



Description

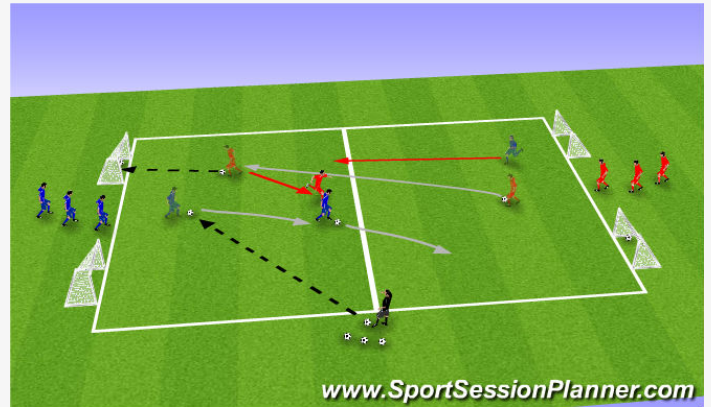
Arrival Activity: 1v1 Attacking: 1v1 to Mini-Goals w/ Flying Rotations (balls w/ coach) (10 mins)

Setup: Age/level-appropriate space (15-25m wide x 20-30m long). Half line marked.

Activity: Teams of 3-4 players each. Balls with the coach. Play starts with pass to attacking team. Play 1v1 to goals until ball leaves the field of play. 1 new player from end where ball leaves the field (sideline, endline, or goal) starts next attack with ball played from coach. Player from that end leaves the field and returns to line. Player from opposite end stays on to defend. Practice round(s), then competition round(s) where scores are kept

Options: Must be in attacking half to score. Must be inside 6-8 yard shooting zone to score (not pictured).

Coaching Points: Big touches to run quickly with the ball. Smaller touches when approaching defender. Big "killer touch" to get into space behind defender. Take touch to cut across defender's recovery path "sealing off" defender from access to the ball. 2 main strategies: run directly at defender making decision late whether to attack right/left space, or attack a space right away but be ready to change direction based on defender's reaction.



Technical: Turning Moves: Red Light Green Light w/ Turns (10 mins)

Setup: 15-20 x 20-30 yard area. Each player with a ball. 5-6 Cone Gates.

Activity: Each player "Driving their Car" (dribbling around the area). Coach shouts instructions: "Green Light" = Free-Dribble, "Red Light" = Stop, "Yellow Light" = Dribble with small touches (close control), "Purple Light" = Dribble as fast as possible all around the area.

Options: Create as many different "lights" for various turning moves, and attacking moves. Add gates to dribble thru "Tunnels." Add mini-goals to shoot/pass into to "Park the Car" in.

Coaching Points: Appropriate touches: small for tight control, large to cover ground quickly. Head up to observe space, and teammates.

Focus on Turns: Change of Direction using Inside of Foot, Outside of Foot, Sole of Foot. One round focused on change of direction with each of the 3 surfaces. Dribble thru any Gate, then execute the Turn to go back thru the gate.



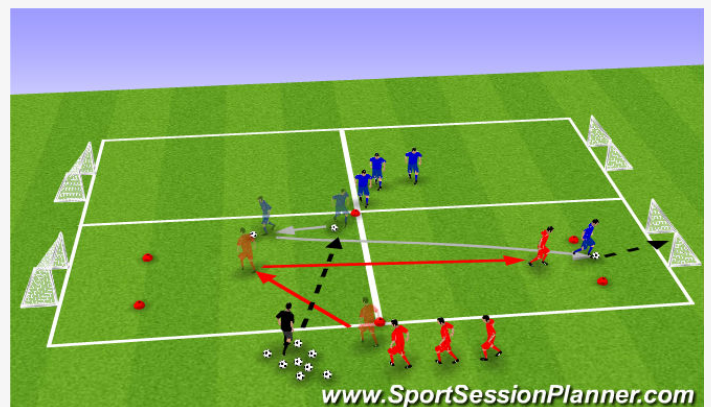
Technical/Individual Tactics: 1v1 Directional Possession: 1v1 Attack 2 Opposite Goals (10 mins)

Setup: Age/level-appropriate space (8-12y wide x 20-30y long). Cones mark either shooting zone (4-5y from goal).

Activity: Teams of 3-5 players each. Balls with Coach. Play starts with pass to attacking team. Play 1v1 to score in either of 2 goals until ball leaves the field of play. Both players leave the field returning ball to coach and then returning to lines. Next ball to attacking team starts next 1v1. Attack starts with the same team for allotted time, then other team attacks for same amount of time.

Goals must be scored within shooting zone. A defender who wins the ball can attack either goal, but must also enter the shooting zone. A defender who finishes a ball dribbled into shooting zone by the opposing player has scored an own-goal. Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept (2-3min each way).

Coaching Points: aggressive attacking mentality, 1v1 possession, use of appropriate turning moves, timing of evasive touches, maintain orientation facing the defender/goal, deception/fake to turn, seal off/cut off defender



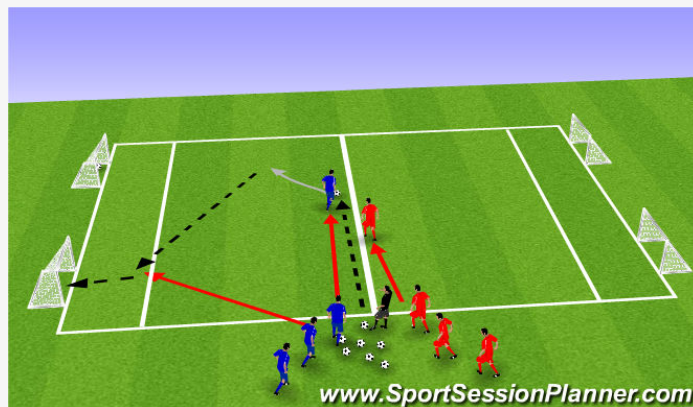
Individual Tactics: 2v1 Attacking: Get Outta Here - 2v1 Attack 4 Goals (10 mins)

Set-up: 10-15m x 10-25m space (depending on age/level/objectives). Goals at each end. Starting points for teams marked. 2 teams of 3-6 players each at starting points. Coach in between teams with supply of balls.

Activity: (as pictured) Coach passes ball out into playing area. Coach creates a 2v1 by calling out, "2 blue" for example, bringing out 2 blue players against 1 red. Players battle for possession of the ball, and then to score in any of the 4 goals. As soon as a point is scored or the ball is out of bounds, coach plays out the next ball. If a battle goes on for too long coach should do a "count down." Practice rounds, then competition

Focus:

- 1v1 Possession
- 1v1 Attacking
- 2v1 Attacking
- Support (distance, angles)
- Passing/Receiving (to open up to space, see defender, and see teammate)
- Change of Direction (to avoid defender, to change direction of attack)
- Use of Turning Moves



Team Play: Changing the Point of Attack: 3v3 Match Format (10 mins)

Play 3v3 match format. Attack 2 / Defend 2 mini-goals. Must score from within shoot zone. All restarts are choice of kick-in/dribble-in.

Focus: Changing the Point of Attack

- Changing the Point of Attack at Individual Player
- Changing the Point of Attack as a Group
- Sideways/Backward Ball Movement to Find Space to Attack

Utilize Coaching in the Game methodology to provide insight into the game, such as attacking and defensive shape. Reinforce coaching points from the session's previous activities.

