

EMERGING SOCCEROOS CHAMPIONSHIPS

2025 TECHNICAL REPORT

Phil Myall



FOOTBALL
NSW



PURPOSE

01

Provide insight into how the Football NSW Boys State Teams performed.

02

Team and individual performance analysis and insights.

03

Use findings to enhance player development practices and inform future Talent ID and training approaches in NSW.



TOURNAMENT



Event:

Emerging Socceroos Championships (ESC)



Venue:

Home of the Matildas, Melbourne



Objective:

Identify the best young players to represent Australia (Joeys) in current and future U17 World Cup cycles



Talent Identification Panel:

Trevor Morgan (Head Coach,
Young Socceroos U20)

Tony Vidmar (Head Coach, Olyroos U23)

Anthony Frost (Assistant Coach Olyroos U23)

Carl Veart (Head Coach, Joeys U17)

Additional Football Australia Staff

INSIDE INSIGHT

Scan me for video >





2024 KEY FINDINGS


Scoring Goals

- » Identify and encourage players who have the ability to play through or over an organised defensive block.
- » Identify and encourage forwards who can find space in front of goal and finish with one touch where possible.



Preventing Goals

- » Use effective pitch control to swarm the ball or protect the goal quickly in defensive transition moments.
- » Help players deny opposition space in front of our goal, particularly when the ball is delivered from wide or deep areas.

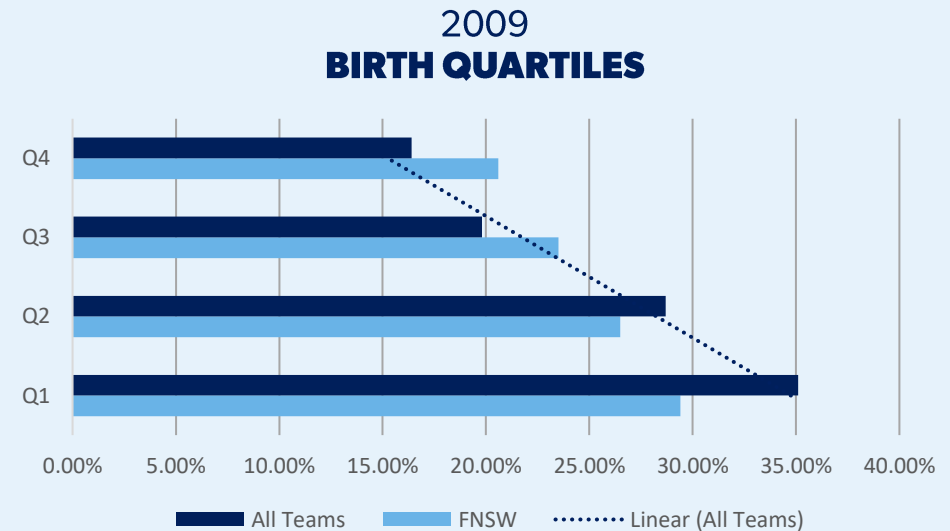
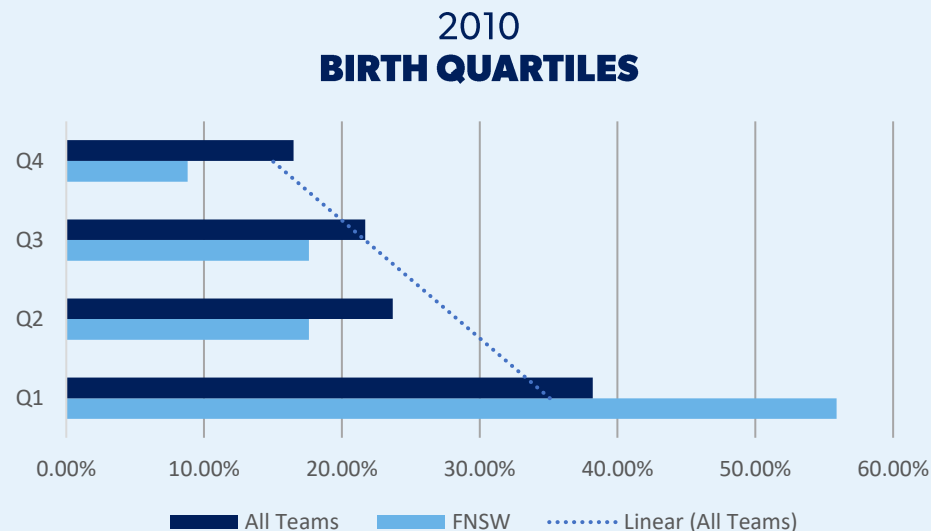
The background is a dark blue, slightly blurred image of a soccer stadium. A bright light source, likely a stadium light, is visible at the top center, creating a lens flare effect. In the center of the field, a player in a dark uniform is visible, standing with their back to the camera. The field lines are faintly visible on the grass.

PLAYER PROFILE ANALYSIS

PLAYER PROFILE ANALYSIS

Who did we select?

- >> Majority of players were Q1-born (2010).
- >> Limited representation from later birth quartiles (2010).
- >> Highlights the impact of relative age effect and need to broaden selection balance moving forward.
- >> Even spread of players across all birth quartiles (2009).
- >> Q3 and Q4 representation above expected trendline (2009).
- >> Indicates improved balance in selection and reduced relative age bias compared to 2010 cohort.



PLAYER PROFILE ANALYSIS

2010	Navy	Sky	FNSW Combined	Tournament
Stature (cm)	179.15	177.39	178.27	175.28
Body Mass (kg)	67.23	68.48	67.855	64.24
Age at PHV	13.77	13.6	13.685	13.73
CMJ (cm)	35.81	36.69	36.25	35.37
10m Sprint	1.91	1.91	1.91	1.89
20m Sprint	3.19	3.19	3.19	3.18

2010

- >> Players generally of larger stature – above average in height and weight.
- >> Athletic qualities (speed, power, endurance) were comparable to national benchmarks.

2009	Navy	Sky	FNSW Combined	Tournament
Stature (cm)	178.9	176.01	177.455	176.45
Body Mass (kg)	71.83	68.86	70.345	66.91
Age at PHV	13.75	14.06	13.905	14.04
CMJ (cm)	37.76	39.44	38.6	36.85
10m Sprint	1.89	1.84	1.865	1.88
20m Sprint	3.17	3.1	3.135	3.15




2009

- >> Statures are on par with national averages.
- >> Strong athletic capabilities, performing well relative to peers.

The background is a dark blue, low-key photograph of a soccer stadium. In the center, a player is visible on the field, looking towards the goal. The stadium seating is visible in the background, and a bright light source, likely a stadium light, is visible at the top center, creating a lens flare effect.

TEAMS PERFORMANCE

NSW METRO PERFORMANCE

Team	P	W	D	L	GF	GA	+/-	PLACE	
Sky 2010	6	4	0	2	22	5	+17	3 rd	
Navy 2010	6	2	1	3	9	10	-1	6 th	
Sky 2009	6	5	1*	0	16	3	+13	1 st	
Navy 2009	6	4	2**	0	24	4	+20	3 rd	
TOTAL	24	15	1	5	71	22	49		
		62.5%	4%	21%	2.95	0.9	2		

>> All teams progressed to the Quarter Finals.

>> In the Semi Final, Sky 2009 and Navy 2009 faced each other and were only separated via a penalty shootout.

NSW METRO PERFORMANCE

SKY 2010	Game 1 v NT	Game 2 vs VIC Silver	Game 3 vs WA	Game 4 v SA	Game 5 v QLD Maroon	Game 6 vs WA	TOTALS	AVERAGE
Goals For	12	3	0	4	0	3	22	3.67
Goals against	0	0	1	2	2	0	5	0.83
Shots	31	22	16	26	4	15	114	19.00
On target	16	11	8	10	1	10	56	9.33
Off target	9	10	4	9	2	1	35	5.83
Conversion rate	38.7	13.6	0.0	15.4	0.0	20.0	19.3	14.62
Blocked	6	1	4	7	1	4	23	3.83
Passes	205	196	238	169	208	300	1316	219.33
Successful	172	152	192	110	168	224	1018	169.67
Unsuccessful	33	44	46	59	40	76	298	49.67
Successful Passes against	104	116	88	211	94	81	694	115.67
Interceptions	48	56	60	64	39	79	346	57.67



NSW METRO PERFORMANCE

NAVY_2010	Game 1 v QLD White	Game 2 vs VIC Blue	Game 3 vs TAS	Game 4 v QLD Maroon	Game 5 v SA	Game 6 vs VIC White	TOTALS	AVERAGE
Goals For	2	0	5	0	2	0	9	1.50
Goals against	2	1	0	1	1	5	10	1.67
Shots	8	11	30	6	20	15	90	15.00
On target	4	4	11	4	8	12	43	7.17
Off target	3	3	14	2	8	2	32	5.33
Conversion rate	25.0	0.0	16.7	0.0	10.0	0.0	10.0	8.61
Blocked	1	4	6	0	4	1	16	2.67
Passes	245	123	264	256	171	168	1227	204.50
Successful	163	77	228	198	117	138	921	153.50
Unsuccessful	82	46	26	58	54	30	296	49.33
Successful Passes against	110	301	109	98	240	155	1013	168.83
Interceptions	77	54	66	54	71	38	360	60.00

NSW METRO PERFORMANCE

SKY 2009	Game 1 v NT	Game 2 vs VIC Silver	Game 3 vs WA	Game 4 v NNSW	Game 5 v NSW Navy	Game 6 vs WA	TOTALS	AVERAGE
Goals For	6	2	1	3	1	3	16	2.67
Goals against	1	0	0	1	1	0	3	0.50
Shots	30	15	14	11	14	14	98	16.33
On target	17	6	9	5	10	7	54	9.00
Off target	6	6	5	5	2	6	30	5.00
Conversion rate	20.0	13.3	7.1	27.3	7.1	21.4	16.3	16.05
Blocked	7	3	0	1	2	1	14	2.33
Passes	354	158	296	190	163	247	1408	234.67
Successful	309	135	256	157	132	199	1188	198.00
Unsuccessful	45	23	40	33	31	48	220	36.67
Successful Passes against	80	181	143	143	162	142	851	141.83
Interceptions	48	46	44	47	57	57	299	49.83



NSW METRO PERFORMANCE

NAVY 2009	Game 1 v QLD White	Game 2 vs VIC Blue	Game 3 vs TAS	Game 4 v CAP	Game 5 v NSW Sky	Game 6 vs VIC Blue	TOTALS	AVERAGE
Goals For	7	2	5	5	1	4	24	4.00
Goals against	0	2	0	2	1	0	5	0.83
Shots	30	23	19	16	14	23	125	20.83
On target	18	12	16	10	7	12	75	12.50
Off target	9	7	2	4	5	7	34	5.67
Conversion rate	23.3	8.7	26.3	31.3	7.1	17.4	19.2	19.02
Blocked	3	4	1	2	2	4	16	2.67
Passes	180	146	203	279	212	146	1166	194.33
Successful	155	106	150	231	162	106	910	151.67
Unsuccessful	25	40	53	48	50	40	256	42.67
Successful Passes against	112	111	86	104	132	226	771	128.5
Interceptions	35	44	72	56	35	44	286	47.67



NSW METRO PERFORMANCE

	SKY 2010	NAVY 2010	SKY 2009	NAVY 2009	AVERAGE
Goals For	3.67	1.50	2.67	4.00	2.96
Goals against	0.83	1.67	0.50	0.83	0.96
Shots	19.00	15.00	16.33	20.83	17.79
On target	9.33	7.17	9.00	12.50	9.50
Off target	5.83	5.33	5.00	5.67	5.46
Conversion rate	14.62%	8.61%	16.05%	19.02%	14.58%
Blocked	3.83	2.67	2.33	2.67	2.88
Passes	219.33	204.50	234.67	194.33	213.21
Successful	169.67	153.50	198.00	151.67	168.21
Unsuccessful	49.67	49.33	36.67	42.67	44.59
Successful Passes against	115.67	168.63	141.83	128.5	138.66
Interceptions	57.67	60.00	49.83	47.67	53.79



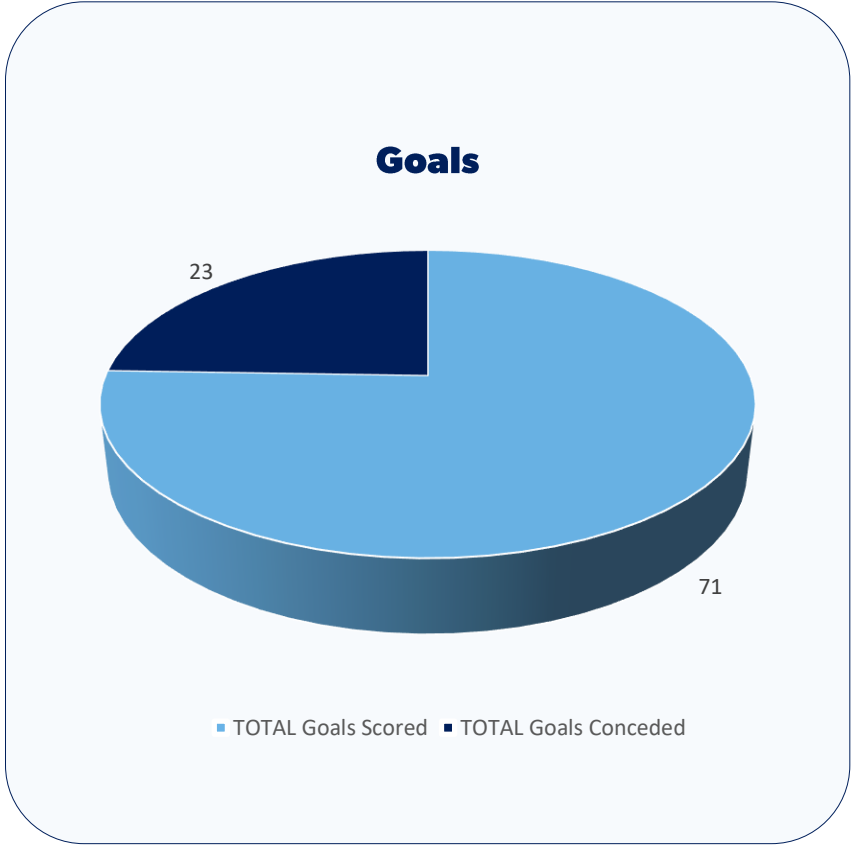
The background is a dark blue, slightly blurred image of a soccer stadium. In the center, a player in a dark jersey is visible on the field, looking towards the goal. The stadium lights are visible in the background, creating a soft glow.

