



Description

Arrival Activity: 2v1 Attacking: Get Outta Here - 1v1 Pass to Coach / 1v1 Pass into Mini-Goals (10 mins)

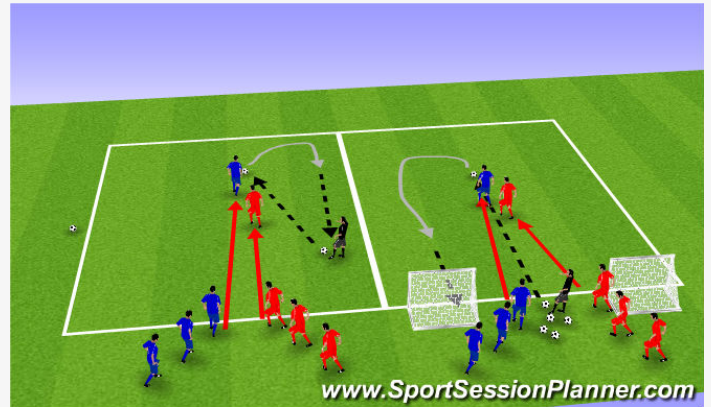
Set-up: 10-15m x 10-25m space (depending on age/level/objectives). Goals at each end. Starting points for teams marked. 2 teams of 3-6 players each at starting points. Coach with supply of balls.

Pass to Coach Option 1: (as pictured left) Coach passes ball out into playing area. 1 player from each team battle for possession of the ball, and then to score point by passing ball to coach. Coach can vary level of difficulty by changing his position on the fly. 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

Pass into Goals Option 2: (as pictured right) Coach passes ball out into playing area. 1 player from each team battle for possession of the ball, and then to score point by passing ball into either of 2 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:

- 1v1/2v1/2v2 Directional Possession (maintaining possession to play in a specific direction)
- Support (distance, angles, timing)
- Passing/Receiving (to open up to space, see defender, and see teammate)
- Change of Direction (thru dribbling, thru passing)



Technical: Striking the Ball: Simple Shooting - Coach Serves for Shot on Goal (10 mins)

Setup: Age/level-appropriate space and goal. Starting points for players marked (right-footed starting point to left, left-footed starting point to right). Coach positions on end-line next to goal with supply of balls.

Activity: Coach passes ball in front of goal. Player runs onto the ball and strikes the ball on goal.

Options:

- Vary distance of shot from goal
- Vary angle of service (coach serves from different positions)
- Vary speed of service.
- Serve bouncing ball (or air ball) (advanced).
- Specify surface to finish with (instep/laces, inside of foot, head, etc.)
- Add a goalkeeper
- Add a recovering defender coming from various positions/angles.
- Require 2-touch finish (to emphasize receiving to set up for a shot)
- Receive to turn before shooting, etc.

Focus:

- Judging rolling ball
- Shooting Technique (angle of approach, plant foot placement, choice of surface, balance, follow-thru)
- Receiving to shoot



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

Setup: Age/level-appropriate space (8-12m wide x 20-30m long). Cone gates (5m from goal (2-4m wide)).

Activity: Teams of 4-6 players each. Balls with defending team. 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 to lines with ball. 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. Attacker must dribble thru cone gate before scoring. A defender who wins the ball can attack either goal, but must also dribble thru the gate to enter the shooting zone. A defender who finishes a ball dribbled thru the gate 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: 1v1 Attacking: Sharks & Minnows (10 mins)

Setup: Age/level-appropriate space. Each player with a ball (minnows) on sideline of space. Coach observing/officiating. Start with 1-2 players as defenders in the middle of the space (sharks, or bulldogs).

Activity: Players with balls try to dribble from one sideline to the opposite sideline to safety. Defenders try to win the balls from dribblers and put them out of bounds. If a dribblers ball is put out of bounds, then they join the sharks/bulldogs. Last player to survive is the winner. Allow the player 1 or more chances to dribble across against all defenders. Start next round with a new defender, or pair of defenders,

Options:

- Points System: Attackers get points for successfully getting across space without defender touching ball. Defenders get points for touching an attacker's ball.

- Vary space

- Limit time to get across from one sideline to the other.

- Require defenders to only get a touch on the ball with their foot.

- Require defenders to also dribble a ball, and play that they must tag (put sharks into different colored pinnies from minnows).

- Play tag version without ball

- Require specific attacking moves from the dribblers

Focus:

- Running with the ball

- Killer touch to get past defenders

- 1v1 Attacking moves (fakes, feints, moves, etc)

- 1v1 Defending



Team Play: Restarts: 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: Organization around Getting Play Restarted

- Kick-in/Dribble-In

- Restart After Goal

- Corner-Kick

- WHO should retrieve the ball

- WHERE should the other players go

- HOW should the ball be restarted

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.

