



## *The Golden Rule*

The Golden Rule is to help develop attacking success, overload on the side of the attacking team, perhaps in a two to one ratio. That is, two attackers for every defender. Again, go back to Rule # 1. If attacking success does not occur, add more attackers. If attacking success does occur, increase defenders. Realistically we know that match conditions mean that defenders outnumber attackers. But, always make things work. There are basic physical activities considered when creating exercises for your team.

Consider these factors when deciding what you want to accomplish with a specific training exercise. Try and build your exercises around these factors, but keep it simple.

### **Time:**

How many times in a minute do you want exercise to be done? How long do you want it done?

### **Velocity:**

How hard do you want the ball hit? The harder it is struck, the harder it is to control by the receiving player. How fast do you want a player to run? The faster a player runs, harder it is to receive the ball.

### **Direction:**

Where do you want the ball past? To the feet of a player? In front of the running player? In the general direction of the running player? Each pass has different difficulties.

### **Height:**

Do you want the ball passed on the ground? In the air? It is much harder for the player to receive a ball out of the air.

### **Distance:**

Distance that a ball travels is crucial to the game. Short passes need to be more accurate, as the distance is short, the time for the player to get into position to receive the passed ball. Longer passes allow the player receiving the ball, more time to get into the ball's path. Short passes can pass on pressure from one player to the next.

The exercises work best when they are constructed to work right from the beginning. They become more challenging when new restrictions are added. Limited touches of the ball, reducing the working space of the group or adjusting the number of players to the allotted space, all have a role to play in player development through coaching exercises. Finally, the factors of **Time**, **Velocity**, **Direction** and **Height** can change a session to make the exercise more challenging and realistic for the players.