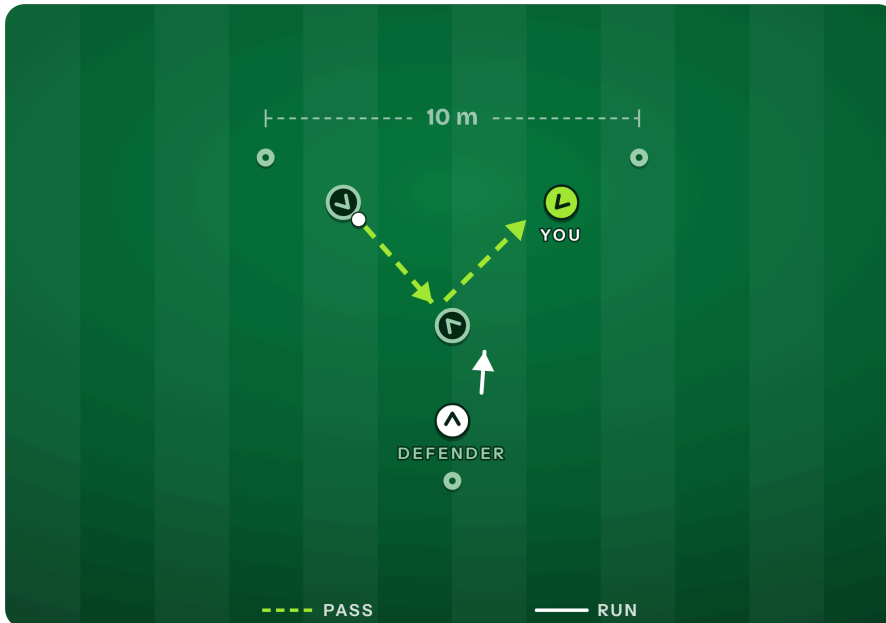




Talk on the pitch: three calls

SOCIAL & LIFESTYLE · COMMUNICATION ·

4 PLAYERS (3 KEEP THE BALL, 1 DEFENDS; A PARENT CAN DEFEND) · AGE 11+



Set up

- 3 players
- 1 defender
- 1 ball, on the ground
- 3 cones, 10 m apart

Dose

- 4 rounds of 2 min
- Lose it, then defend

4 rounds of 2 minutes, with a call before every pass (the Football Reach target, not an FA rule).

What it trains

Help the teammate on the ball with one clear word: "Man on" (pressure is coming), "Time" (you have space) or "Turn" (you can turn). Practised in a 3v1 keep-ball where every pass gets a call. England Football lists communication among the things a rondo develops.

How it works

- Warm up first. Mark a triangle with 3 flat cones, 10 m apart, on flat grass. Use a size 4 ball at U12-U13 and a size 5 from U14.
- Agree the three calls before you start: "Man on" (pressure is coming), "Time" (you have space), "Turn" (you can turn).
- Three players keep the ball inside the triangle with passes along the ground. One defender tries to win it.
- Every pass gets a call: a teammate who can see the receiver calls one word before the ball arrives, and the receiver acts on it.
- If the defender wins it, or it goes out, the player who lost it swaps in to defend. Play 2-minute rounds.

Coaching points

- Call early, one word**
Watch the receiver and the defender while the pass travels, and call before the ball arrives, so your teammate can use it. One word, loud and clear, and only the words your group agreed.
- Act on the call**
The receiver acts on the call: on "Man on", play it first time or protect it; on "Time", take a touch and look up; on "Turn", turn with the first touch. Listen for who is calling and what they say.

✗ **Not this:** Calling late, when the defender is already there, or shouting long sentences. By then the call is just noise: your teammate needs the word before the ball arrives.

MY NOTES

HARDER

Two touches at most, so the call has to come earlier. Or play 4 v 2 with two defenders. Then keep the same calls going in your small-sided games.

EASIER

The defender walks, or presses at half pace, until every pass gets a call. Or the coach calls first and the players copy.

Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- The defender stays on their feet: no slide tackles, and passes stay on the ground.
- Warm up first. Flat grass with space all round, never a road or driveway. Use flat cones.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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