GOALS SCORED ANALYSIS

NSW METRO PERFORMANCE

Although there were fewer teams in 2025 (4) compared to 2024 (6), the squad performed significantly better, both in terms of goals scored and goals conceded.

Goals	2024 – 6 Teams		2025 – 4 Teams		Increase/ Decrease
	Amount	Per Team	Amount	Per Team	
Scored	68	11.3	71	17.75	6.45
Conceded	36	6	23	5.75	-0.25



PHASE OF PLAY – GOALS SCORED

- 1

The first aspect analysed was the phase of play from which goals originated.
- 2

In 2025, the teams were significantly more effective at scoring from both open play and set plays.
- 3

Overall, it was very pleasing to see an increase in goals scored despite having fewer teams.
- 4

Wherever possible, set-piece takers were included in each squad to optimise scoring opportunities.

Goals Scored	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Open Play	55	9.16	57	14.25	+ 5.09
Set Play	13	2.16	14	3.5	+ 1.34



TYPE OF ATTACK – GOALS SCORED

1

When analysing the type of attack used to score goals, transition moments emerged as the biggest contributing factor.

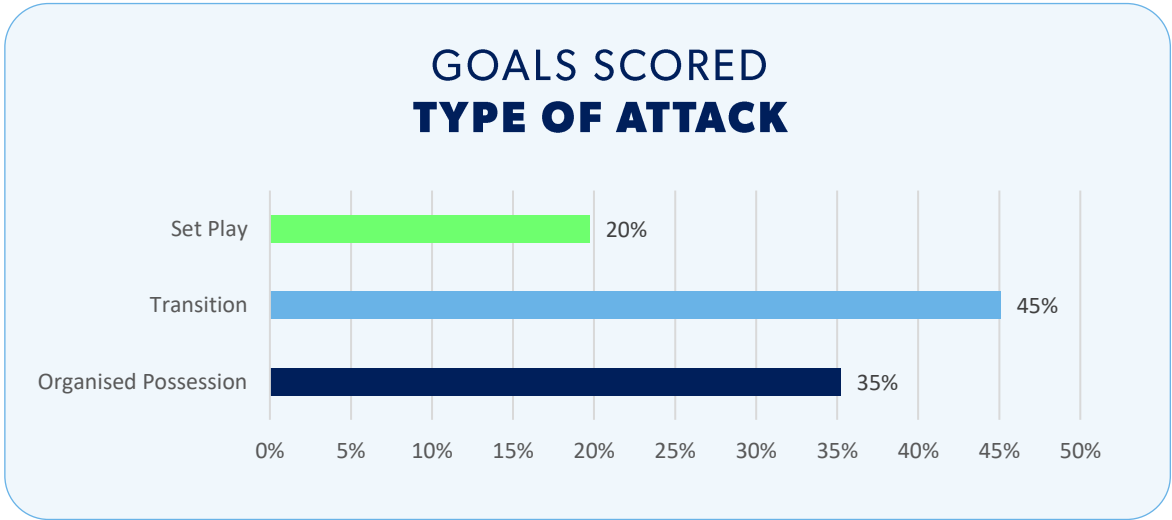
2

There was also a pleasing increase in goals scored from organised possession.

3

Overall, 2025 showed an increase across all attack types compared to 2024.

Goals Scored	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Set Play	13	2.16	14	3.5	+ 1.34
Transition	38	6.33	32	8	+ 1.67
Organised Possession	17	2.83	25	6.25	+ 3.42



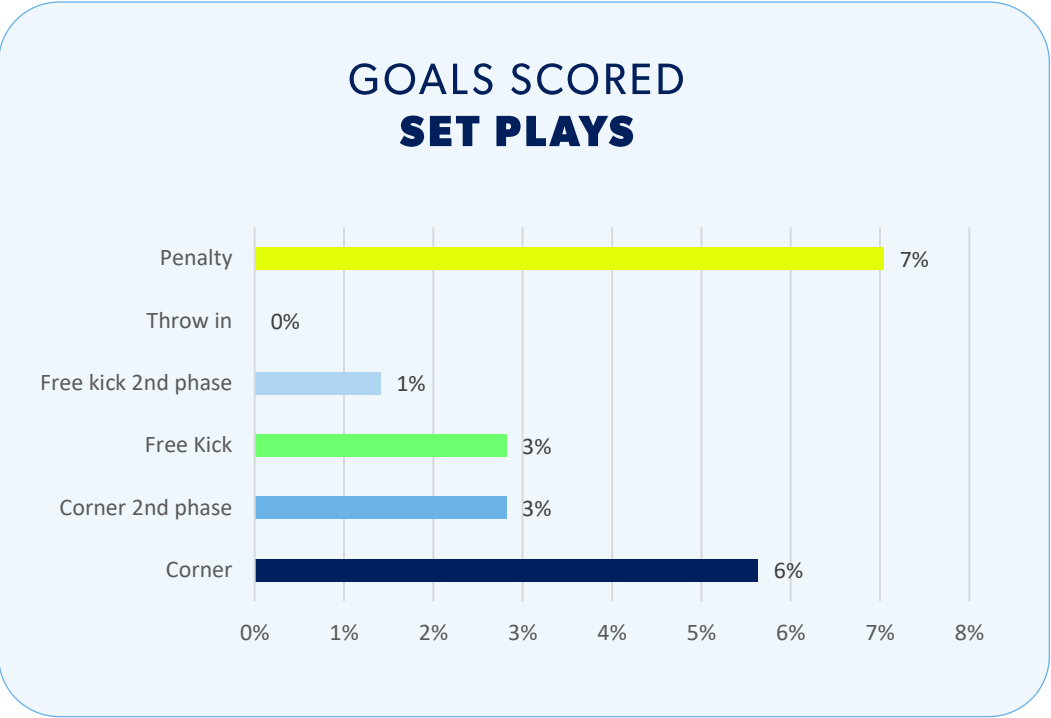
*Transition goals were defined as goals scored from 3 or less passes after a change of possession but not restarts.

SET PLAY GOALS SCORED

>> Analysis of goals scored from set plays shows a slight increase across the board, though nothing of major significance.

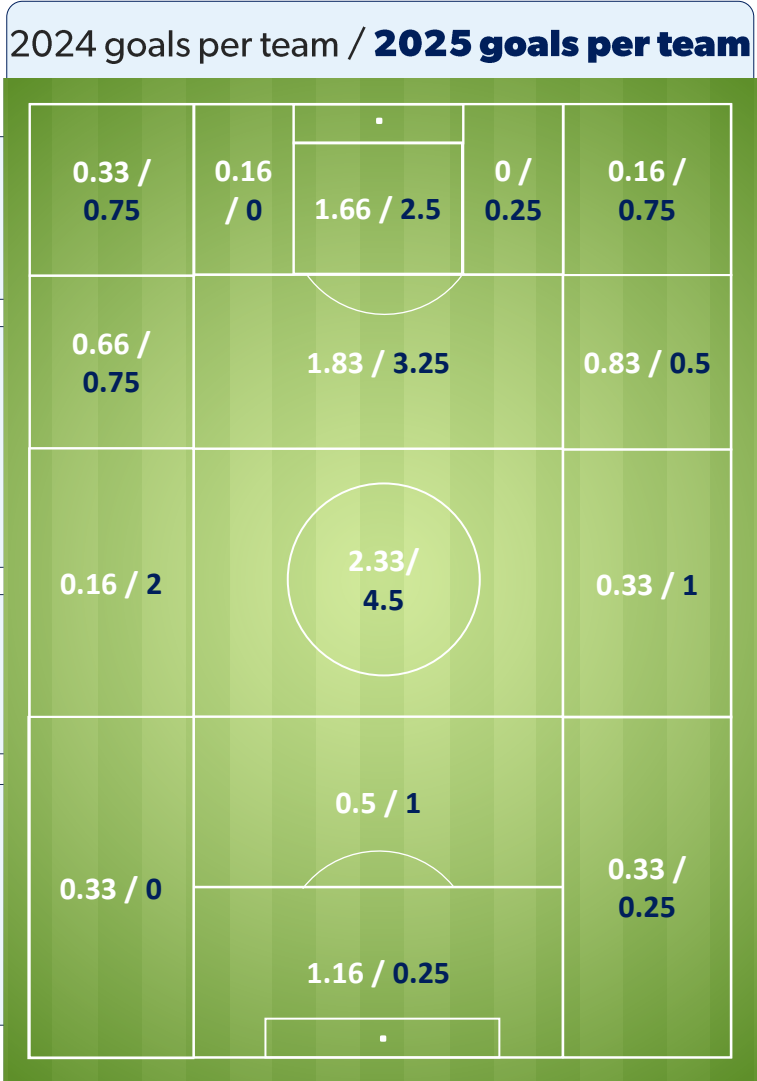
>> There remains clear room for improvement in this area.

Goals Scored	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Corner	3	0.5	4	1	+ 0.5
Corner 2 nd phase	0	0	2	0.5	+ 0.5
Free kick	3	0.5	2	0.5	0
Free kick 2 nd phase	0	0	1	0.25	+ 0.25
Throw in	0	0	0	0	0
Penalty	7	1.16	5	1.25	+ 0.09



START OF POSSESSION GOALS SCORED

- Fewer goals were scored from goalkeeper-initiated play.
- There was an increase in goals originating from the middle third of the pitch.
- A high number of goals came through the central corridor.
- These trends highlight the importance of maintaining a strong defensive structure to regain possession and launch attacks effectively.



WINNING THE BALL IN MID THIRD

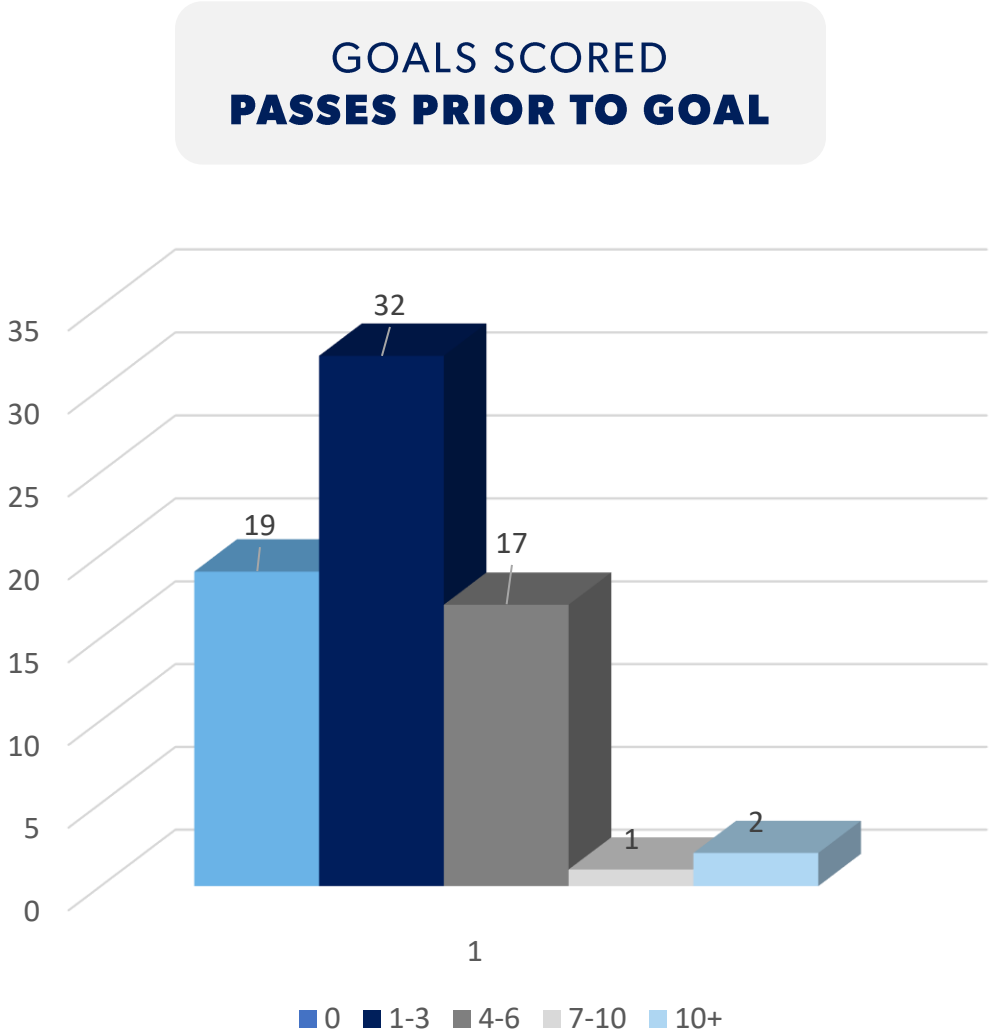
Scan me for video >



NUMBER OF PASSES PRIOR TO GOALS SCORED

- >> The majority of goals were scored after fewer than three passes.
- >> This supports the earlier analysis of 'Type of Attack,' reinforcing that most goals came as 'quick' strikes during transition moments, when the opposition defence was unorganised.

