaching Points** – a) Dribbling and Turning, b) Shielding, c) Tackling, d) Awareness of where other players are whilst maintaining possession of the ball ensuring players are looking around away from their own ball, e) Anaerobic Fitness work.
5. Develop – Each time a player has their ball kicked out they have to perform 10 juggles outside the grid then they are back into the game. This ensures everyone is constantly involved in the practice.

# PASSING AND MOVING GAME

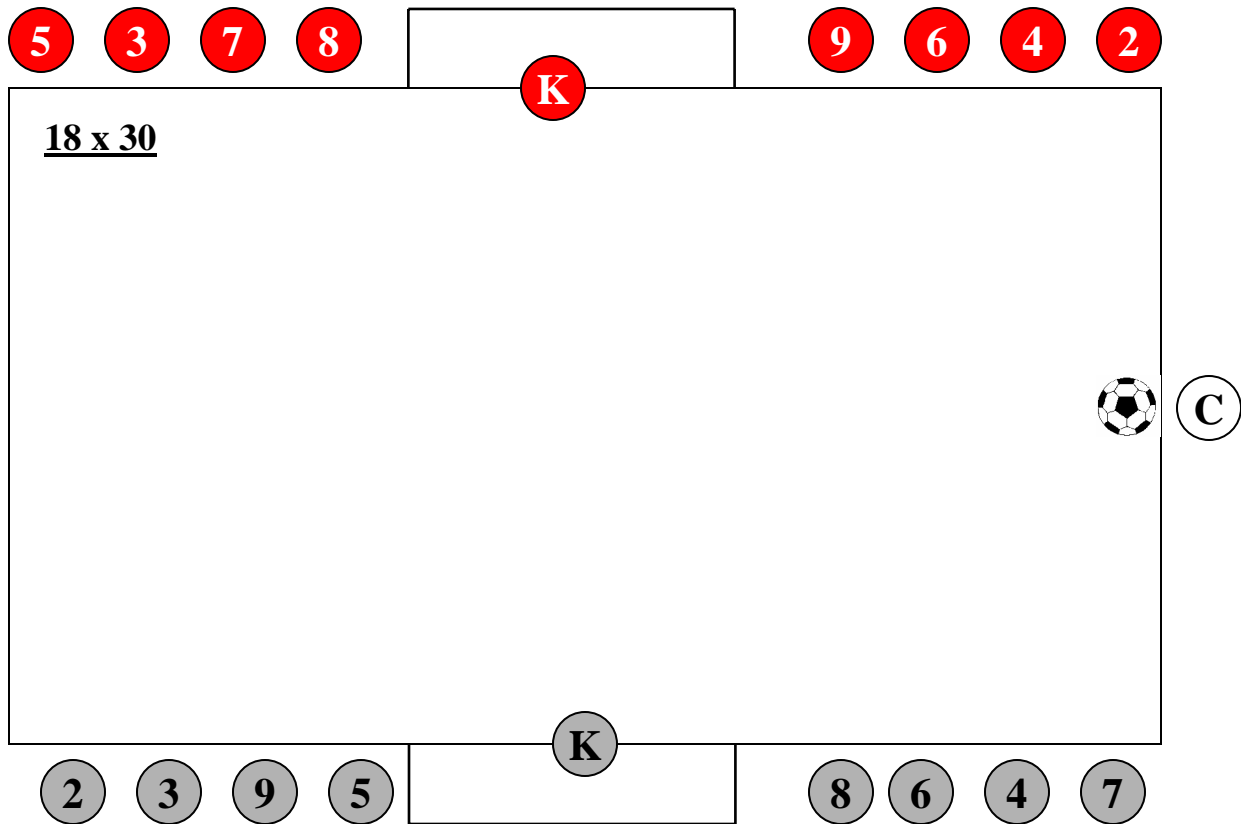


1. Two teams one with a ball each one without. The players without a ball work around the area avoiding the players with