



Description

Arrival Activity: 1v1 Attacking: 1v1 Endline Soccer (10 mins)

Set-up: 12m x 20m space. Cones at starting points, and corners. 2 teams, on opposite sides, at starting points.

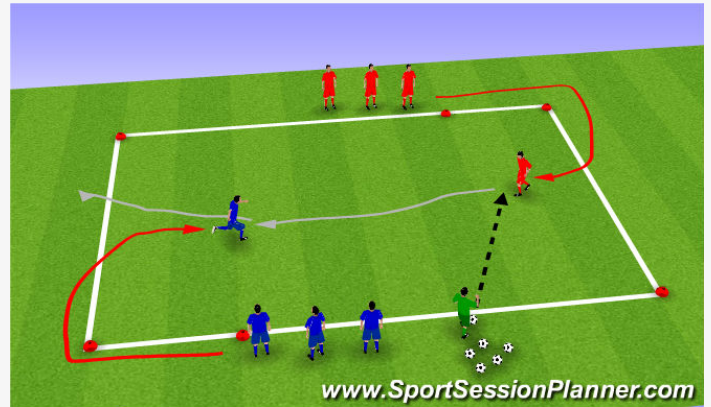
The Exercise: (as pictured) White player runs toward 1 end, around the corner cone and on to field. On White player's movement, Blue player runs opposite direction. White player tries to receive ball from coach and dribble across endline. Blue player tries to prevent white player from scoring. Blue player can win ball and attack opposite endline. White teams attacks for 2-3 min, then red team attacks. Practice rounds, then competition rounds.

Options:

- 1) 1v1 Tag (no ball) (tag ends 1v1, no counter)
- 2) 1v1 with Ball (coach plays ball out to attacking players as they enter the field of play).

Focus:

- 1v1 Attacking (running at, fake/feint, change of direction/change of speed, killer touch, win next)



Technical: Attacking Moves: Pickle 1v1 (10 mins)

Set-up: Set up field with central playing area and 2 end-zones. Field size varies with age, ability, number of players, and focus of session. For u5u6 players, a distance of 10-12m b/t end-zones is appropriate. The width of the playing area should vary with number of players, number of defenders, ability, etc. Make 3-4 teams of 2-4 players.

Activity: (as pictured) Team with Green Tops is shown as defenders. Blue and White/Red teams are shown as attackers. Attacking players try to get from zone to zone as many times as they can in allotted time (2-3min). Player keep count. Defending players try to get their foot to the attacking players' soccer balls. Anytime a defending touches a ball, the attacker must start their count over again at zero. If an attacker dribble outside of the playing areas, their count goes to zero. Defenders get a point each time they touch a ball. After each round, teams get together to total their points. Change defending team each round.

Option: (not pictured) Defenders moving on ground as "Crabs" to lessen pressure on attackers.

Focus:

- Dribbling Technique (running with the ball, attacking moves, turning moves)
- 1v1 Attacking Tactics (running at, fake/feint/move, killer touch, final touch)



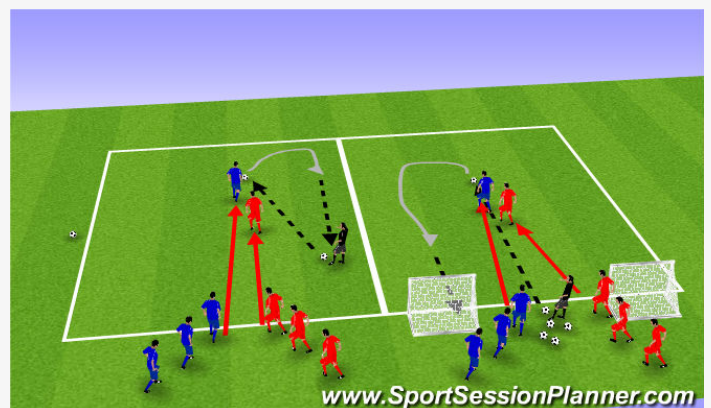
Individual Tactics: 1v1 Directional Possession: Get Outta Here - 1v1 Pass to Coach (10 mins)

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

Options:



- Play 1v1, 2v1, 2v2, etc.
- Players score by passing ball to coach (pictured left)
- Players score by passing ball into goals (pictured right)

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)

Individual Tactics: 2v1 Attacking: 2v0/2vGk Attack 2 Mini-Goals (10 mins)

Setup: Age/level-appropriate space (15-25m wide x 20-30m long). Shooting zones marked. Supply of balls. Number of required players will depend on activity and method of player rotation. Players should be setup to attack 2 at a time with 1 ball.

2v0 Activity: (pictured) 2 attackers try to score in either of the 2 goals at the opposite end. Each player must touch the ball before a goal can be scored. Goals must be scored from inside the shooting zone. Give players a time limit to score for a goal to count (5-10 sec depending on age/level), or time attacks to see which group can attack the fastest. The next attack can start right away (trigger is ball in goal or out of bounds), or on the coach's signal, depending on the organization (consider bouncing a ball as signal to start next attack to force players to pay attention).

2vGk Activity: 2 attackers try to score against 1 Goalkeeper/Gatekeeper (Gk should be restricted to endline or to shooting zone). Rotate players thru Gk position (1 Gk at each end).

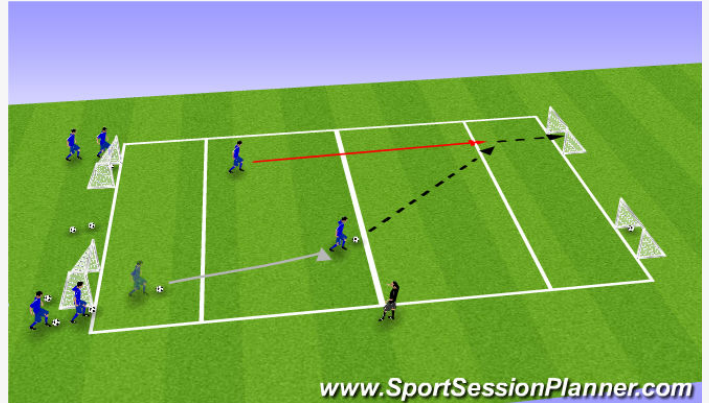
Alternative setup (recommended when space and numbers allow): make 2 fields side-by-side and make each attack a race b/t the teams on the 2 fields. The team that scores first gets the point.

Options:

- Limit number of touches (2-touch, 1-touch) for goal to count.
- Interchange positions (players in new positions at time of shot) for goal to count.
- Require specific 2-player combination before scoring a goal (wall-pass, overlap, diagonal run)

Focus:

- Running with the Ball and Dribbling
- Passing/Receiving
- Support (timing, angle, distance)
- Passing for Possession (to feet)
- Passing/Receiving to Penetrate (pass to space, 1st touch into shooting zone)
- 2-Player Combinations (wall pass, overlap, diagonal run)



Team Play: Attacking Shape: 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: Shape in Possession of the Ball

- Triangle Shapes that allow for 2 Passing Options
- Forward Passing Options
- Side-ways Passing Options
- Backwards Passing Options

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.

