

New/innovative ideas for conditioned games

Depending on the topic/theme of your session there are various ideas you could add to conditioned games in order to achieve your goal. I think it's important to stress your theme into scrimmages/games etc because what tends to happen is players go back into playing their own style of play rather than the topic of the session.

Alot of these drills many of us have probably used before. There might be other ideas as a group we could add to these conditioned games in order to accomplish the theme of the session.

Playing out the back



Above is the traditional English formation i use with my boys team. One of my main goals is playing out of the back. There are different ideas you could use for conditioned games playing

out of the back.

- Condition the game for the ball to go out to the full backs to start the attack. Forces full backs to move off the ball immediately.
- First allow the full backs no pressure before adding pressure.
- Involve movement from center D's where any player at the back can receive the ball to start the attack.
- No long balls to create movement from midfield.
- Center D's open up to provide a little width and full backs move further up the field as an outlet.

Small sided shooting



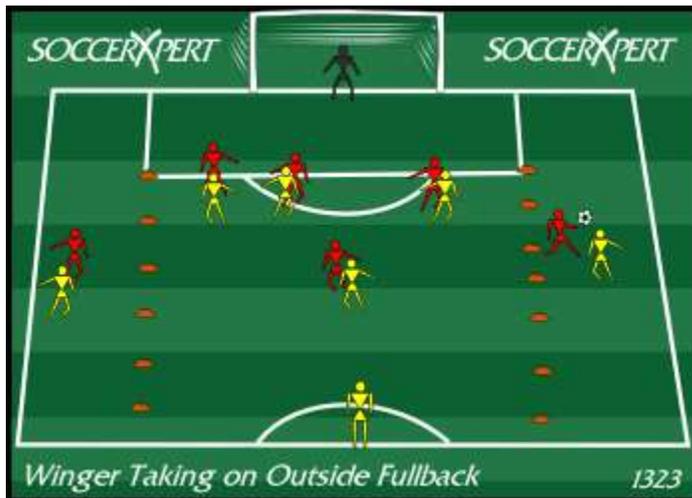
This drill encourages shooting from a distance. You could use this drills to encourage midfielders to shoot more in the final third.

- Players shoot from the defensive half. Encourage the strikers in the attacking half to follow the shots.
- Add playing the ball into strikers who then have to set up the midfielders for a strike to

encourage link up between middies and strikers.

- First time shooting
- Strike with non favored foot only.

Attacking Wing Play



In the above image is a drill designed to encourage using fast wingers and attacking the opposition along the outside of the field.

- Winger has to beat the full back 1v1 and get the ball into the box.
- Either play to wingers feet or play the winger in behind the fullback.
- Can only score from a header.
- Winger has to link up with players inside before getting the cross in.

Centre Midfield link up



The drill above is an example of using your center midfielder to link up and keep the attack flowing. I've used the drill above and then incorporated the drill into a conditioned game. I would have a neutral center midfielder in the target zone to be an option forming small triangles to link up. The ball has to be played into the center midfielder/s at some point during the attack.

- The center midfielder allowed 2 touches and then one touch.
- Encourages early off the ball movement to encourage quick small triangles.
- Remove the target zone so now we're encouraging quicker movement from the center midfielder/s when the defence has the ball.

Goalkeeping - Shooting from angles



The session above focuses on your goalkeeper having to deal with strikes always coming from an angle.

- Players can only shoot in the shaded areas
- GK constantly in communication with the defence to prevent shots
- Goalkeeper should always look to cover the near post. Positioning.

Switching play and transition



- Transition quickly.
- Always have one player in the attacking half.
- Switch on the ground. Then switch play in the air o