a ball each. Those with a ball must pass the ball to a player without a ball, hitting them below knee height. Ensure it is below knee height to avoid injury situations. Once they are hit they are out or give each player for instance three chances to prolong the game.
2. Time how long it takes each team to get all the players out to make it **competitive**. Have several games with the first team to win five games the winner.
3. **Coaching Points** -  
For those with a ball this is designed to practice a) passing; in terms of accuracy, timing and weight of pass, b) dribbling and turning with the ball to get in position to pass it, c) team work, if a player is without a ball having missed someone with their own ball they can work a position with another player to hit someone d) Awareness of players positions to pass to and hit below the knee e) Anaerobic fitness work.
4. For those without a ball they practice a) Awareness of space to move to, awareness of all the players with a ball teaching them to look over their shoulders, b) agility avoiding being hit by the ball, c) fitness, d) mobility.

(Wayne Harrison)

# NUMBERS GAME INTRODUCING TEAM SHAPE IDEAS

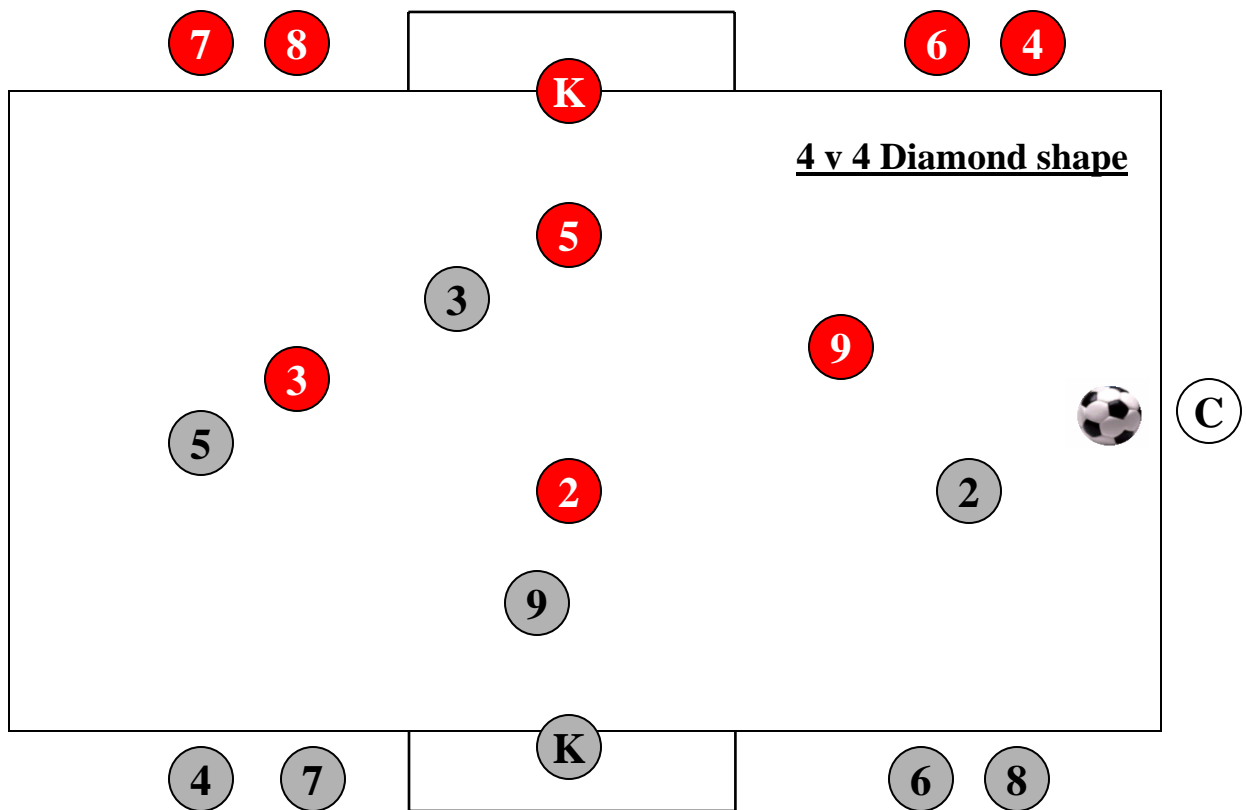
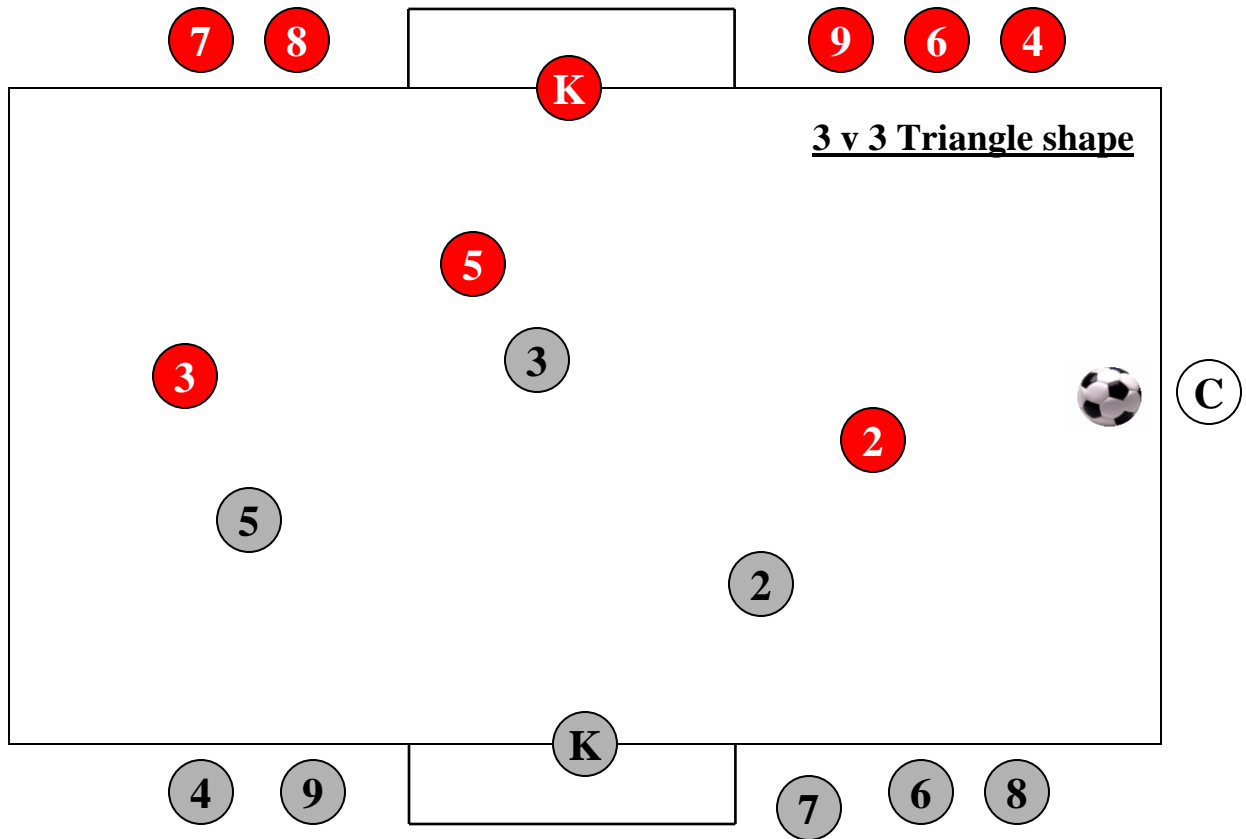
## BASIC SET UP