Goals Scored	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
0	24	4	19	4.75	+ 0.75
1-3	26	4.33	32	8	+ 3.67
4-6	17	2.83	17	4.25	+ 1.42
7-10	1	0.16	1	0.25	+ 0.09
10+	0	0	2	0.5	+ 0.5



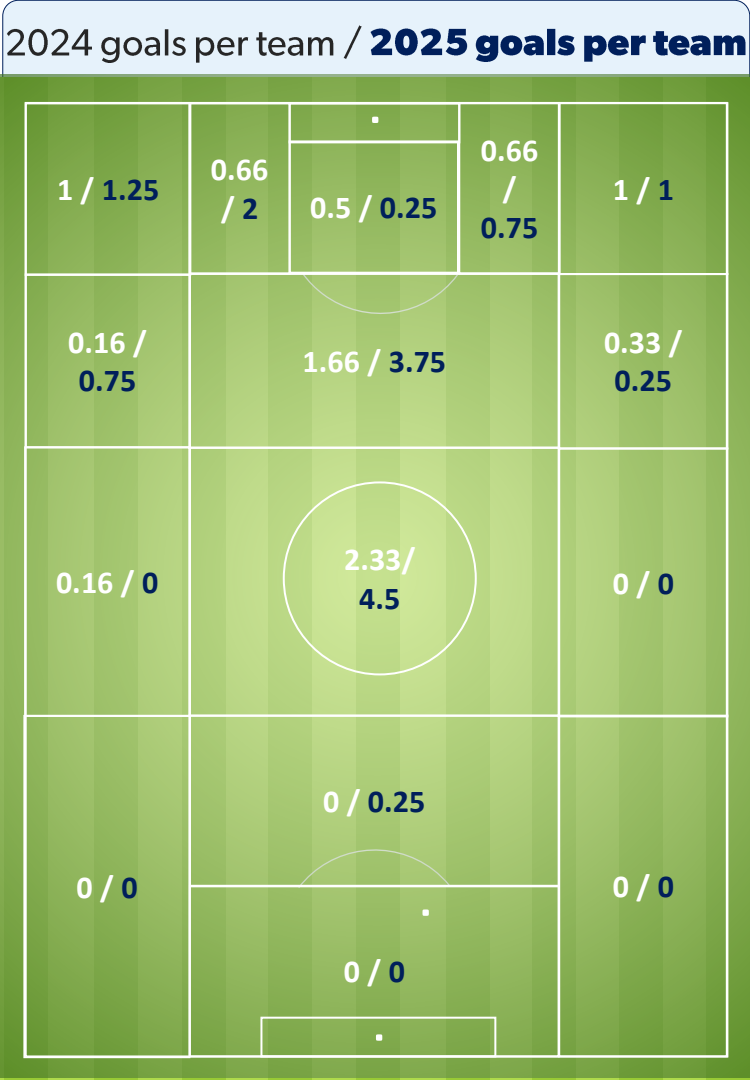
PLAYING THROUGH, AROUND OR OVER

Scan me for video >



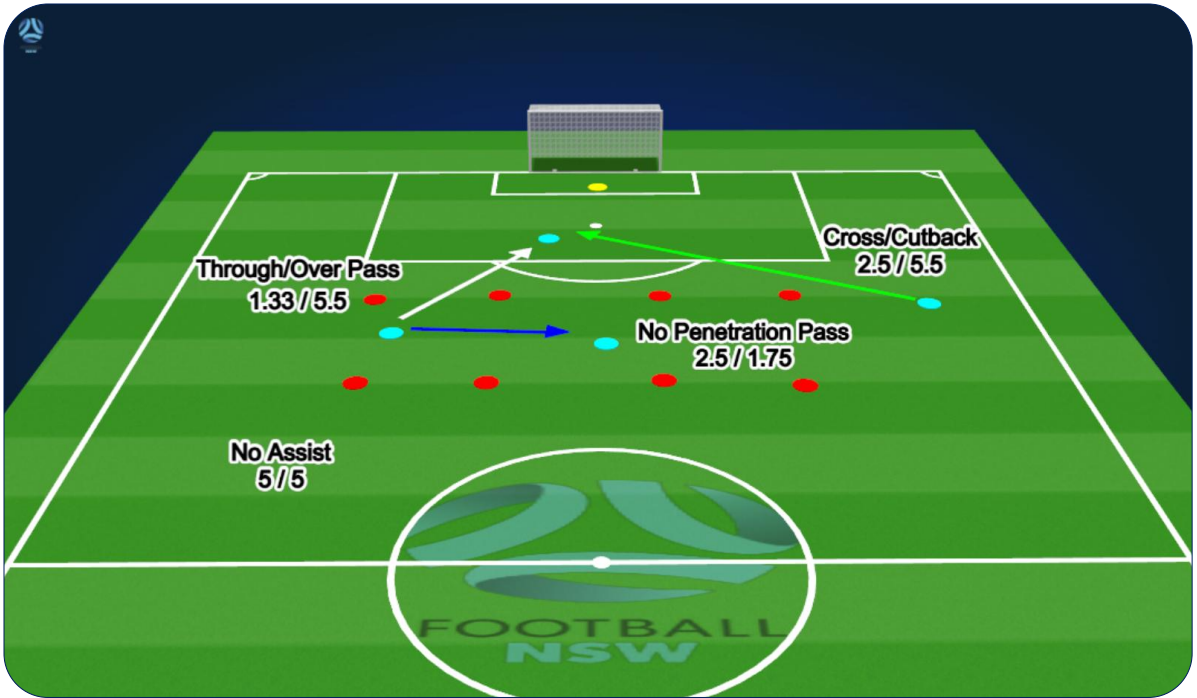
ASSIST LOCATION GOALS SCORED

- >> There was an improvement in assists originating from the central corridor, reflecting a key strategy based on last year's findings – utilising through, over, or around passes.
- >> Other statistics show no significant changes, indicating that assist locations remain varied across the pitch.



TYPE OF ASSIST GOALS SCORED

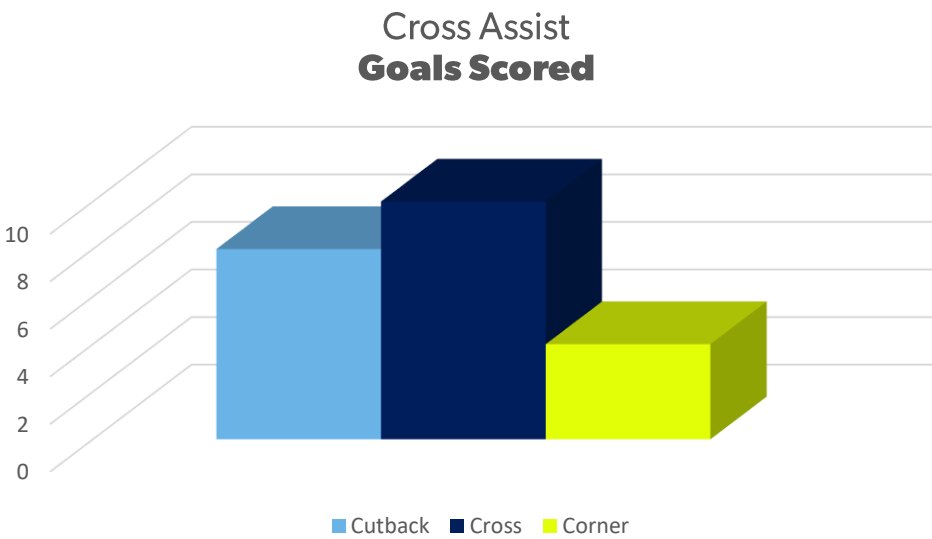
- Major focus from 2024 was improving play through, over, and around opposition.
- 2025 saw huge improvement in these areas, including crosses and cutbacks.
- Players capable of playing through or over were identified and encouraged to utilise these options.
- Wide 1v1 dominant players were also encouraged to cut back or cross into goal-scoring zones.
- Wing play followed by cutbacks and crosses proved an effective route to goal.



Goals Scored	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Cross	15	2.5	22	5.5	+ 3.0
Through/Over Pass	8	1.33	22	5.5	+ 3.67
No Penetration Pass	15	2.5	7	1.75	-0.75
No Assist	30	5	20	5	0

CROSS ASSIST GOALS SCORED

- Sky 2009 had a lot of success from cutbacks.
- Every team had success from crossing.
- 2010 age group had no success from direct corners.
- Statistics show the need to improve all aspects of wing play to go around the opposition.



Goals Scored	2010		2009		TOTAL
	Sky	Navy	Sky	Navy	
Cutback	2	2	4	0	8
Cross	4	2	2	2	10
Corner	0	0	1	3	4

ASSISTS

Scan me for video >



SHOT LOCATION GOALS SCORED

Unsurprisingly, the most rewarded shot location remains the area directly in front of goal.

This emphasizes the importance of delivering the ball into this zone, positioning players effectively, and ensuring they can create/use space to take quality shots.

The increase in goals from the left-hand side appears largely influenced by a single individual.



FINISHING

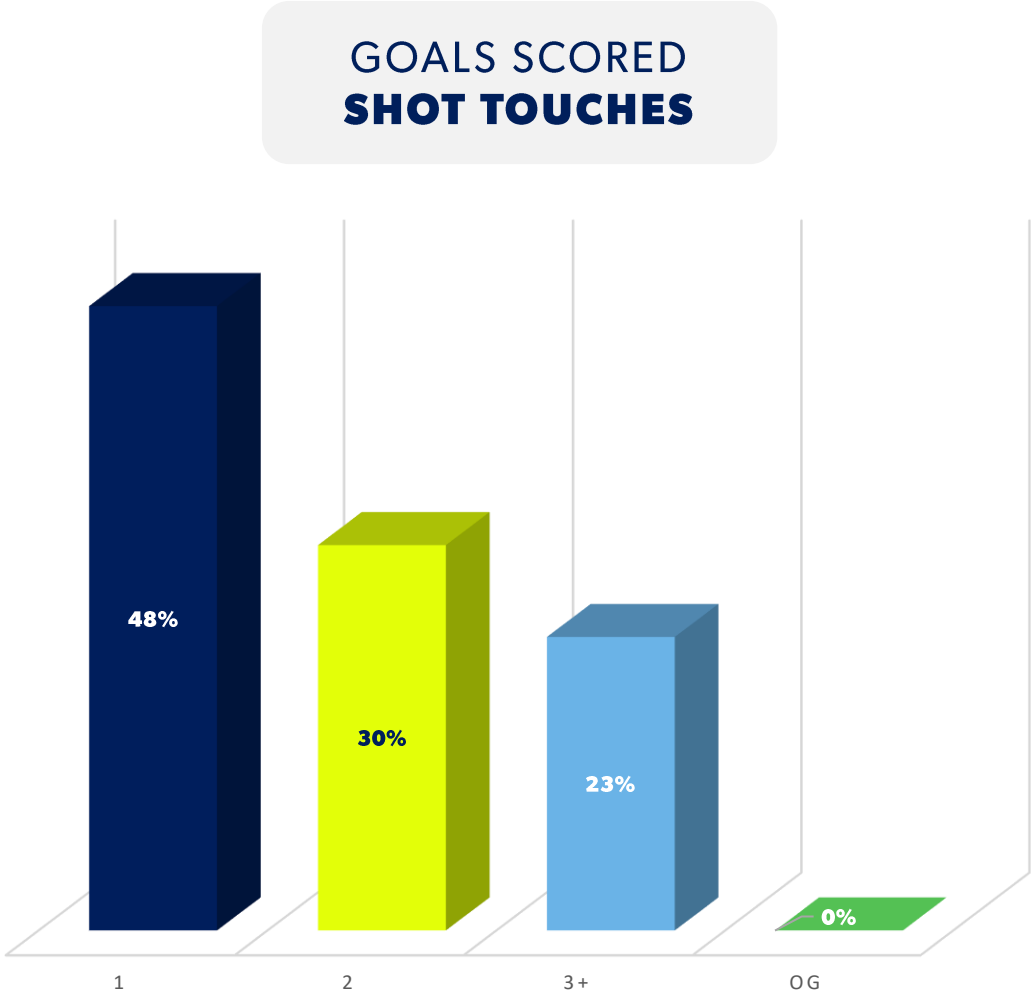
Scan me for video >



SHOT TOUCHES GOALS SCORED

- >> The vast majority of goals were still scored with **one touch**.
- >> There was a slight increase in goals scored with **two touches**, though this may be skewed by the 18 goals scored (12 + 6) against Northern Territory.

