



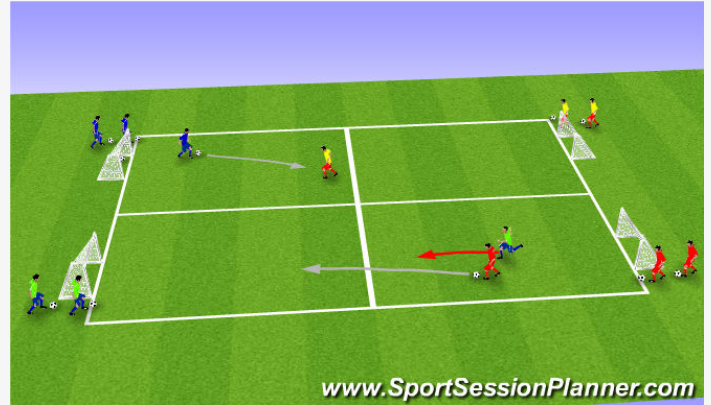
Description

Arrival Activity: 1v1 Att 1 / Def 1 Mini-Goal (flying rotations) (10 mins)

Setup: Age/level-appropriate 4-Goal setup (15-25m wide x 20-30m long) split vertically to form 2 lanes. Center line marked.

Activity: Teams of 3-4 players each. 1 ball per player. 1 line per team next to 1 mini-goals. Play 1v1 until ball leaves the field. 1 new player attacks from end where ball leaves the field (sideline, end-line, or goal). player from that end leaves the field and returns to line. player from opposite end stays on to defend. Play promotion-relegation format across multiple fields.

Options: Must be inside attacking half to score.



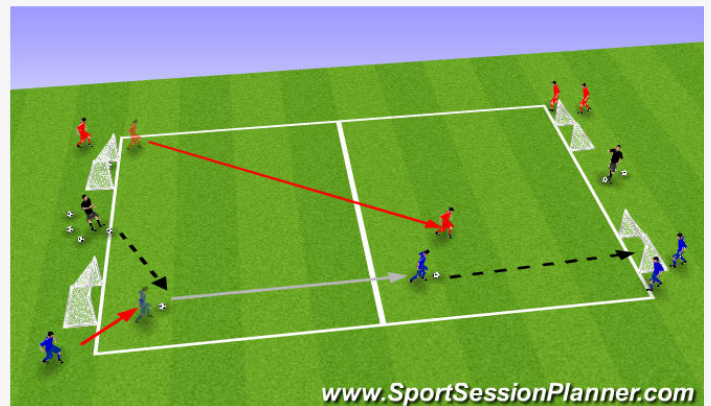
Technical: Running w/ Ball: 1v1 Att/Def 2 Mini-Goals w/ Recovering Def (15 mins)

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

Activity: Teams of 4+ players each. Balls with each of 2 coaches. Play starts with pass to attacking player (blue player as pictured). Coach at that end (left as picture) will always play to blue. Defending player (red player as pictured) chases. Play 1v1 to goals until ball leaves the field of play. Both players leave the field returning to lines at the opposite end. Now the other team receives a pass from coach at opposite end to start next 1v1. Coach at that end (right as pictured) will always play to red. Continue, alternating attacks b/t teams/ends. Practice round(s), then competition round(s) where scores are kept.

Options: Must be in attacking half to score as pictured. Must be inside 6-8 yard shooting zone to score (not pictured) (to encourage penetration). Allow attacker to score in only the 1 goal directly ahead (to encourage speed and "sealing-off" of defender)

Coaching Points: Big touches to run quickly with the ball. Touch only the back of the ball to run a straight line to goal. "Seal off" the defender by taking a touch across the defenders path to prevent him from recovering to the ball.



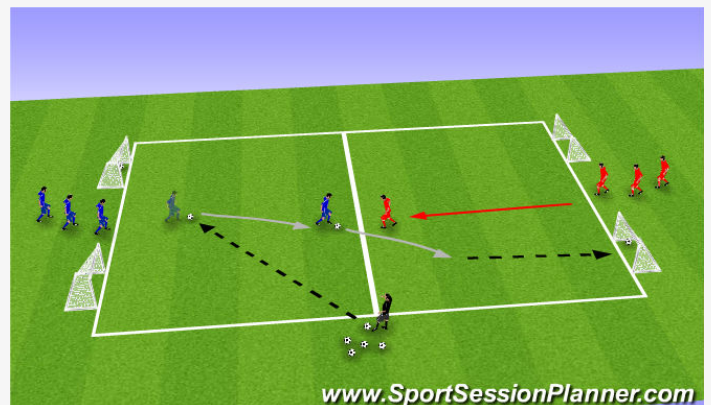
Individual Tactics: 1v1 Attacking: 1v1 to Mini-Goals - 2 new players each attack (15 mins)

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. All field players leave the field 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. Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept (3-4min each way).

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.



Team Play: 4v4 Match Format (20 mins)

Play 4v4 match format. No goalkeepers. Attack 1 / Defend 1 Goal.
Must score from within 8 yard shooting zone. All restarts are choice of kick-in/dribble-in.

Review 4v4 Match Format & Rules

Utilize Coaching in the Game methodology to provide insight into the game, such as attacking shape, defensive shape, roles & responsibilities, decision-making, etc. Reinforce coaching points from the session's previous activities.