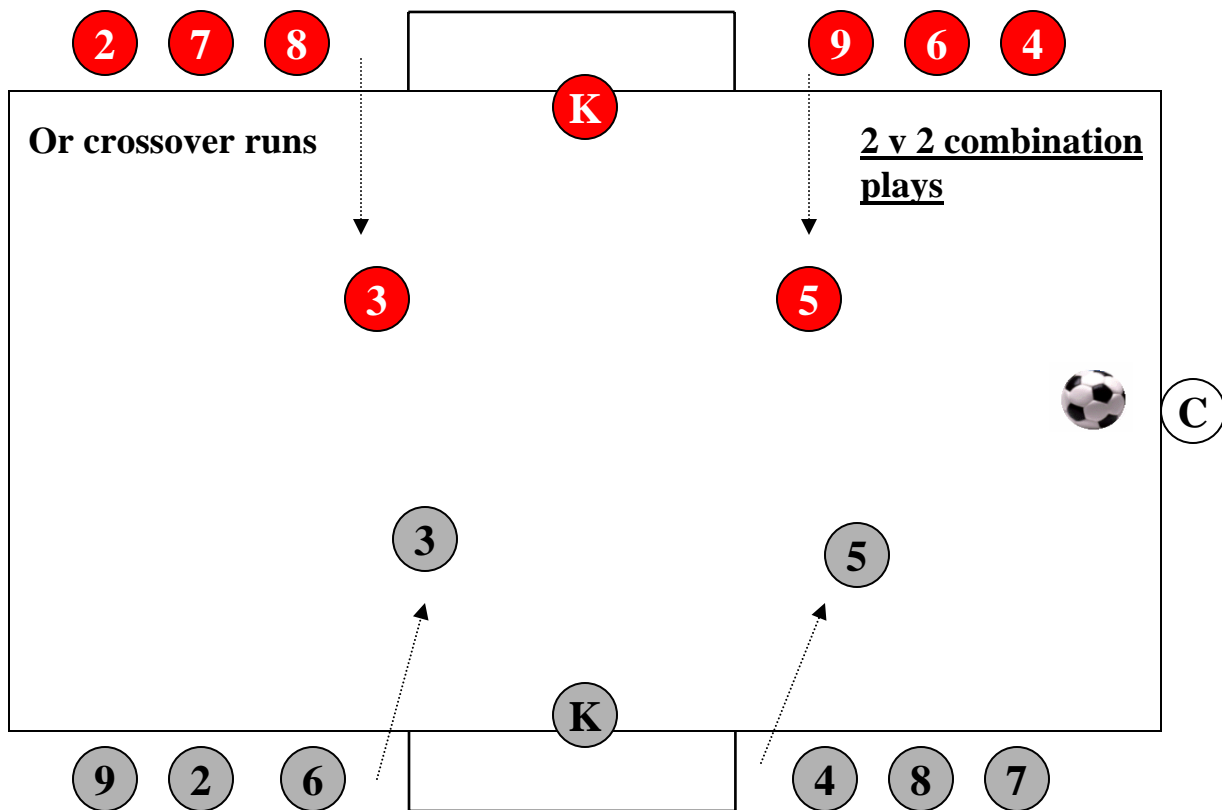
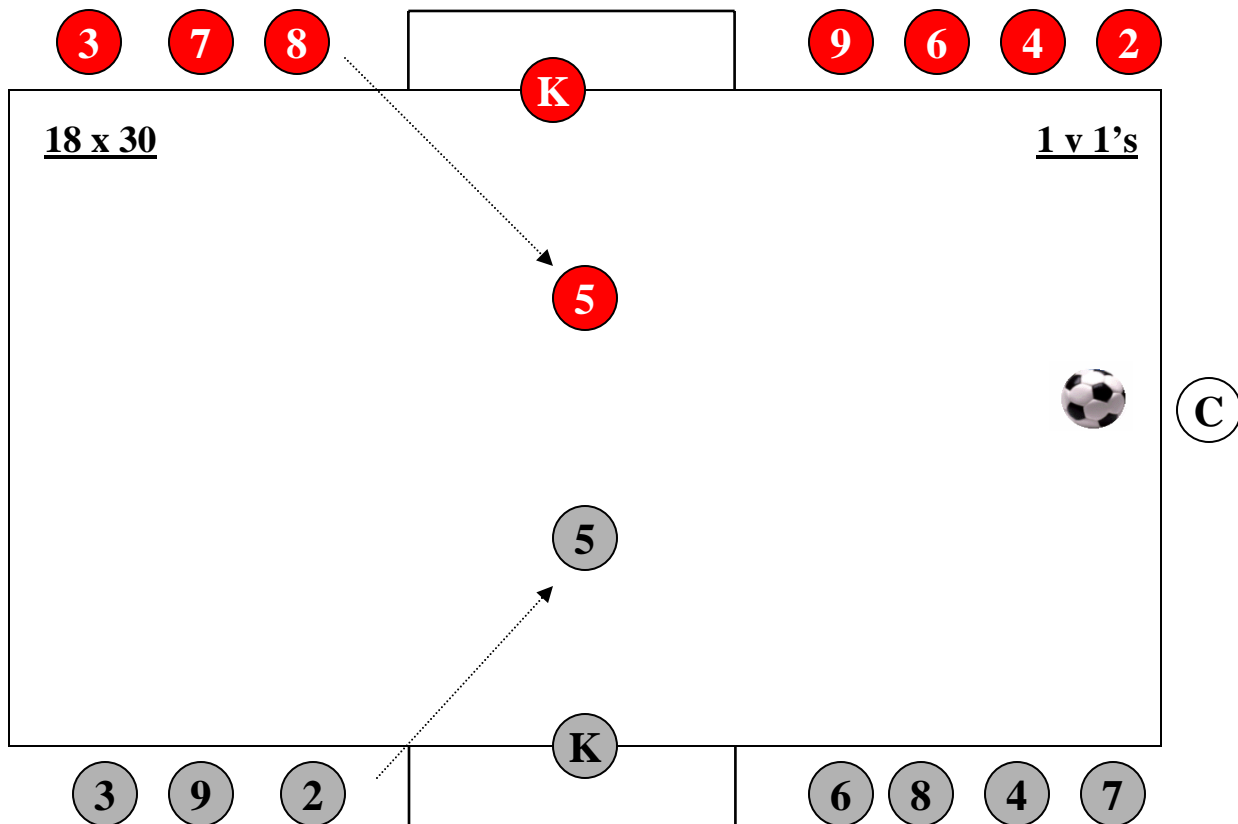
1. Two teams of 9 v 9 (it can be any number) and the coach calls a number or numbers to create two teams who play against each other.
2. The ball is played into the playing area and it is the first team to get there who gets possession and attacks. The defending team must win it back to try to score.
3. Keep the score to make it competitive for the players.
4. Vary the numbers who go into the playing area. You can add them as you go e.g. do 1 v 1 then bring in another two players each team to go 3 v 3 as the game is developing.
5. As the numbers are called the teams must form a shape quickly. It can be 1 v 1 then 2 v 2 making combination plays, then 3 v 3 setting up in a triangle, then 4 v 4 in a diamond, then 5 v 5 in a 2 – 1 - 2 shape or 2 – 2 - 1, 6 v 6 in a 3 – 1 – 2 for example and so on.
6. When defending, the triangle or diamond is smaller (shorter and tighter) than the attacking triangle or diamond (wider and longer).
7. Monitor how quickly the teams set up their shapes to attack or defend depending how quickly they get to the ball. The theme is scoring as quickly and efficiently as possible.
8. Finish with all the players in this area and play balls in with pace to see if they can deflect balls into the goal to score or finish 1 touch. Looking to get rebounds also, who reacts the quickest? They can build up play also but must shoot on every occasion.