SHOT TOUCHES	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
1	39	6.5	34	8.5	+ 2
2	11	1.83	21	5.25	+ 3.42
3+	15	2.5	16	4	+ 1.5
OG	3	0.5	0	0	-0.5



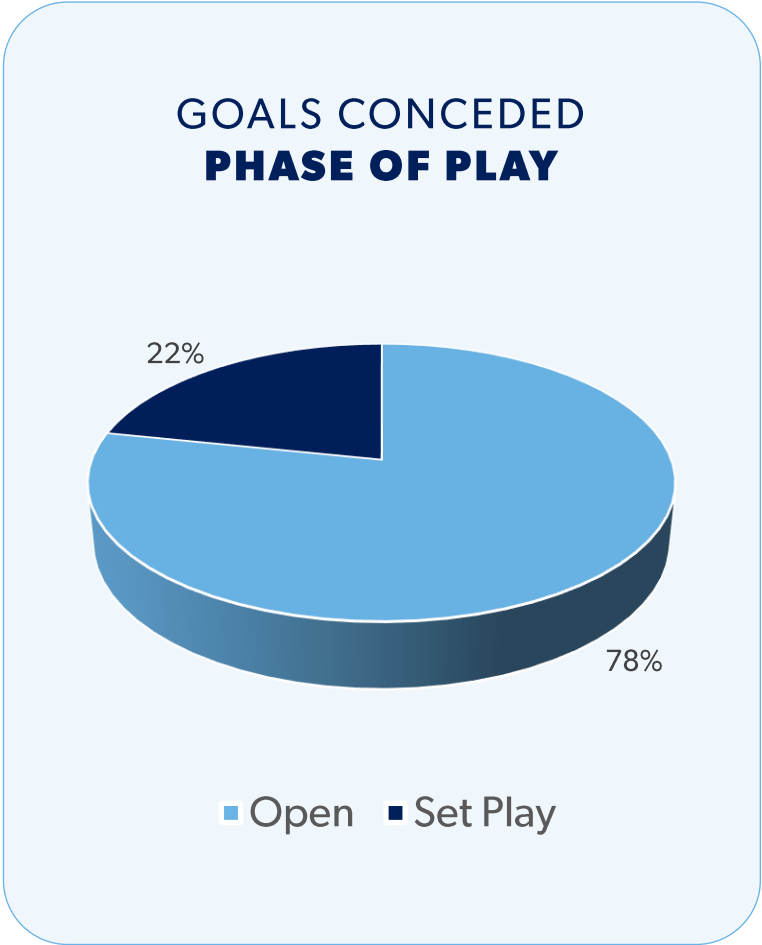
The background is a dark blue, slightly blurred image of a soccer stadium. A player in a dark jersey is visible in the center of the field, facing away from the camera. The stadium lights are visible in the background, creating a bright glow.

GOALS CONCEDED ANALYSIS

PHASE OF PLAY – GOALS CONCEDED

- >> Percentages were very similar to goals scored.
- >> No significant increases or decreases were observed for any team between 2024 and 2025.

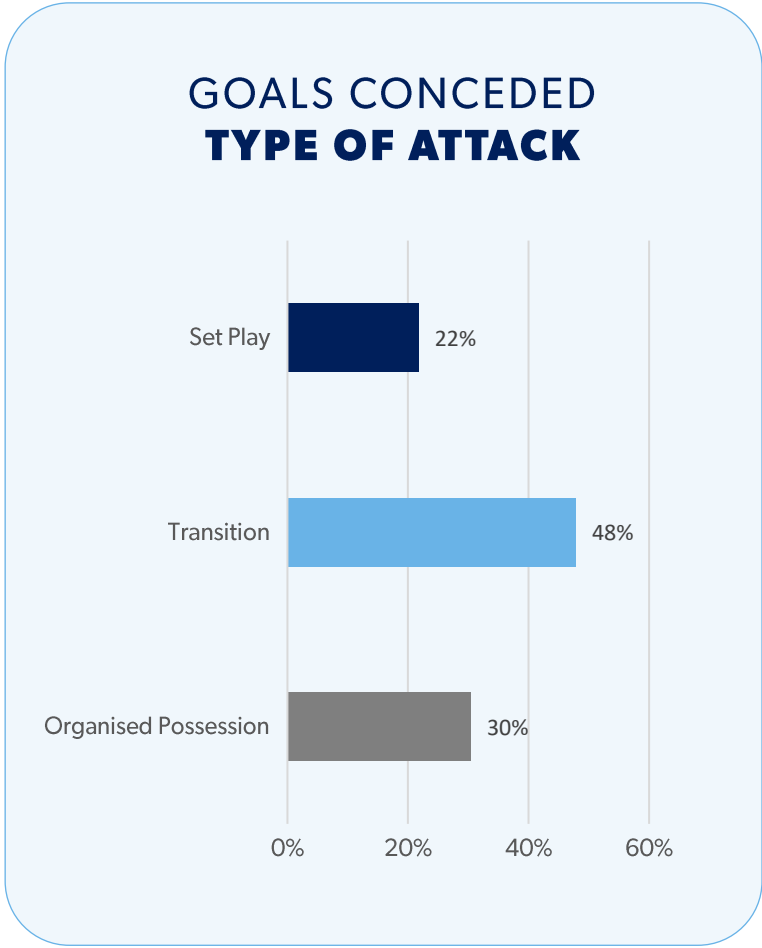
Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Open Play	29	4.83	18	4.5	-0.3
Set Play	7	1.16	5	1.25	+0.09



TYPE OF ATTACK – GOALS CONCEDED

- >> Transition moments remain the biggest contributing factor to goals conceded.
- >> There was a slight improvement in goals conceded from organised possession, but further work is needed to reduce being broken down by the opposition.

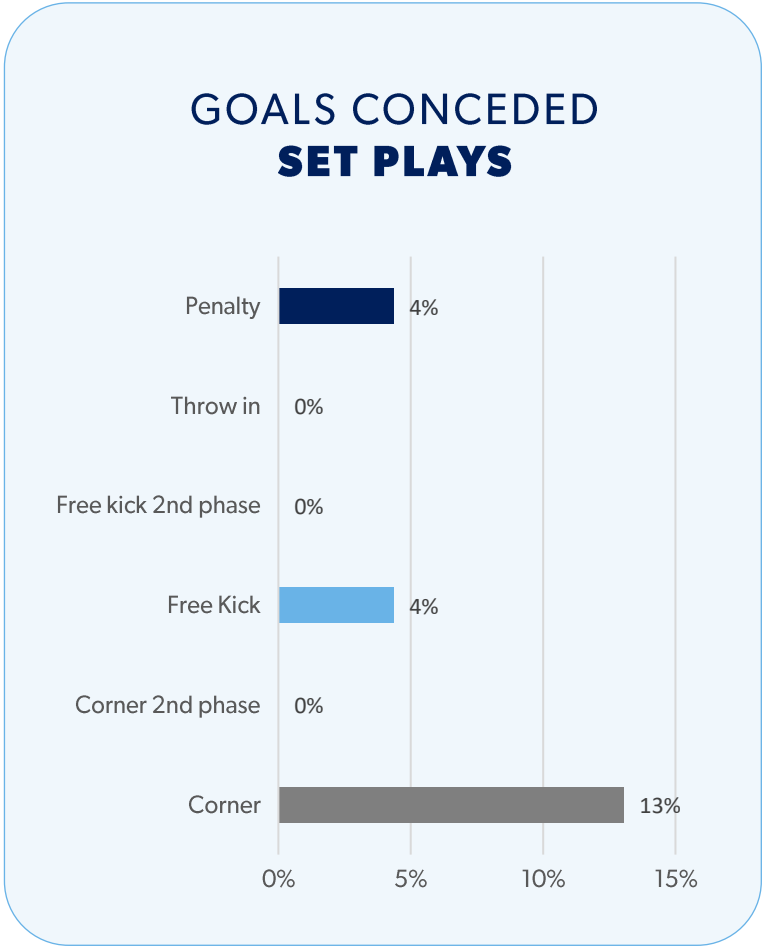
Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Set Play	7	1.16	5	1.25	+ 0.09
Transition	17	2.83	11	2.75	- 0.08
Organised Possession	12	2	7	1.75	- 0.25



SET PLAY GOALS CONCEDED

- >> Analysis of goals conceded from set plays showed a slight increase in corners conceded.
- >> No other significant differences were observed, highlighting continued room for improvement in defending set pieces

Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Corner	2	0.33	3	0.75	+ 0.42
Corner 2 nd phase	0	0	0	0	0
Free kick	1	0.16	1	0.25	+ 0.09
Free kick 2 nd phase	1	0.16	0	0	- 0.16
Throw in	0	0	0	0	0
Penalty	3	0.5	1	0.25	- 0.25

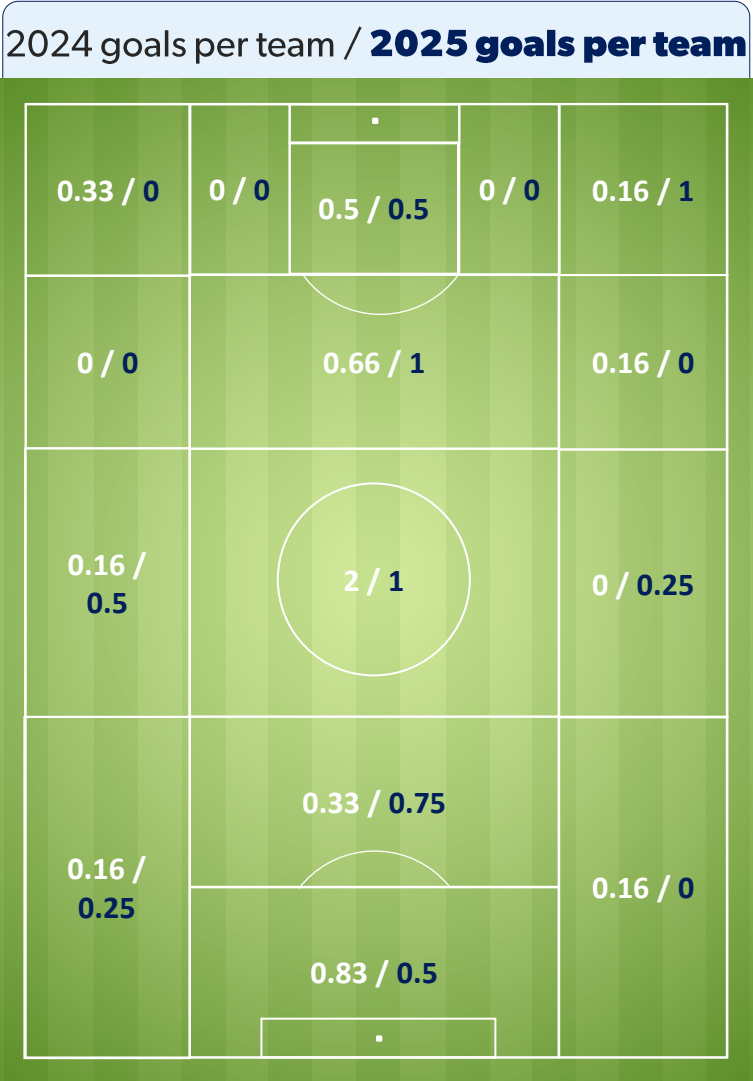


START OF POSSESSION GOALS CONCEDED

Increase in corners conceded contributed to goals originating in corner.

Many goals came through the central corridor, highlighting risks from poor ball control in our half.

High goals conceded in transition show the need for a build-up structure that supports possession and prevents counter-attacks.



