



Description

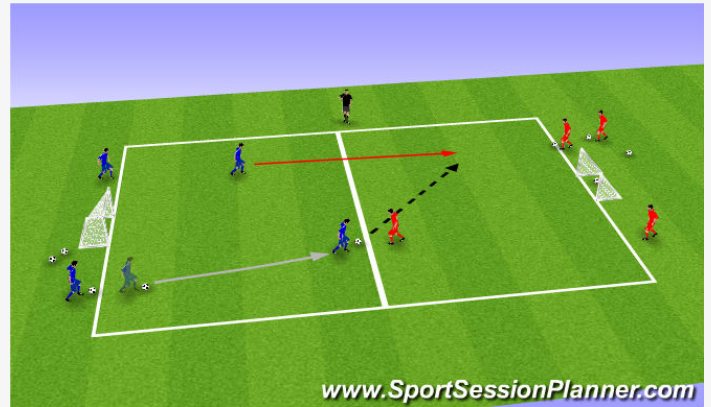
Arrival Activity: 2v1 Attacking: 2v1 to Mini-Goals (flying rotations) (10 mins)

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

Activity: Teams of 4+ players each. Teams in 2 lines each, 1 line with balls. Play 2v1 to goals until ball leaves the field of play. 2 new players attack from end where ball leaves the field (sideline, end-line, or goal). players from that end leave the field and returns to lines. 1 player from opposite end stays on to defend (first player to say "I got ball.") Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept.

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" or "killer pass" to get into space behind defender. 2 main strategies: run directly at defender making decision late whether to attack right/left space with killer touch/pass, or attack a space right away but be ready to change direction with dribble or pass based on defender's reaction. Attack to try to score and read defender's engagement before deciding whether to dribble or pass ('commit defender').



Technical: Striking the Ball: Simple Shooting - Coach Serves for Shot on Goal (15 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 endline 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



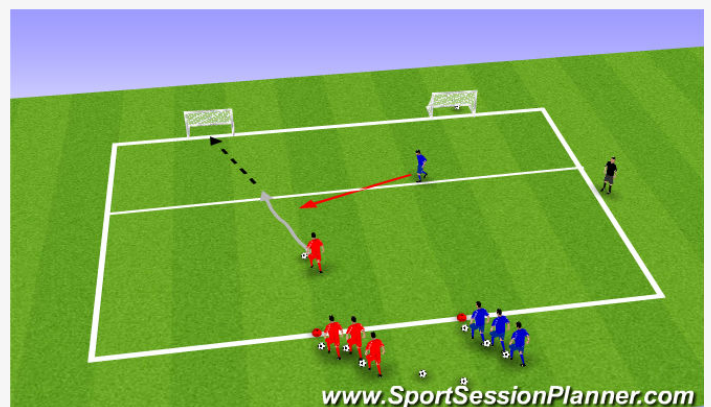
Individual Tactics: 1v1 Attacking: 1v1 Attack then Defend (15 mins)

Set-up: Age/level-appropriate space. (15y long x 20y wide). Designate a shooting zone 6-8y from the end-line. Use two mini-goals or create 2 two yards goals with discs. Divide team equally. Everyone should have a ball.

Activity: Play begins when one player from the white line dribbles quickly and shoots the ball into a goal once he enters the shooting zone. Once the blue player releases the ball, the first player in the red line attacks either goal. The blue player should quickly transition to defend. Once red shoots, the first player in the blue line should immediately attack the goal that is now open. Red should then quickly transition to defend. Practice round, then competition round(s).

Options:

- Defender tries only to win the ball and put the ball out of bounds.
- If defender wins the ball, he/she can pass the ball to the coach to receive a point.



- Play to 1 central goal. After shooting, player must touch 1 of 2 cones just outside the frame of the goal before defending.

Focus:

- Running with the ball.
- 1v1 Attacking tactics (running at defender or space, change of direction)
- 1v1 Attacking moves (fakes, feints, moves)
- 1v1 Defending
- Finishing

Team Play: Restarts: 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.

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 shape, defensive shape, roles & responsibilities, decision-making, etc. Reinforce coaching points from the session's previous activities.