( Wayne Harrison)

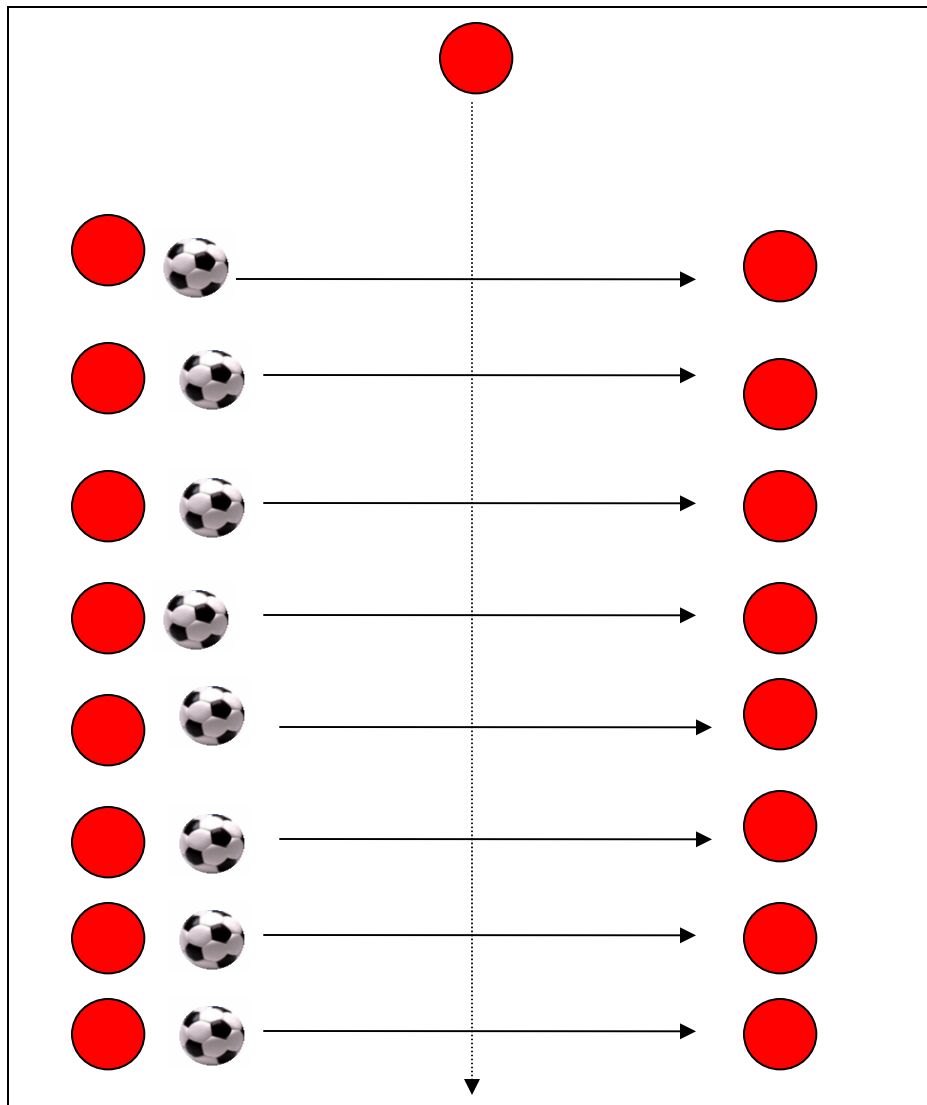
# NUMBERS GAME INTRODUCING TEAM SHAPE IDEAS



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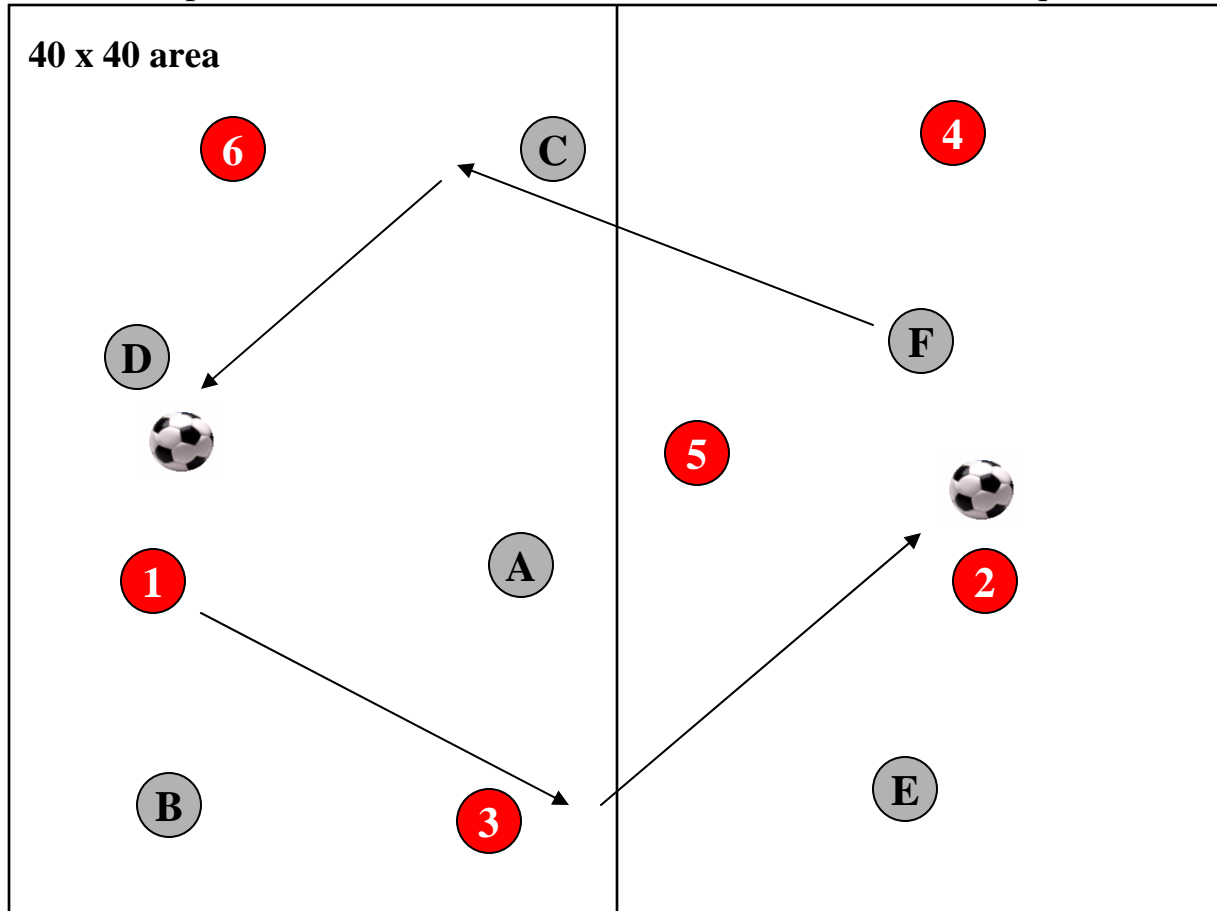
# PASSING GAME



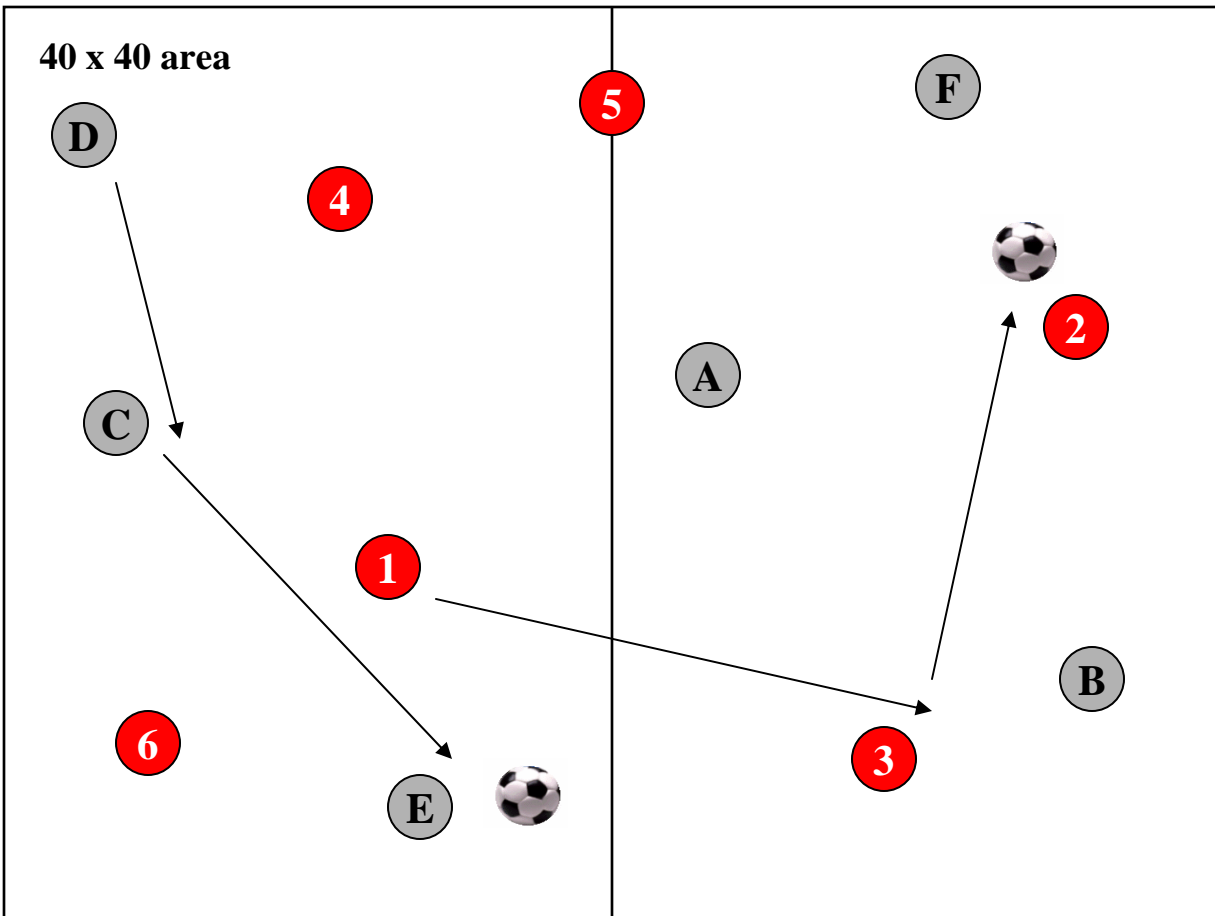
1. Players in two's must pass the ball to each other across a designated distance. They must try to hit the player who runs through the middle below the knee with their pass. If they miss the ball must go to the feet of their teammate opposite to show it was an accurate pass. If the pass is not accurate or the receiver miss controls it they must do 5 push ups.
2. Each player must do two runs up and down so each player trying to hit them gets a chance to pass.
3. Coaching Points – a) Quality of Passing, accuracy, weight and timing, b) Control.
4. Make it competitive - Count the number of times each player gets hit by the ball below the knee and have the player who was hit the least number of times the winner.
5. Develop - Have the running player dribble a ball across.

