



Adapting to the Opposition

Session 34 • Match intelligence • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Hunt or Hold

0:10 – 0:25 • 15 MIN

Two Problems

0:25 – 0:40 • 15 MIN

The Switch

0:40 – 0:55 • 15 MIN

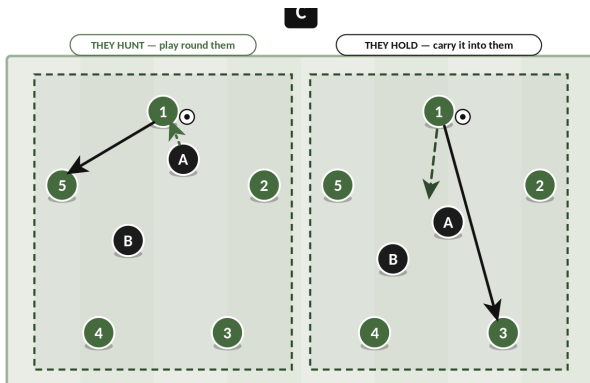
Read Them

0:55 – 1:00 • 5 MIN

Questions and homework

34.1 HUNT OR HOLD

Warm-up • 10 min



SAME BALL • DIFFERENT ANSWER • LOOK BEFORE YOU DECIDE

SET UP

- Two 14 × 16 m grids, seven or eight players in each.
- Five outside, two in the middle.
- The two defenders are given a card or a call — HUNT ...

RULES

- HUNT: the two defenders press the ball aggressively. HOLD: they stay compact and wait.
- Against a hunt, the possession team must play round — a first-time pass away from the pressure.

COACH IT

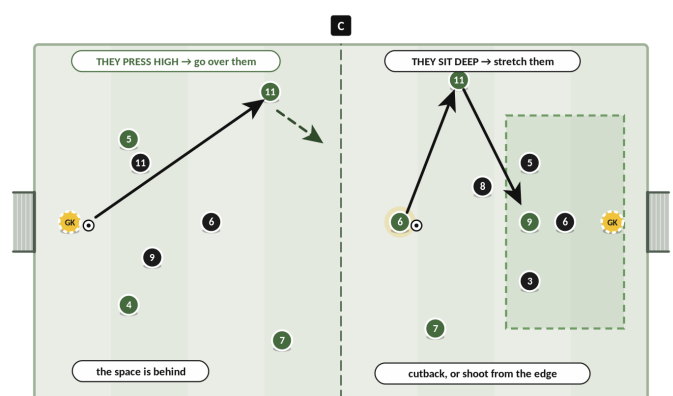
- Technical: First-time passing away from pressure, and carrying at a stationary defender — two techniques the squad already has, chosen by ...

SAY

- The habit tonight exists to break. Which one are they doing?

34.2 TWO PROBLEMS

Technical practice • 15 min



LOOK AT WHAT THEY ARE DOING • THEN PICK THE ANSWER

SET UP

- One pitch split into two half-pitches, each with a full goal and goalkeeper.
- End A — the high press: four of us against three of them, who press from the moment the goalkeeper has ...

RULES

- Press end: the three defenders press from the goal kick and may not drop off. 1 point for getting out through them, 2 for going over them.
- Block end: the four defenders may not leave their ...

COACH IT

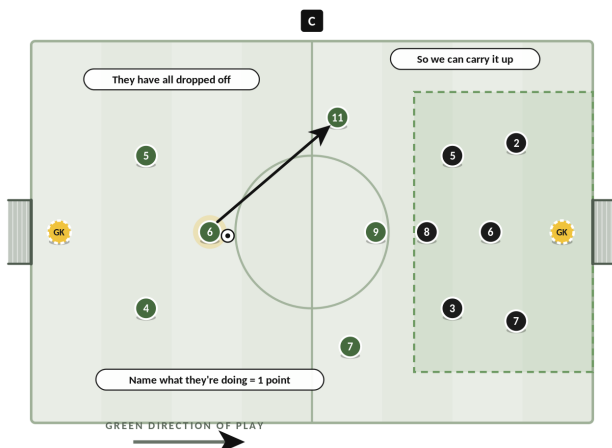
- Technical: Two very different passes: the driven ball over a press, and the patient short pass against a block. Also the long carry, which is how ...

SAY

- They want you to. Where aren't they?
- How many of those went in? Try one more pass.

34.3 THE SWITCH (6 v 6 + GKs)

Skill game • 15 min



SET UP

- One pitch, 44 × 30 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every three minutes.

RULES

- One team receives a secret instruction every three minutes.
- The other team scores 1 point for naming it and 1 more for changing something because of it.

COACH IT

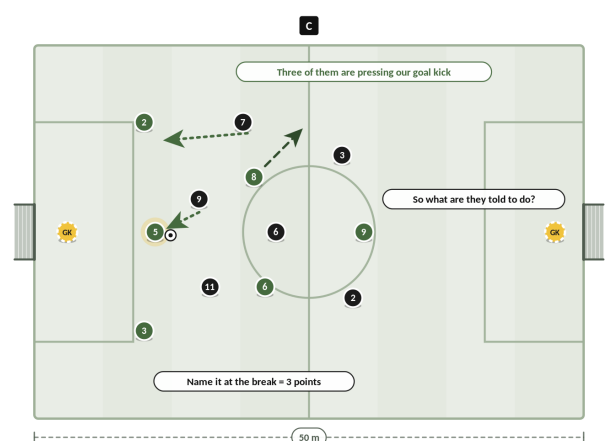
- Technical: Nothing new. Tonight is entirely about perception.
- Tactical: Recognising a pattern is a skill and it ...

SAY

- Give a hint: look at where they're standing when we've got the ball.

34.4 READ THEM (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes every two minutes.
- Two instructions written down beforehand, one per ...

RULES

- Each team has a secret instruction which must be followed for the full fifteen minutes.
- Naming the other team's instruction at half time = 3 points. One attempt, thirty seconds to confer.

COACH IT

- Technical: Whatever the instructions demand. Note it rather than fixing it.
- Tactical: The second half is the real test. Naming ...

SAY

- It is often not the best player, and that is worth saying out loud.