



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 of 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: Turning Moves: Drag Race - Turn & Shoot (15 mins)

Setup: Age/level-appropriate space and goal. Starting points for players marked on endline next to goal. Each player with a ball. Gate marked for each team. appropriate distance from endline/goal. Coach positioned to judge race winner.

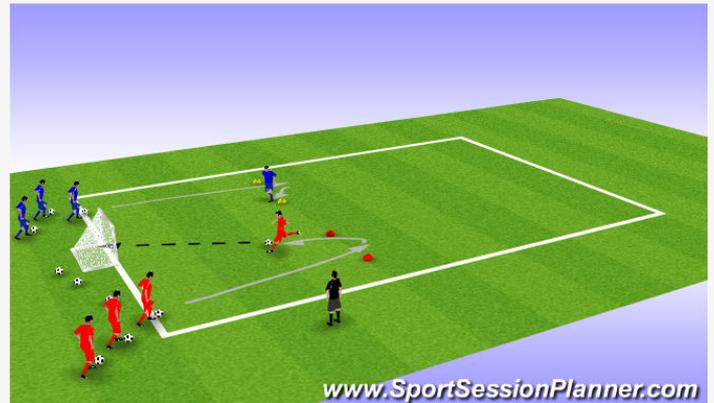
Activity: When coach signals start of race, first player for each team dribbles thru their gate, then executes a proscribed turning move to return back thru gate. Player finishes by shooting on goal. First player to score on goal wins a point for their team. Players must properly execute the proscribed move.

Options:

- Vary turning moves.
- Add a combination with teammate before dribbling at gate, or before finishing on goal (wall pass, overlap, 2-4 quick 1-touch passes, etc.)
- Vary distance of gate/shot from goal
- Specify surface to finish with (instep/laces, inside of foot, right/left foot)
- Pass to teammate who serves ball in air for volley or headed finish.
- Provide a separate goal for each team. Add a goalkeeper from each team.

Focus:

- Running with the Ball
- Turning Moves (inside cut, outside cut, pull-back ole (far foot), pull-back open-up (near foot), step-on cruyff (behind plant foot), 2-touch cruyff, 1-touch cruyff)
- Shooting Technique (angle of approach, plant foot placement, choice of surface, balance, follow-thru)



Individual Tactics: 3v1 Directional Possession: 3v1 End-to-End Possession (15 mins)

Set-up: (as pictured) 15-20m x25-30m age/level-appropriate area. Attacking team divided b/t the 2 ends. Defending team next to coach. Coach with supply of balls.

Activity: (as pictured) Players in red play to keep possession from end-to-end against 1 blue defender. Players in possession rotate by supporting, receiving, passing back to the end they came from, and returning to the end they came from. When ball goes out of bounds, coach plays new ball into one of the end players, and new defender enters. Defending team can sub defenders at any time. Count how many times team in possession can play the ball to from end-to-end in row. Count restarts whenever ball leaves the area. (2-3min possession for each team)

Options:

- Only central supporting player can play to opposite end
- End players can play directly to opposite end on short-short-long combination with central player
- Count number of "ends"
- Count best record of consecutive "ends"
- Count points: age/level-appropriate number of consecutive "ends" = 1 pt.
- Limit touches (1-2 touches)

Focus:

- Playing out of pressure
- Quality of Support
- Receiving/Turning with ball
- Quality of Passing
- Timing (early support on sides)
- Angle & Distance (come back to the ball, and wide, to open the passing lane)
- Body Position (receive open for visions, to see up the field)
- Good First Touch (to prepare for what come next)
- Speed of Play
- Good Technique, On Ground
- Accuracy (to feet of end players, to front foot of side players)



Team Play: Changing the Point of Attack: 8v8 Match Format (20 mins)

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

Focus: Changing the Point of Attack

- Changing the Point of Attack at Individual Player
- Changing the Point of Attack as a Group
- Sideways/Backward Ball Movement to Find Space to Attack

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.

