



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-Catch > Thigh-Foot-Catch > Thigh-Head-Foot-Catch (Right > Left)

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).

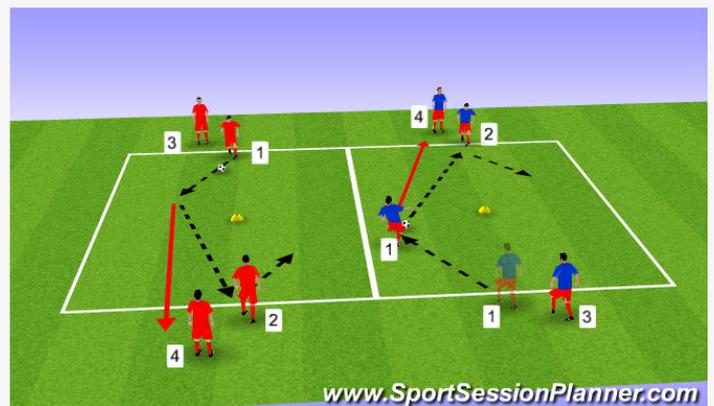


Technical: Passing/Receiving: Receiving / Pass / Follow (15 mins)

Setup: Defined age/level-appropriate space (10-20m long x 8-15m wide). Large central cone.

Activity: 4-6 players per group. 1 Ball. Receive With (RW) given Technique to avoid central Cone. Pass With (PW) given Technique to opposite side. Follow pass. Next player receives.

Core Test Progression: (2-Touch) RW Inside-PW Inside of Same Foot (R/L), RW Inside-PW Inside of Opp Foot (R/L), RW Outside-PW Inside (R/L). (R/L)



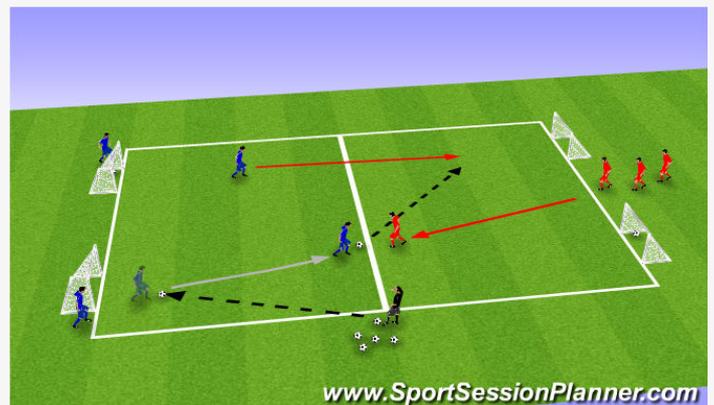
2v1 to Mini-Goals - 3 new players each attack (15 mins)

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

Activity: Teams of 4+ players each. Balls with the coach. Play starts with pass to attacking team. Play 2v1 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 2v1. 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 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').



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

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

Focus: Shape for Controlling Attacking Play

- 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.