CONCEDING IN TRANSITION

Scan me for video >



NUMBER OF PASSES PRIOR TO GOALS CONCEDED

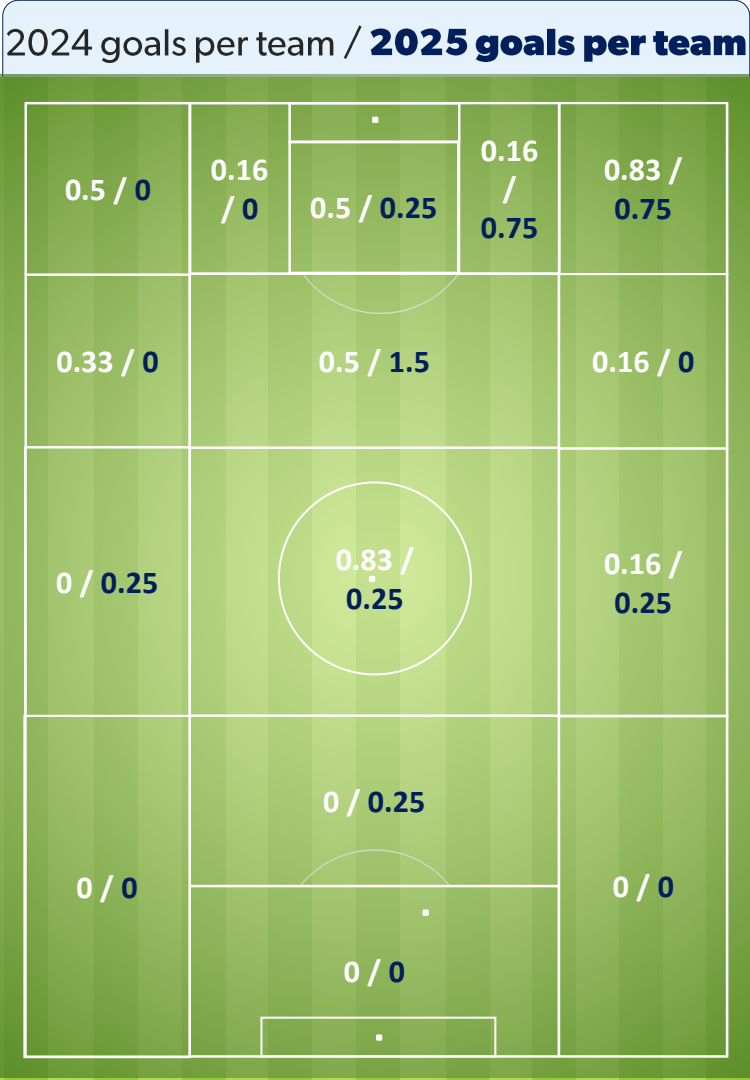
- >> Similar to goals scored, the majority of goals conceded came during transition moments.
- >> No significant changes were observed between 2024 and 2025.
- >> Reinforces the importance of maintaining possession and avoiding turnovers in our own half.

Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
0	11	1.83	5	1.25	-0.58
1-3	15	2.5	13	3.25	+0.75
4-6	8	1.33	4	1	-0.33
7-10	1	0.16	1	0.25	+0.09
10+	1	0.16	0	0	-0.16



ASSIST LOCATION GOALS CONCEDED

- >> Key issues from last year were defending balls delivered from wide areas and defending balls played over the top from the middle third.
- >> Small drop is due to inclusion of goals conceded from corners.
- >> Video evidence shows a significant improvement in both areas this year.



TYPE OF ASSIST GOALS CONCEDED

1 No significant changes were observed in the types of assists leading to goals conceded between 2024 and 2025.



2 Goals conceded from corners were included in the Cross/Cutback statistics.

Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
Cross	9	1.5	6	1.5	0
Through/Over Pass	10	1.66	8	2	+ 0.34
No Penetration Pass	6	1	3	0.75	- 0.25
No Assist	11	1.83	6	1.5	- 0.28

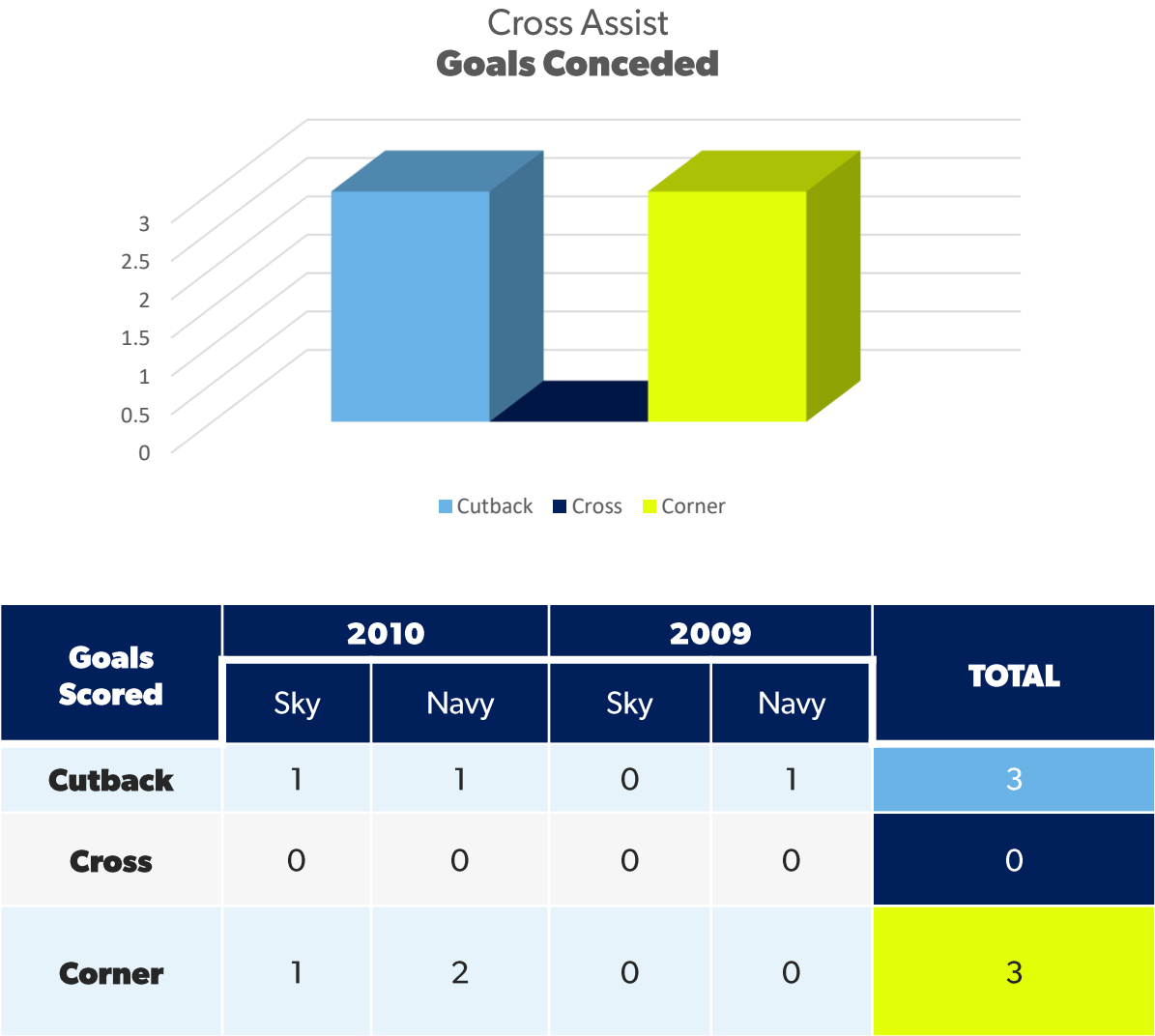
TYPE OF ASSIST – GOALS CONCEDED

Scan me for video >



CROSS ASSIST GOALS CONCEDED

- Huge success across all teams defending crosses.
- 2009 age group success at defending corners.
- 2010 age group need improvement in defending corners.
- Statistics show big improvement in protecting the goal when ball is in wide areas.



PROTECTING THE GOAL 2024 VS 2025

Scan me for video >



SHOT LOCATION GOALS CONCEDED

Denying space in this critical area is essential, requiring players to get back and limit attackers' opportunities and space.



SHOT TOUCHES GOALS CONCEDED

- >> There was a notable increase in goals conceded where the scorer had two touches.
- >> This is a defensive concern, indicating that opponents are being given too much time in front of goal, either by getting behind the defence or due to unsuccessful blocking.

Goals Conceded	2024		2025		Increase/Decrease
	Amount	Per Team	Amount	Per Team	
1	21	3.5	8	2	-1.5
2	6	1	11	2.75	+1.75
3+	8	1.33	4	1	-0.33
OG	1	0.16	0	0	-0.16



BLOCKING

Scan me for video >





INDIVIDUAL COMPETENCIES

DEFENDING ACTIONS

Scan me for video >



PLAYING OUT

Scan me for video >



CROSSING

Scan me for video >



FINISHING

Scan me for video >



PLAYING FORWARD UNDER PRESSURE

Scan me for video >



RUN THE BALL

Scan me for video >



GOALS

Scan me for video >



AWARDS

2010

- >> Player of the Tournament – Josef Sikora
- >> Team of the Tournament – Josef Sikora, Lual Deng, Eden Smoli

2009

- >> Player of the Tournament – Aston Reid
- >> GK of the Tournament – Lachlan Allen
- >> Top Goal Scorer – Orson Conroy
- >> Grand Final MVP – Emile Katrib
- >> Coach of the Tournament – Drew Taylor
- >> Team of the Tournament – Aston Reid, Max Court, Orson Conroy, Emile Katrib, Lachlan Allen, Josh Brazete, Marcus Savic



The background is a dark blue, slightly blurred image of a soccer field. A person is standing in the center of the field, facing away from the camera. The field's lines and the stadium's seating are visible in the background.

SUMMARY



PROGRESS

Scoring Goals

- >> Identify and encourage players who have the ability to play through or over an organised defensive block. ✓
- >> Identify and encourage forwards who can find space in front of goal and finish with one touch where possible. ✗



Preventing Goals

- >> Use effective pitch control to swarm the ball or protect the goal quickly in defensive transition moments. ✗
- >> Help players deny opposition space in front of our goal, particularly when the ball is delivered from wide or deep areas. ✓

2026 INDIVIDUAL TECHNICAL TARGETS

Areas for improvement

Playing Out:

Ensure midfielders are correctly positioned, players on the ball show patience, manage ball speed effectively, avoid straight vertical passes, and identify weaknesses in opposition structure.

Defending 1v1:

Stay balanced, move feet actively, ready to change direction, engage and slow down the attacker, force opponents' head down, control the situation, position between ball and goal, block shots/crosses, and force play away from goal.

Finishing:

Develop varied finishing techniques (headers, first-time shots, running onto the ball) and improve ability to finish under pressure.

Crossing:

Improve technique selection for different situations (driven, lofted, cutback), focus on body positioning, balance, and foot placement, develop timing and awareness to target runs, and train with both feet under pressure to increase versatility and composure.

2026 INDIVIDUAL TECHNICAL TARGETS

Areas of success

Run the ball:

Players are successfully beating opponents 1v1 in varied situations, creating overloads.

Playing Forward:

Players are comfortable on the ball under pressure and can either face forward or pass to a teammate in a better position.



2026 TEAM TARGETS



Set Plays:

Need to improve effectiveness in both attacking and defending situations. Focus on delivery quality, timing and organisation.



Pitch Control:

Possession structure that supports the ball but allows a quick defensive transition to swarm the ball or protect the goal.







