



Description

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

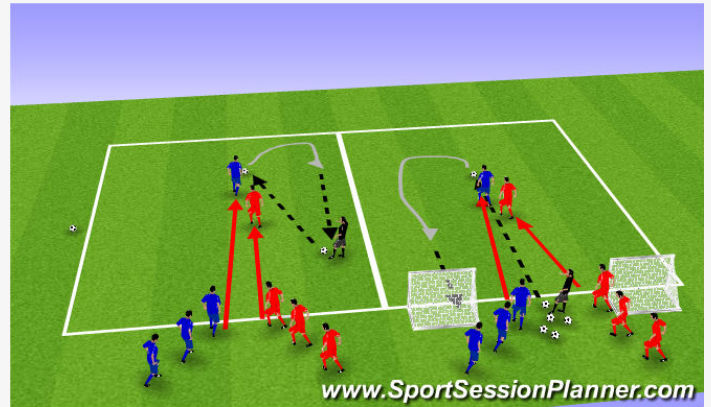
Pass into Goals Option 2: (as pictured right) Coach passes ball out into playing area. 1 player from each team battle for possession of the ball, and then to score point by passing ball into either of 2 goals. As soon as a point is scored or the ball is out of bounds, coach plays out the next ball. If 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)



Technical: Turning Moves: Drag Race - Turn & Shoot (10 mins)

Setup: Age/level-appropriate space and goal. Starting points for players marked on endline next to goal. Each player with a ball. Gate marked for each team. appropriate distance from endline/goal. Coach positioned to judge race winner.

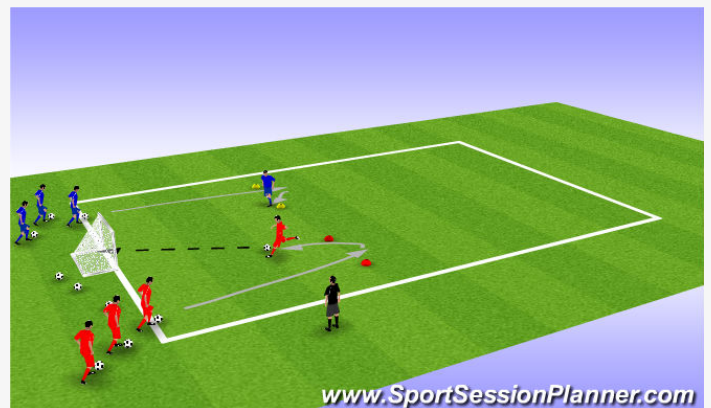
Activity: When coach signals start of race, first player for each team dribbles thru their gate, then executes a proscribed turning move to return back thru gate. Player finishes by shooting on goal. First player to score on goal wins a point for their team. Players must properly execute the proscribed move.

Options:

- Vary turning moves.
- Vary distance of gate/shot from goal
- Specify surface to finish with (instep/laces, inside of foot, right/left foot)
- Provide a separate goal for each team. Add a goalkeeper from each team.

Focus:

- Running with the Ball
- Turning Moves (inside cut, outside cut, pull-back ole (far foot), pull-back open-up (near foot), step-on cruyff (behind plant foot)
- Shooting Technique (angle of approach, plant foot placement, choice of surface, balance, follow-thru)



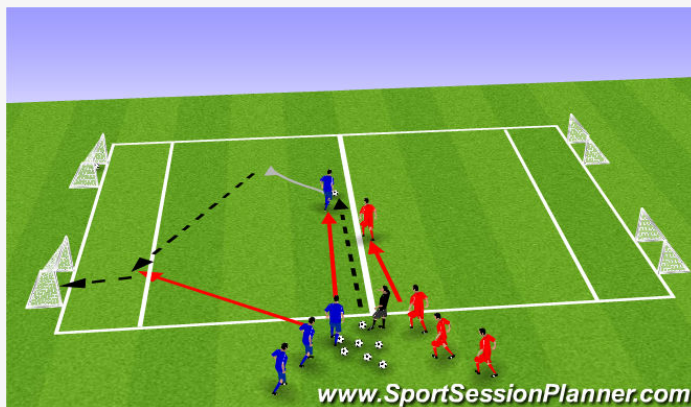
Individual Tactics: 2v1 Attacking: Get Outta Here - 2v1 Attack 4 Goals (10 mins)

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



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:

- 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.
- Play tag version without ball
- Require specific attacking moves from the dribblers
- Play point for each successful crossing, with no elimination consequence

Focus:

- Running with the ball
- Killer touch to get past defenders
- 1v1 Attacking moves (fakes, feints, moves, etc)
- 1v1 Defending



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.

