



Description

Arrival Activity: Juggling (10 mins)

**Setup:** Defined space for the number of players. Ball per player. Coach observing, monitoring, motivating. etc.

**Activity:** Players try to execute specific juggling sequences > progressions.

-Thigh-Thigh-Catch (R/L) > Thigh-Thigh-Foot-Foot-Catch (R/L) > Thigh-Thigh-Foot-Foot-Head-Catch (R/L)

**Options:** How many times can a player successfully complete a particular sequence? How many times in a row? After a player reaches a specified number of repetitions, coach moves that player on to next level. Partner juggle (instruct players to make vertical touches rather than trying to pass the ball to each other in the air).



Technical: Dribbling/Attacking 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.

**Options:** practice, then competition round(s) with group races

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



Individual Tactics: 1v1 Defending: 1v1 to Central 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 3-6 players each. Balls with the coach. Play starts with pass to attacking team. Play 1v1 to goals until ball leaves the field of play. Both 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:**

**Defending:** Apply pressure by closing down space b/t defender and ball (start defending away from goal, outside of shooting zone). Via body position (angle of approach, side-on body position) force attacker to 1 side and away from goal. Move with attacker rather than into attacker, maintaining position b/t ball and goal. Be patient, waiting for best time to win the ball (when ball comes off of attacker's foot). Win the ball AWAY from attacker with front foot, rather than INTO attacker with back foot.



## Team Play: Attacking Shape: 8v8 Match Format (20 mins)

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

Focus: Team Shape in Possession of the Ball:

- 3-2-2 Shape when Ball is in Back of team
- 2-3-2 Shape when Ball is in Midfield
- 2-2-3 Shape when Ball is Up Front

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.

