



Description

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

Setup: Age/level-appropriate 4-Goal setup (15-25m wide x20-30m 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 / Attacking Moves: Dribbling/Moves/Killer Touch (15 mins)

Setup: Defined age/level-appropriate space. Large central cone.

Activity: 4-6 players per group. 1 ball per player. Running w/ the ball (RWB) and attacking moves in relation to central cone. Execute given Attacking Movement + Killer Touch (KT). Continue to opposite side. Next player attacks.

Core Progression: RWB (R/L) > RWB using Sole (R/L) > KT w/ Outside of Foot (R/L) > KT with Inside Chop (R/L) > Step-Behind (R/L) > Step-Over (R/L) > Inside-Outside (R/L) > Inside-Outside-Step-Over Combo (R/L)

More Moves: Inside-Inside > Inside-Outside Elastico > Outside-Inside Elastico > Roulette > Ronaldo-Chop-Cruyff > Inside African > Outside African > Inside Lifted KT > Outside Lifted KT > 2-Footed Hop > Rainbow



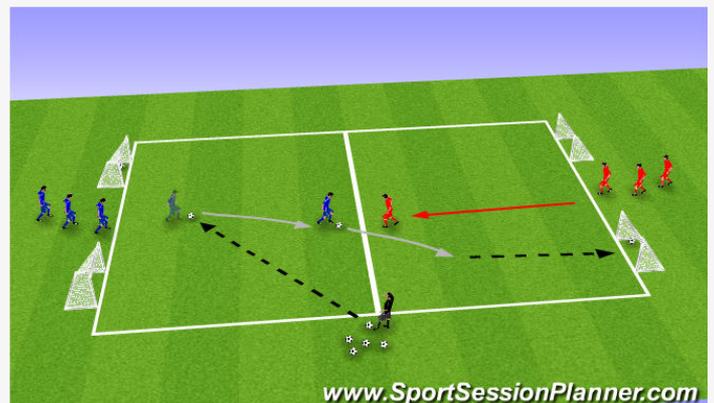
Individual Tactics: 1v1 Attacking: 1v1 to Mini-Goals - 2 new players each attack (15 mins)

Setup: Age/level-appropriate space (15-25m wide x20-30m 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: 8v8 System of Play (20 mins)

Play 8v8 (7v7 plus goalkeepers). Standard 8v8 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.