## SWITCHING PLAY

- This is the **basic beginning** of the A.I.A. session where we **first** have **all** the players moving **freely** passing and moving within their own team. Divide the group into two teams. Begin with one ball being passed around each team and as they become proficient introduce another ball to increase their A.I.A. qualities.



- Often in games players have the opportunity to **switch** the **direction** that the ball is traveling but choose to take it back to where it came from and often this is back into where the opponents are strong, instead of opening their stance up and changing the field to where the opponents may be weak and your team is stronger. It is like the players are wearing blinkers and can't see around them.
- These sessions are designed to help the players develop the capacity to look around and identify the moment they can switch the field. The presentation is based on a field set up where you can develop the session in different ways with built in progressions and as little need to change the basic set up as possible.
- Too begin have the teams play throughout **both** grids to **spread** the play out and get the players comfortable and composed. As they improve you can change it to playing in **one** grid only so there is less room to work in and things happen more **quickly**. This is a test of their A.I.A. ability.



5. Introduce the concept of switching the direction of play. The receiving player letting the ball run across their body to change the direction of play. The weight of the pass is important here. They can also move the ball off at another angle to change the direction of play, one method is without a touch on the ball the other is with a touch.
6. This is to counter the situation in a game where a player takes the ball back to where it came from mainly due to a closed body position and thus not opening up the field of play. Like a horse with blinkers on!!!
7. Players must recognize where to change direction to and what their options are before they receive the ball. The other teams players act as non-competitive opposition by getting in the way, filling the same spaces.
8. **INDIVIDUAL COACHING POINTS IN SWITCHING PLAY**
  - a) **Look before you receive** – where are team mates / other teams players.
  - b) **Open body stance** – side on to where the ball is coming from.
  - c) **Check towards the ball** – a dummy to fool the defender in a game situation.
  - d) If time and space available, let the ball run **across the body** – switching play without needing to touch the ball. If the space is covered **move** the ball in another direction with a **good first touch**.
  - e) **Pace of the pass** – must be such that the player can let it run across them and maintain possession of it.
  - f) **Change direction** – switch from one side to the other.

(Wayne Harrison)