



PROGRESSION

GAMES WITH RESTRICTIONS

#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
1	Walk Soccer	2
Rules: No running. Equal teams; Normal size fields apply; unlimited touch. Primary Focus: Tactics, anticipation, equality on fitness.		
2	Walk Soccer II	2
Rules: One team walks; one team is allowed to play normal. Primary Focus: Allows one team to work on patterns with limited pressure.		
3	Patterns	5
Rules: Instill your own restrictions with in a game of 11v0, i.e. everyone must receive a pass, 1-touch, overlap on each side, combinations, etc. Primary Focus: Patterns, success with out pressure.		
4	1v1/7v7	4
Rules: Players must pair up and stay with one man. No tackling another man. 8v8 big goals; normal game otherwise. Primary Focus: Man-to-man marking; some fitness (if the partners do not collaborate in being lazy!)		
5	Box on Box	1
Rules: Short games, 2 teams, add restrictions: 1 or 2-touch, first-time finishing, etc. Primary Focus: Finishing; could be long range finishing; quicker play.		
6	3 Zones	4
Rules: 3 Equal zones, 3 equal teams, only one team in mid 1/3, 60x70 yards. Primary Focus: Midfield build-up, rhythm, transitions, numbers up and down.		
7	3 Zones II	4
Rules: 3-Touch in defending 1/3, 2-touch in middle 1/3, unlimited in attacking 1/3. Primary Focus: Safety vs. Risk, speed of play.		
8	3 Zones III	4
Rules: 2v2 in each 1/3, progress to players joining while maintaining 2v2, 60x44 yards. Primary Focus: Mobility, balance, insight.		
9	3 Zones IV	4
Rules: Full-field or box to box, 3 zones lengthwise, defending team must have all players in two of the 1/3's when ball is in wide 1/3, can also use 4 big goals. Primary Focus: Defending shape.		
10	Shadows	1
Rules: Must stay with a partner by holding a shirt or a training vest, half-field.		



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Primary Focus: Communication, fun, social.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
11	Own Half	3
Rules: All players must be in half to score, full-field, 8v8. Primary Focus: Condensing the field of play; Fitness; Counter Attacks		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
12	Elimination	1
Rules: Each individual who scores must be taken out, half-field, 8v8. Primary Focus: Competition.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
13	2 Balls	2
Rules: Two balls; normal rules. Primary Focus: Increased small group tactics, numbers up, increases vision.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
14	4 Goals	3
Rules: Score in two separate goals in a box, 60x45 yards, 8v8. Primary Focus: Goal scoring opportunities, confidence and fun		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
15	4 Goals II	3
Rules: Score in two separate goals on common end line, 8v8. Primary Focus: Switching play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
16	End Line	2
Rules: Instill your own method to score by dribbling or passing over the line. Primary Focus: Width; Direct Play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
17	Small Group Defending	3
Rules: 2v1, 1v2, 2v2, 3v2, 3v3, 4v3 to end-lines, covering players must first run around outside cone(s) before joining defense. Primary Focus: Pressure, cover, balance.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
18	End Zones	2
Rules: End zone acts as off-sides line, score by getting touch in end-zone. Primary Focus: Possession, Combination play, timing and getting forward.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
19	Rhythm of Play	5
Rules: 3 small sided fields; play 2v2 with "floaters" to join in at anytime at any field. Game lengths are 3-4 minutes. Primary Focus: High and low pressure on defense; ball possession verses direct play depending on numbers, score, time, etc.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
20	Box on Box w/ Targets	3
Rules: 4v4 + 2 Targets on each end, must play Target before scoring. Primary Focus: Attacking play, getting behind.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
21	Gaelic Football	3



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Rules: Legal pass must be played underhand hit (bump), ball cannot be picked up by hand, different scoring methods.

Primary Focus: Different, fun.

#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
22	Half-Field Scrimmage	4
<p>Rules: Attacking team tries to score while defending team must play into target at midfield and receive it back (as if playing a front-runner and joining).</p> <p>Primary Focus: Offense vs. Defense; Direct play</p>		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
23	Four Corners	4
<p>Rules: Half-field, 4 – 10x10 yard grids (1 in each corner) with 1 player in each square, score by passing to 3 of 4 corners in possession.</p> <p>Primary Focus: Ball movement, changing point of attack, ball possession.</p>		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
24	Short, Short Long Scrimmage	4
<p>Rules: 3 Teams of 6, 2 playing, 1 as Targets (3 each side), point scored with successful S-S-L using Targets.</p> <p>Primary Focus: Combining, changing point of attack, possession.</p>		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
25	Winger Lane Game	3
<p>Rules: 2 winger lanes with a neutral player inside (can go 1v1), must score off cross or knock-down.</p> <p>Primary Focus: Wide play, runs in box, finishing off crosses, defending crosses.</p>		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
26	3v2/2v3	5
<p>Rules: 2 Fwd's verses 3 Def. and same set up across the field. Players can not initially cross midfield. Dimensions 44x60 yards.</p> <p>Primary Focus: Technical and Tactical Training (TTF) for the 2 strikers; runs, combinations; finishing, etc.</p>		