THANK YOU



Philipm@footballnsw.com.au



[Phil Myall - LinkedIn Profile](#)

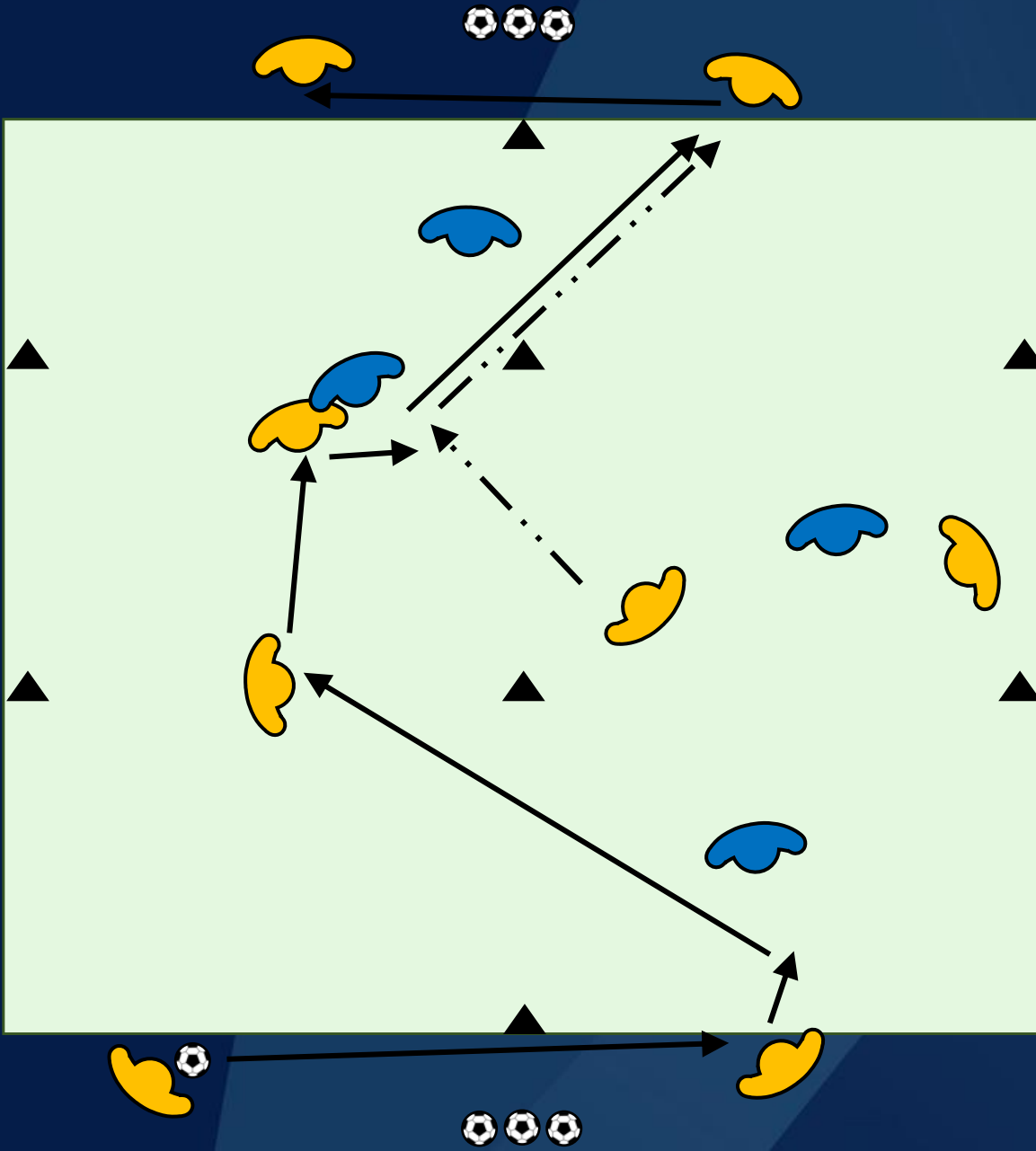


SESSION SUGGESTIONS

A person is standing in the center of a soccer field at night. The field is illuminated by bright stadium lights, creating a strong glow and long shadows. The person is silhouetted against the bright light. The background shows the curved stands of the stadium, which are mostly empty. The overall scene is dark, with the primary light source being the stadium lights.

PLAYING OUT

PLAYING OUT



PLAYER BEHAVIOURS:

- Body shape, angles and weight of pass
- Move ball quickly – touch pass
- Move with the ball – linked movement
- Smart, creative play
- Play forward – go
- Learn each other's habits and cues

TEAM PRINCIPLES:

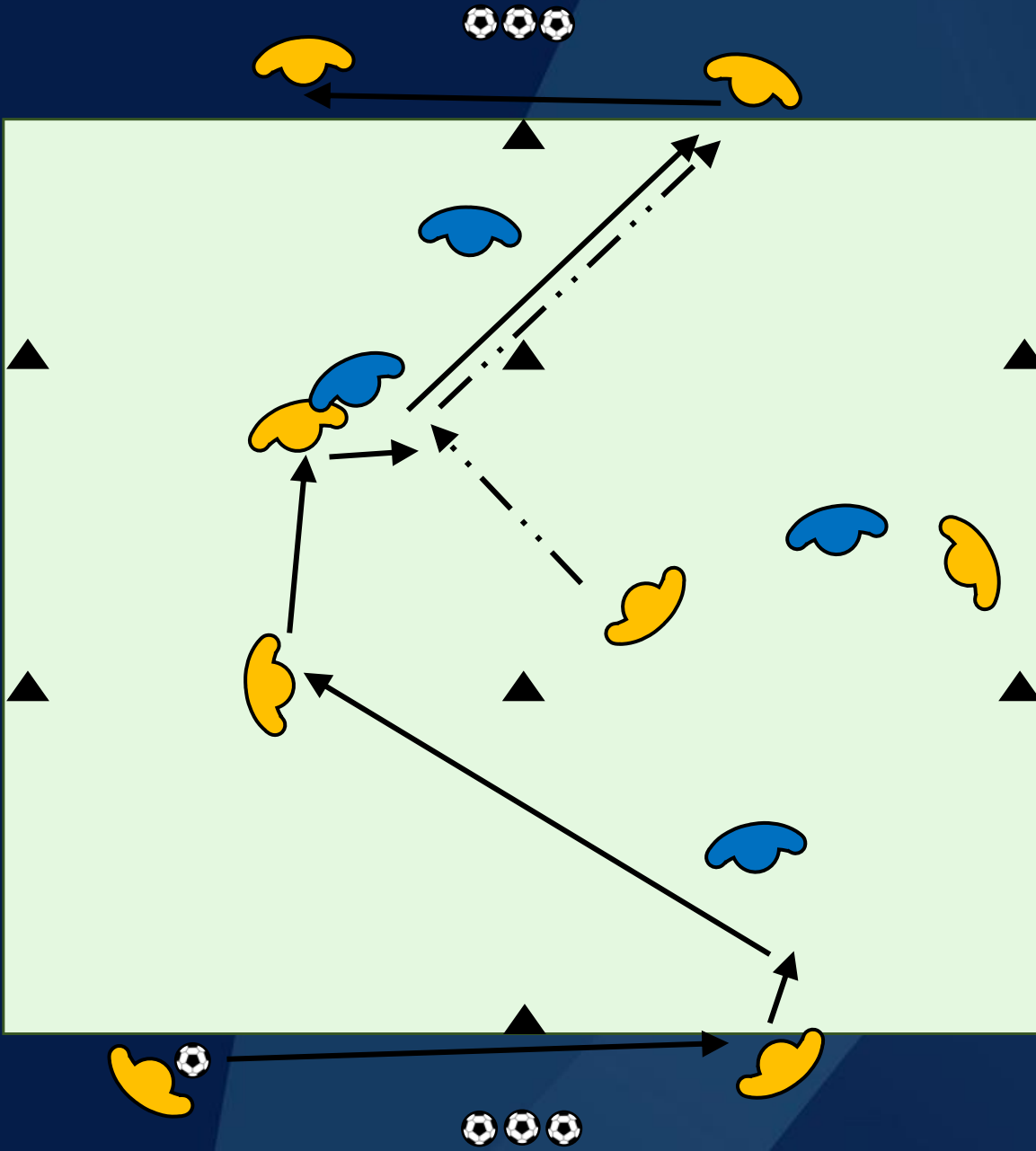
- Get yourself free
- Through, Around

PROGRESSIONS:

- Change overloads/underloads
- Players to follow pass in/out
- Player who didn't pass the ball goes out

VIDEO LINK:

PLAYING OUT

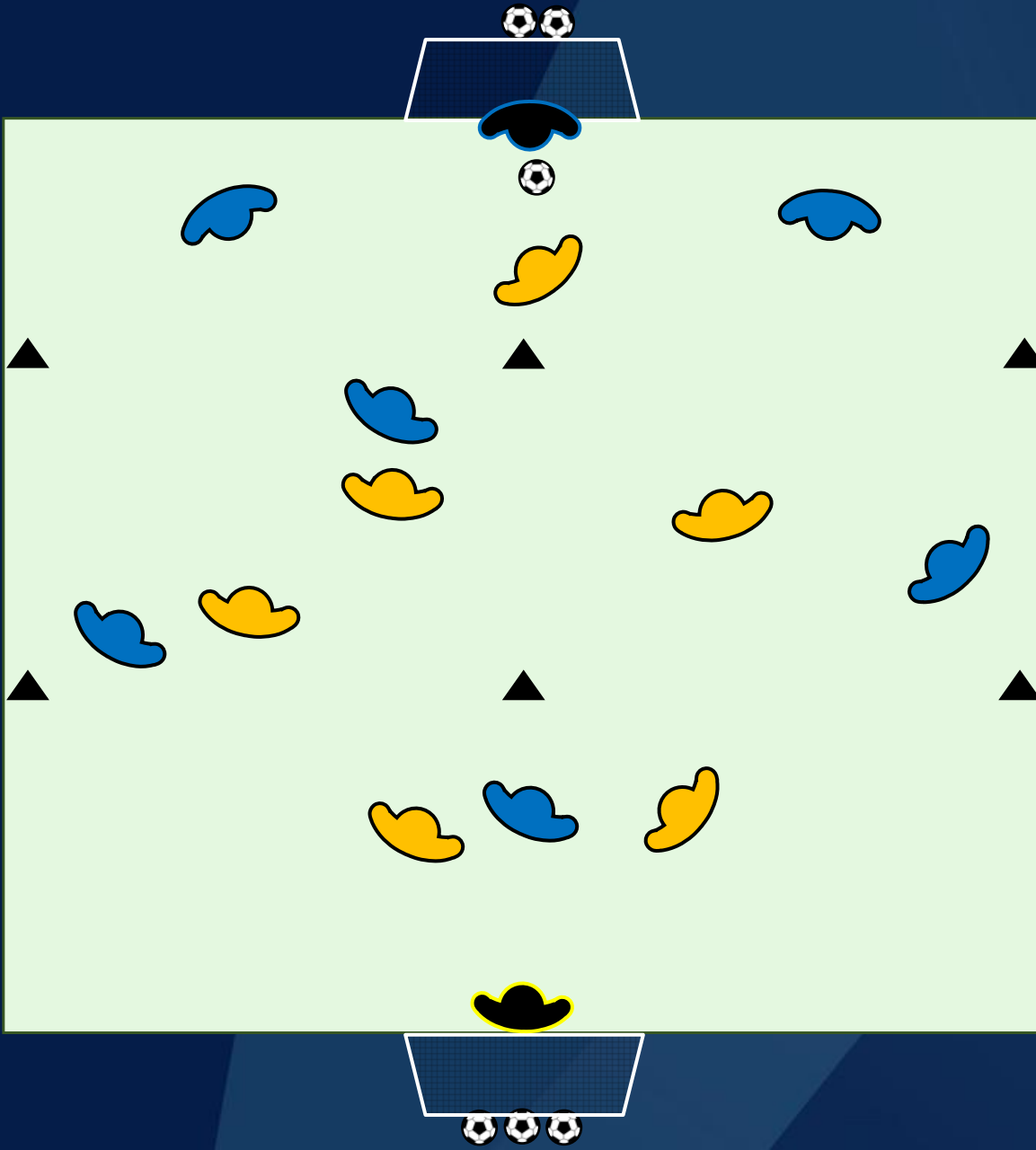


EXPLANATION:

- Players on outside acts a CB's.
- CB's can play between them until they can take touch forward and play into middle zone.
- 1 defender in to be in each zone on either end of mid zone trying to block forward pass from CB's and pass into CB's from mid zone.
- Players can either stay in position(s) or follow passes.

