

These two games are excellent for using either pre-season or during the season, they are both demanding and good for working on a players aerobic capacity, but also gives you a chance to coach within the games to an extent, on lots of different aspects. The players enjoy playing in the game without realising how much work they are actually doing. Be sure to rest the players regularly, dependant on their ages.

Conditioned Game: Target Players Game

4v4 and GK's and Target Players.

Target players are limited to 2 touches.

Goal can only be scored after receiving pass back from a target player.

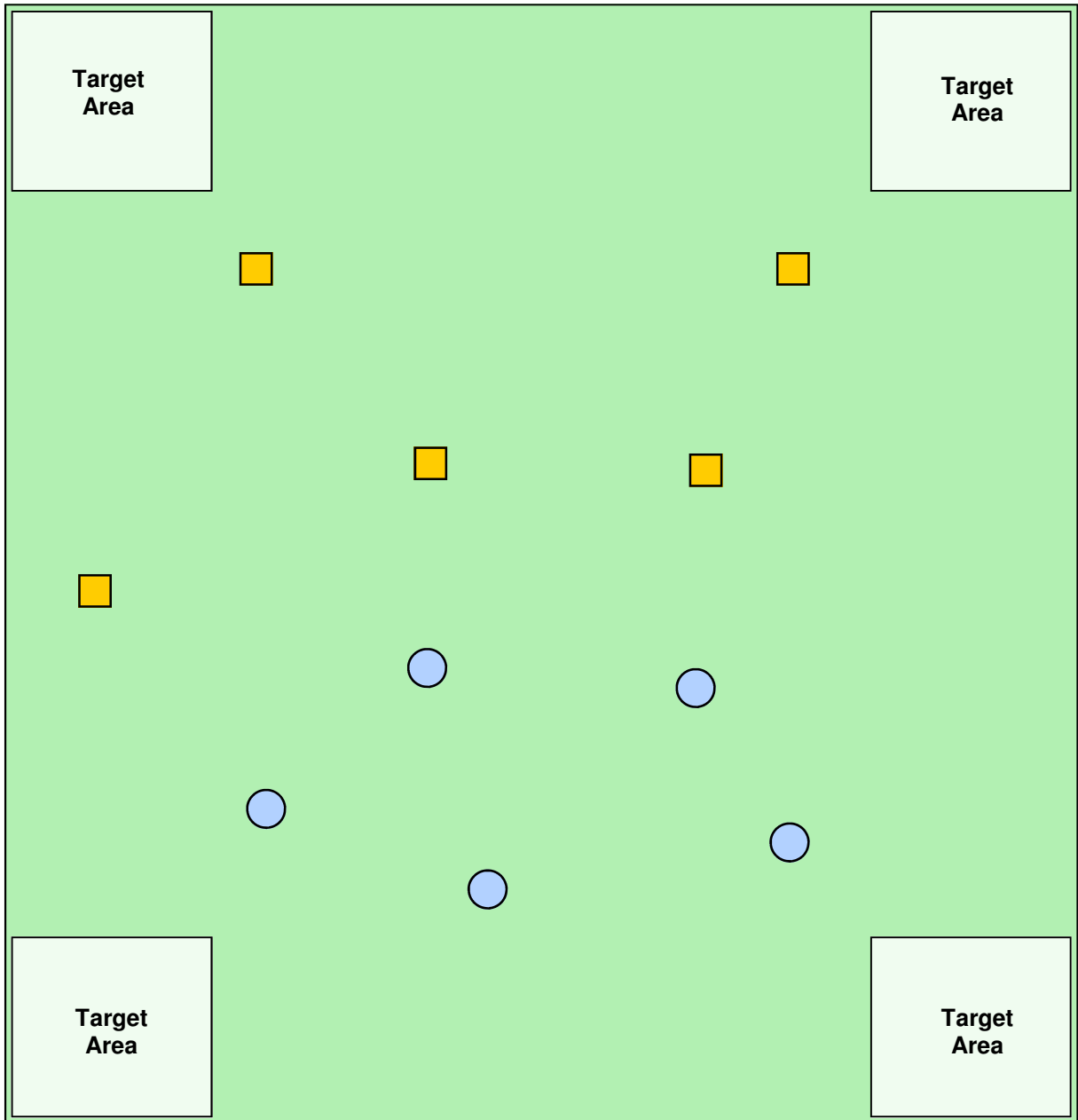
Progress to:

Target players restricted to 1 touch.

Outfield players limited to 3 or 2 touches.

Can only finish in the air, with a header or volley.

To make it more difficult you could have more players on each side.



Conditioned Game: Four Corners Game

5 v 5. Target Area in each corner of the pitch 5yds x 5yds.

Blues attacking in one direction and Yellows attacking in the other.

To score players must pass the ball to a team mate who has made a run into one of the target areas. If the ball is not delivered into the area, players must come back out, no standing in there waiting for the ball.

Once a goal has been scored at one end, that team can then attack the other end.

Progress to:

Players can score in any goal at any end.

Players have to run the ball into the area, rather than pass it.

Players have to control an aerial pass in the area.