



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: 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: 2v1 Attacking: 2v1 to Mini-Goals (flying rotations) (15 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').



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

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

Focus: Shape in Possession of the Ball

- Triangle Shapes that allow for 2 Passing Options
- Forward Passing Options
- Side-ways Passing Options
- Backwards Passing Options

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.