VIDEO LINK:

PLAYING OUT - GAME



EXPLANATION:

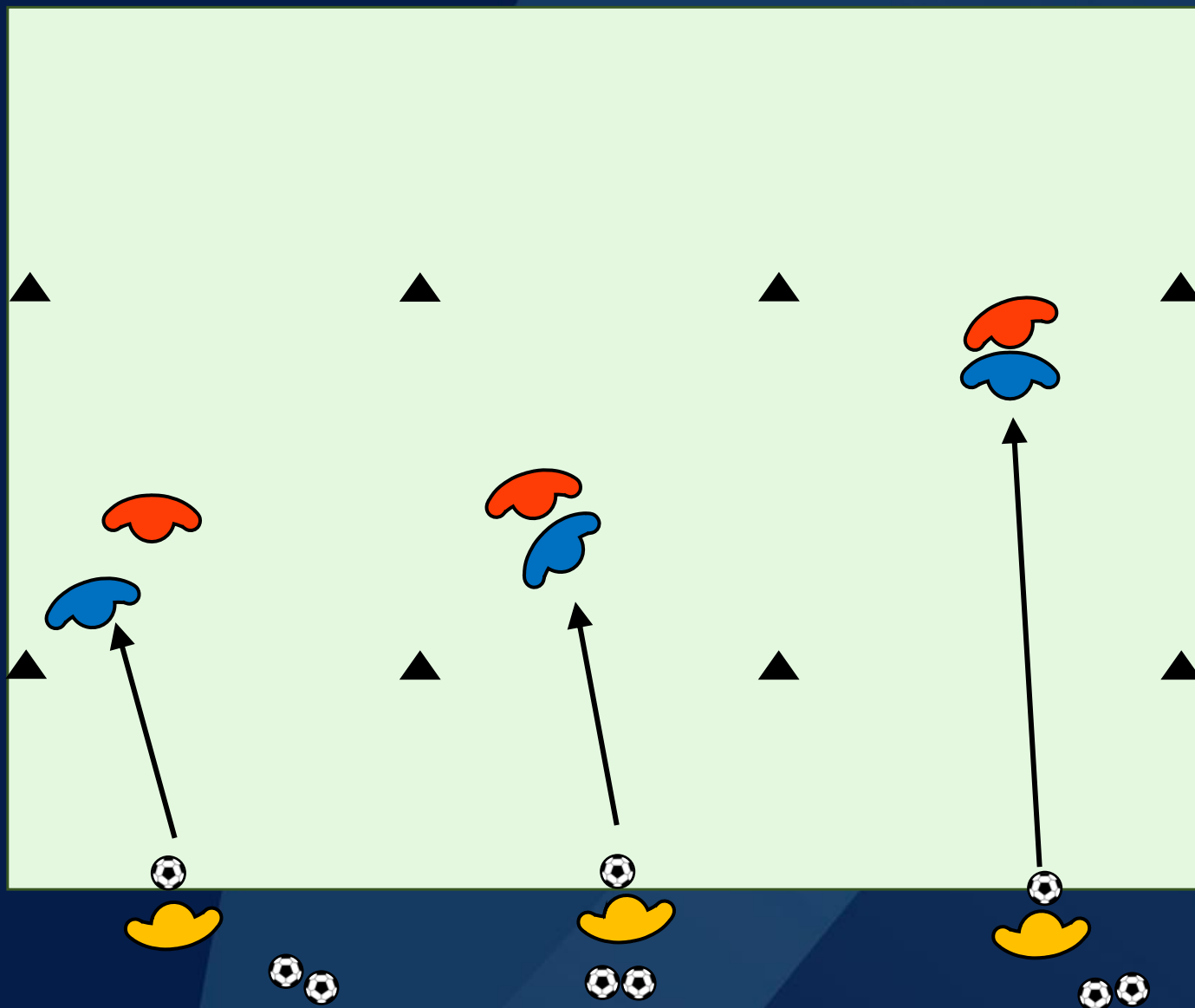
- 2v1 in own defensive third.
- 3v3 in middle third.
- 1v2 in attacking third.
- Players can travel with ball from one zone to next.
- Add joker in if necessary to create overload to help players get free.
- No offsides.

VIDEO LINK:

A soccer player stands on a field at night, illuminated by bright stadium lights. The player is positioned in the center of the frame, facing away from the camera. The field is marked with white lines, and the stands in the background are filled with spectators. The overall scene is dark, with the lights creating a strong contrast.

DEFENDING ACTIONS

1v1s



PLAYER BEHAVIOURS:

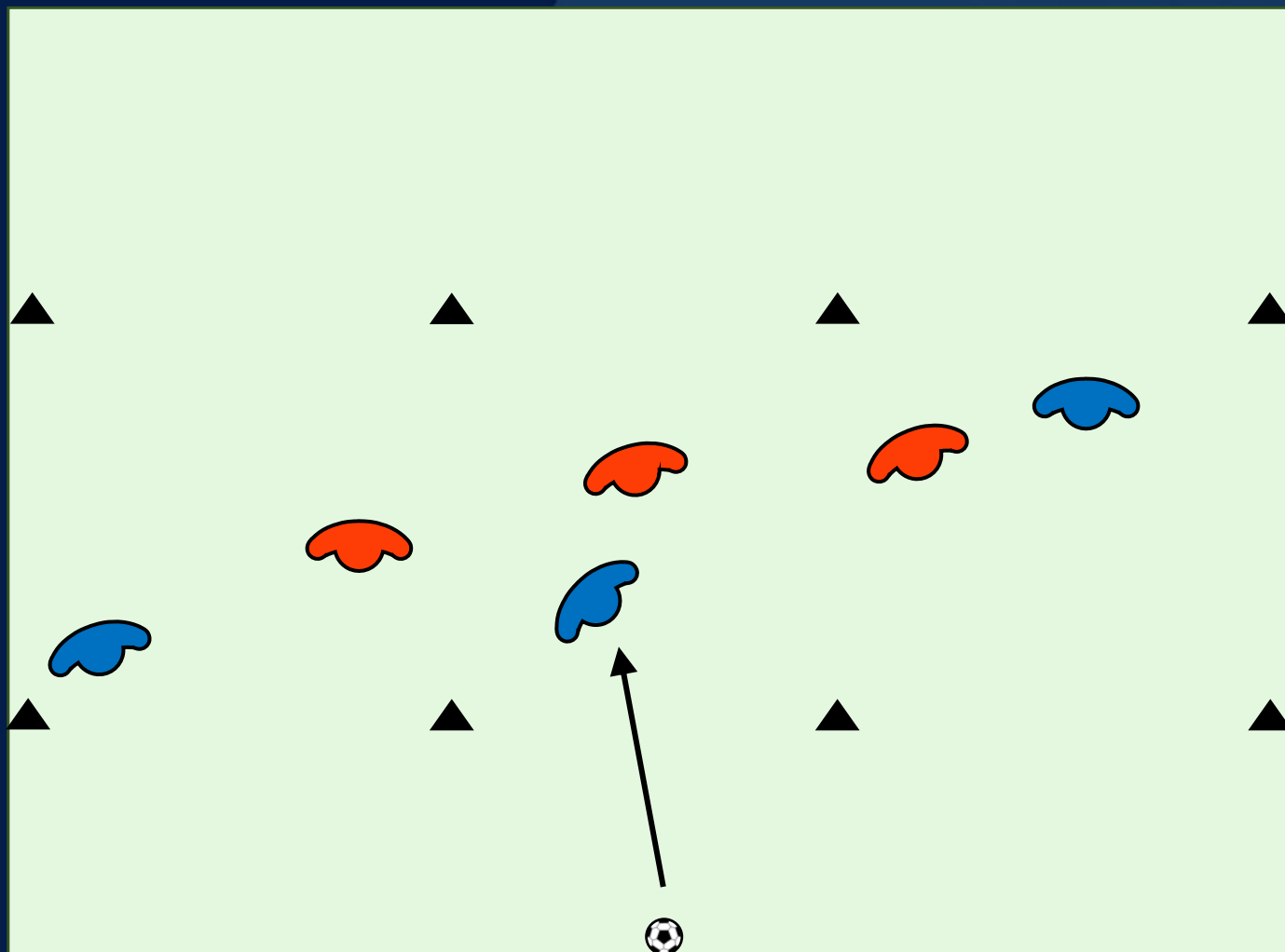
- Stay balanced, move feet actively, ready to change direction,
- Engage and slow down the attacker, force opponents' head down,
- position between ball and goal, and force play away from goal.

TEAM PRINCIPLES:

- Force Direction and set traps
- Compete and cover
- Protect the goal

PROGRESSIONS:

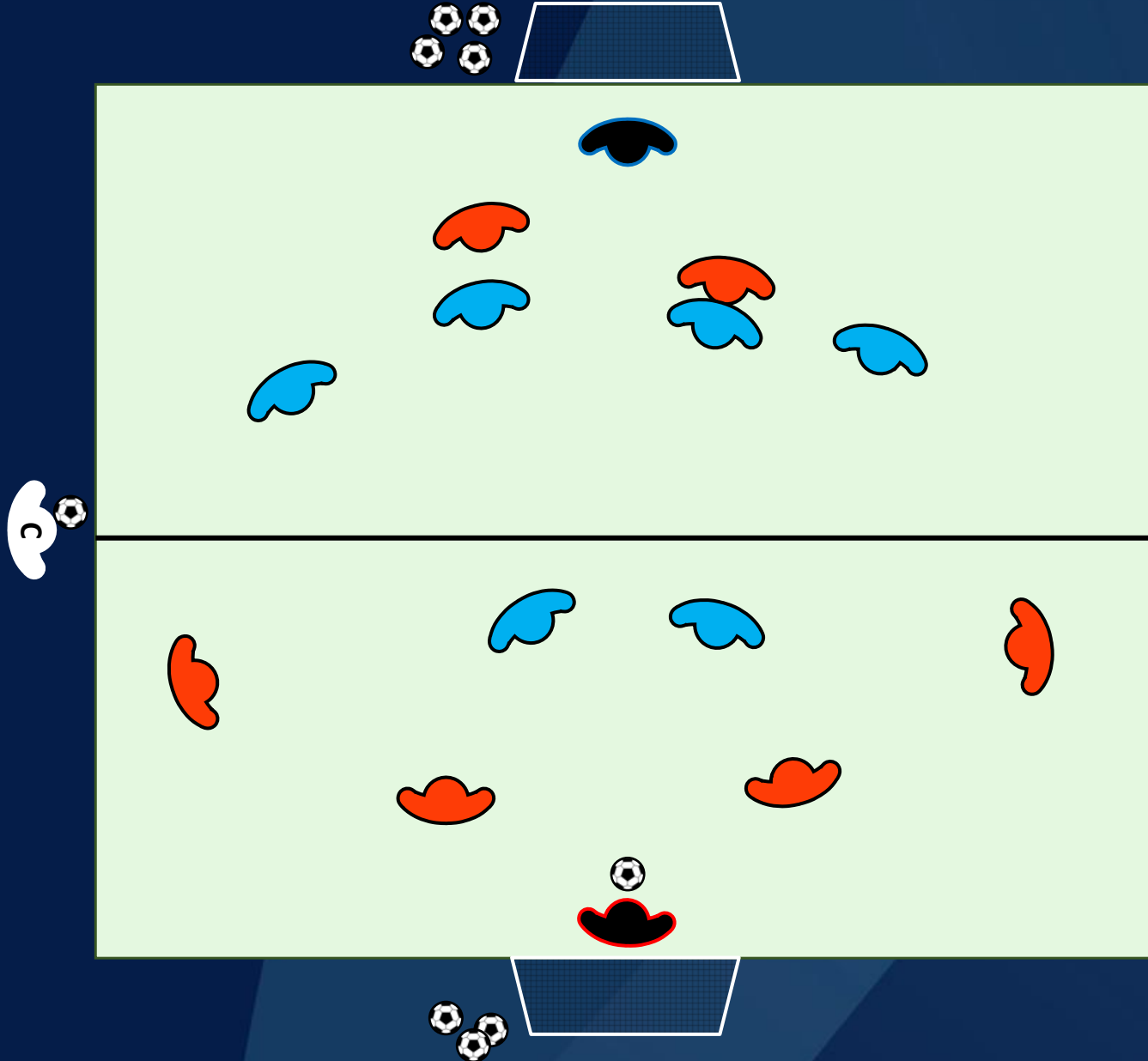
- Cannot pass back to bouncer
- If odd numbers have a joker who can travel between grids to make 2v2
- Could challenge a player 1v2
- 2v2s – 3v3's
- Could have goals either end rather than bouncers

**EXPLANATION:**

- 1v1 x 3 each player stays in their lanes.
- Attackers receive from one end and try to progress the ball to the far end.
- Can bounce back to end player once.
- If defenders win the ball they play to either end bounce player to get 3 points, if they force the attacker to make a mistake they get 1 point.
- Players/teams switch position after 1 minute.

