



Description

Arrival Activity: 1v1 Defending: 1v1 Tag in a Box (10 mins)

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

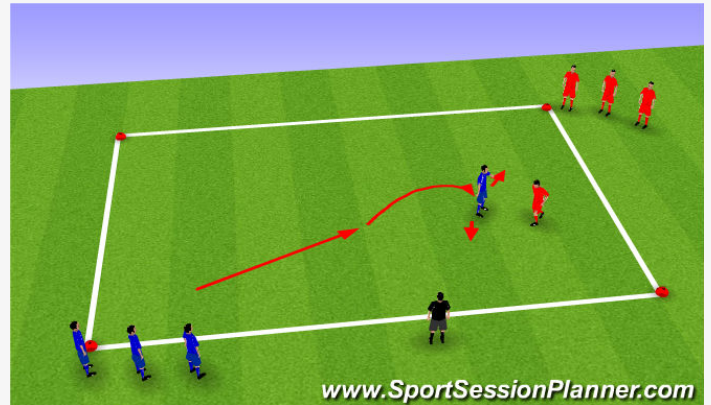
The Exercise: (as pictured) 1 Red player and 1 Blue player enter the field. Blue player tries to tag the Red player with 20 seconds to score 1 point. Red player tries to avoid being tagged. All tags must be with 2 hands simultaneously. Blue team defends/tags for 2-3 min, then Red team defends/tags. Practice rounds, then competition rounds.

Focus:

- 1v1 Defending (delay/restraint, dictate/control, timing of tag/tackle)

For Less Advanced Players:

- Make the playing area smaller.



Technical: Passing: Clean Your Back Yard (10 mins)

Setup: 20x25 yard area with central buffer zone (5 yards). Each player with a ball.

Activity: Players pass/kick/shoot balls into opposing team's back yard. Team with fewest balls in their yard at end of round wins. Play rounds of 2-3 min.

Option: Make 2-3 small goals (3 yards wide) on endlines (back line of each team's area). Points scored only for balls passed into goals. Team with most points wins a round.

Coaching Points: Technical points: use inside of foot to pass with greatest accuracy (top up/heel down ankle position), use top inside edge of laces to pass with power (toe down/heel up angle position), plant foot next to ball, plant foot pointed at target, step into ball, strike ball, follow thru at target.



Individual Tactics: 1v1 Defending: 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) Red player runs toward 1 end, around the corner cone and on to field. On Red player's movement, Blue player runs opposite direction. Red player tries to receive ball from coach and dribble across endline. Blue player tries to prevent Red player from scoring. Blue player can win ball and attack opposite endline. Red team attacks for 2-3 min, then Blue team attacks. Practice rounds, then competition rounds.

Options:

- 1) 1v1 plus recovering defender (recovering Blue starts from same end as Red attacker)
- 2) 2v1 plus recovering defender (recovering Blue starts from same end as Red attacker)
- 3) 2v2 (2 Red Attack, 2 Blue Defend)

Focus:

- 1v1 Defending (delay/restraint, dictate/control, timing of tackle)
- 1v2/2v2 Defending (1st defend delay/dictate, 2nd def recover, double team)

For Less Advanced Players:

- Make the playing area smaller.



4v4 Match Format: Defensive Shape (15 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.

Focus: Shape for Controlling Attacking Play (2-1-1)

- Steering Attacking Play Toward 1 of 2 Goals (taking away option to attack 1 2 goals)

- 1v1 Defending Principles

- Group Defending: positioning of 3 players

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.

