

# Game-Based Drill 1 – Small-Sided Game

## Equipment Needed:

- Football
- Cones
- Bibs
- Goals

Players take part in a small-sided game where the main focus is learning through realistic match situations. The emphasis is on decision making, movement, and teamwork rather than just scoring goals. Players should stay involved at all times and react quickly to changing situations in the game.

# Game-Based Drill 2 – Possession to Goal

## Equipment Needed:

- Football
- Cones
- Bibs
- Goals

Teams begin by keeping possession in a small area before transitioning into attacking a goal once a condition is met (such as a number of passes). This helps players understand build-up play, patience on the ball, and when to attack quickly.

# Game-Based Drill 3 – Transition Game

## Equipment Needed:

- Football
- Cones
- Bibs
- Goals

Players play a small game where the focus is on quick transitions between attack and defence. When possession is won or lost, players must react immediately. This improves awareness, reactions, and understanding of real match changes.

## **Game-Based Drill 4 – Directional Game**

### **Equipment Needed:**

- Football
- Cones
- Bibs
- Goals

Teams play in a directional game where they must score in specific goals. This helps players understand attacking direction, positioning, and decision making. Players must constantly adjust based on where the game is going.

## **Game-Based Drill 5 – Free Play with Coaching Moments**

### **Equipment Needed:**

- Football
- Cones
- Bibs
- Goals

Players take part in an open game where they are allowed to play freely with minimal interruptions. The coach steps in only at key moments to ask questions or guide learning. This helps players develop independence, creativity, and real game understanding.