VIDEO LINK:

Staying Compact

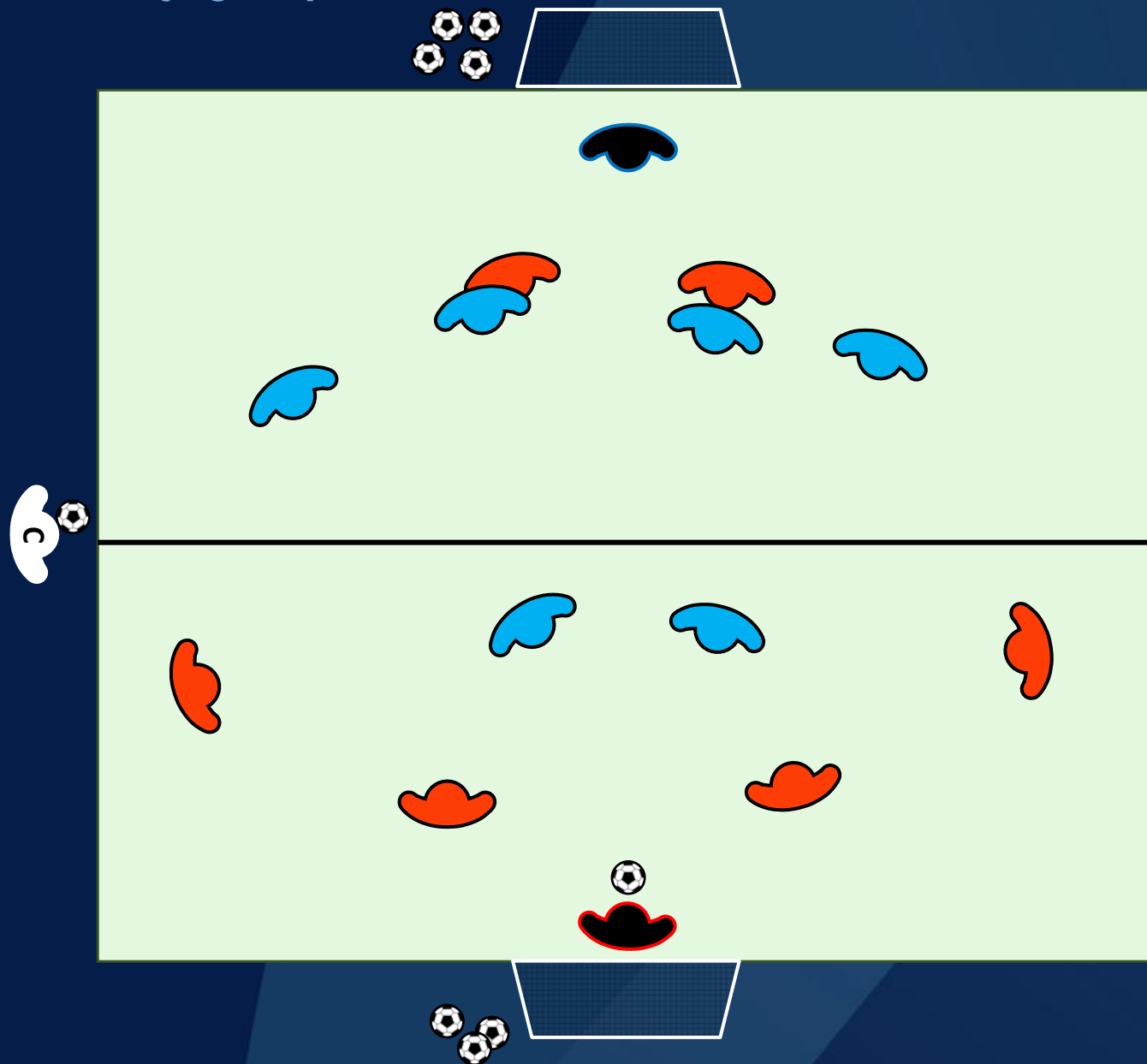


EXPLANATION:

- To start players stay in their zones.
- Balls starts with GK's or coach
- No offsides

VIDEO LINK:

Staying Compact



PLAYER BEHAVIOURS:

- Minimise distance between defenders
- Shift as a unit
- Force opponents to be predictable
- Read the play on when to 'jump' to intercept
- Provide cover when closest teammate competing

OUT POSSESSION TEAM PRINCIPLES:

- Protect the goal
- Force Direction and set traps
- Compete and Cover

PROGRESSIONS:

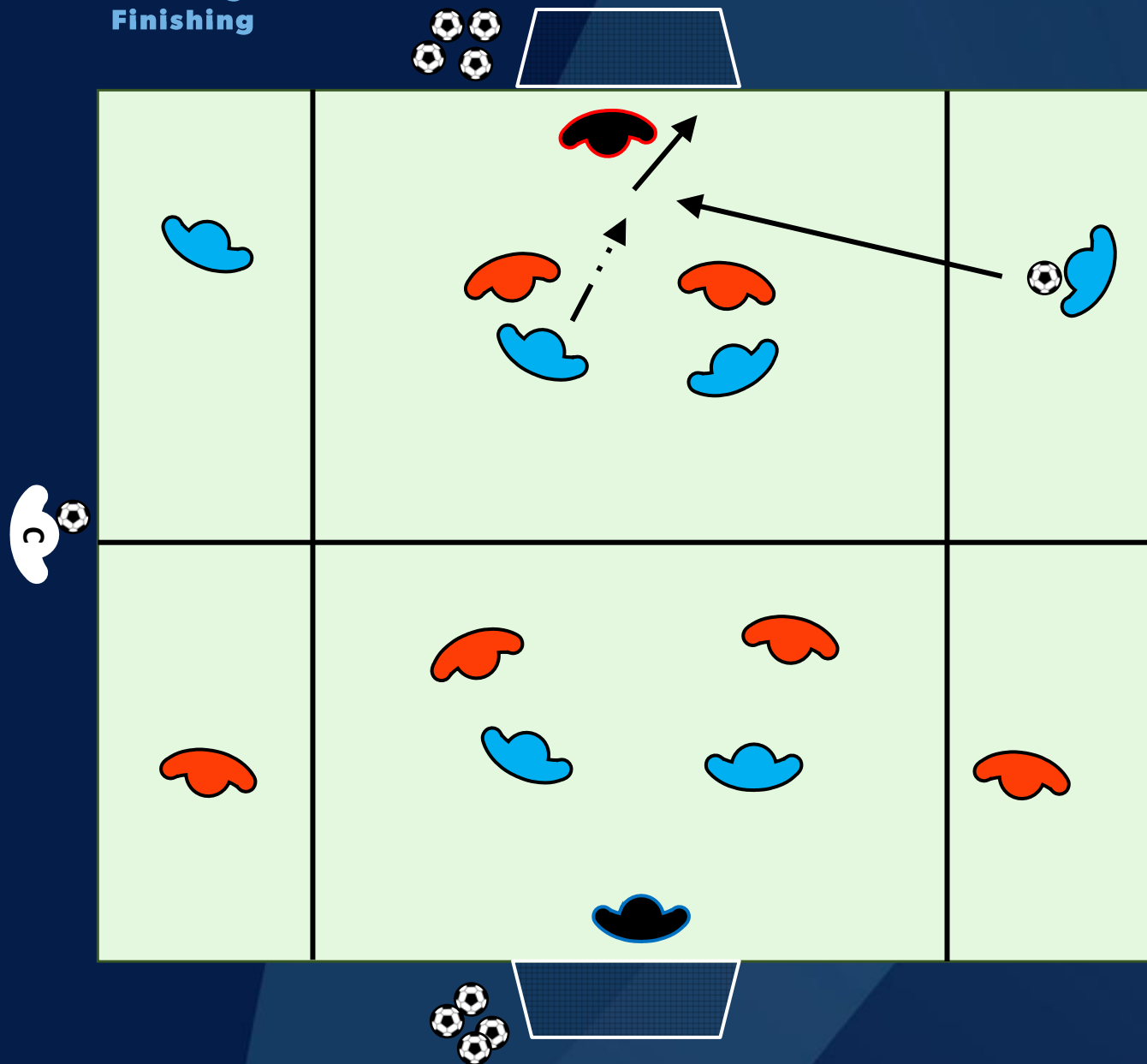
- Allow 1 defender to 'jump' over line to join press
- Allow 1 attacker to travel into attacking zone

VIDEO LINK:

The background of the slide is a dark blue, low-angle photograph of a soccer field at night. A single player is visible in the center of the field, silhouetted against the bright stadium lights. The lights create a strong lens flare effect at the top of the frame. The field's white lines are faintly visible on the grass.

CROSSING & FINISHING

Crossing and Finishing

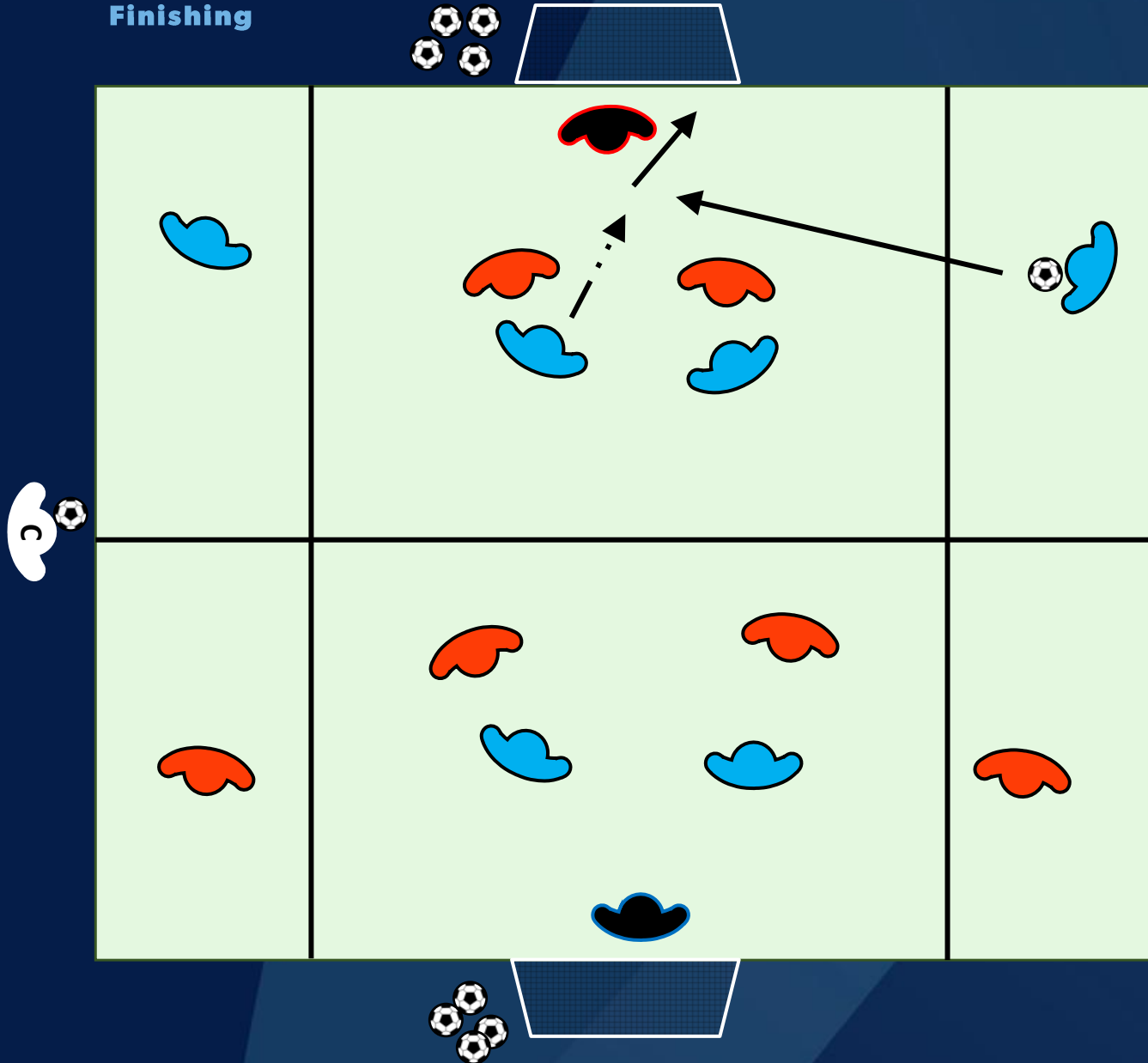


EXPLANATION:

- To start players stay in their zones.
- Balls always start with GK's
- Can attack down the middle if defending team not defending centre.
- Keep CB's high until ball goes into wide zone
- Wingers to track back to rush opp wingers cross
- Wingers can try to intercept passes from other team to their wingers

VIDEO LINK:

Crossing and Finishing



PLAYER BEHAVIOURS:

- Type of cross
- Technique of cross
- Timing of the run
- Angle of the run
- Type of finish

POSSESSION TEAM PRINCIPLES:

- Attack the goal

PROGRESSIONS:

- Allow 1 or both defenders to attack cross
- Allow far side winger to attack the cross
- Allow defenders to try and block cross

VIDEO LINK:

A person is standing in the center of a soccer field at night. The field is illuminated by bright stadium lights, creating a strong glow and long shadows. The person is seen from behind, looking out over the field. The stands are visible in the background, filled with spectators. The overall scene is dark, with the lights providing the main source of illumination.

FINISHING



- Wall pass played between 1st and 2nd player to start sequence (cue for defender to come out). Ball then played out to 3rd player who is joined by 2nd player to make 2v1 vs defender + GK. Must stay onside.
- Sequence on other side can start as soon as 3rd player receives ball.
- 1st player moves to 3rd player position, 3rd player moves to 2nd player position after sequence has ended. 2nd player to 1st player position.
- If defender wins ball, they try to play into small goal.

VIDEO LINK:



PITCH CONTROL

A person is standing in the center of a soccer pitch at night. The pitch is illuminated by bright stadium lights, creating a strong glow in the center. The person is standing on the center line, facing away from the camera. The background shows the stadium seating and the roof structure. The overall scene is dark, with the pitch and the person being the main focus.

PITCH CONTROL TO DENY COUNTER



EXPLANATION:

- Red team defend the middle mini goals and if they win the ball try to score quickly in big goals.
- Blue team (including GK's) keep the ball and try to score in mini goals but if they lose the ball must try to defend big goals quickly.
- Ball starts with GK's or coach.

VIDEO LINK:

PITCH CONTROL TO DENY COUNTER



PLAYER BEHAVIOURS:

- Position to support possession but be able to protect the middle/goal quickly
- Manage distances to stay engaged

POSSESSION TEAM PRINCIPLES:

- Swarm or Protect
- Pitch Control to deny counter
- Get yourself free

PROGRESSIONS:

- Reduce time for blue team to score a goal
- Area size
- Number of players on each team / jokers

VIDEO LINK: