

Technical Repititions

Organization:

24x16 yd area, with 4x4 yd area for receiving player on each endline

groups of 4 set up as shown, 1 ball per group, extra balls nearby

4x4 yd box that receiving player stands in

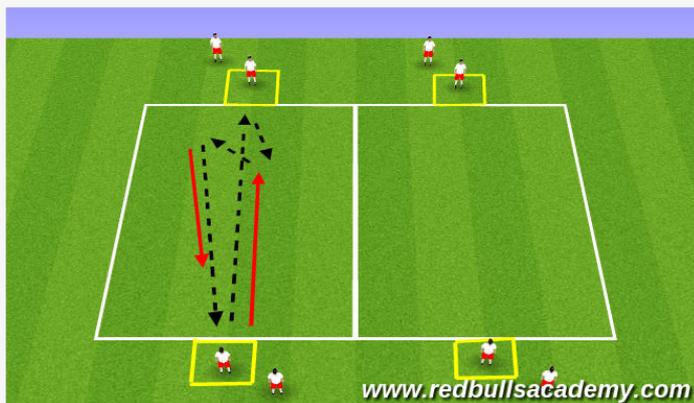
Instructions:

- player with the ball plays driven pass accross area to player on opposite side of the grid
- receiving player attempts to receive the ball within his 4x4 yd square
- after playing driven pass, player follows pass to support the ball and exchange double pass with recieving player
- player on opposite side exchanges double pass with checking player then plays driven pass in the opposite direction
- rotation is continuous
- each succesful driven pass gets 1pt for the group

Coaching Points:

- first touch at an angle out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe through center of the ball
- follow through toward target
- receiving player get in line with the ball
- choose appropriate surface to receive
- cushion touch to maintain possession inside the receiving area

Progressions:



Technical Repititions (semi-opposed)

Organization:

24x16 yd area with 4 yd zone in the center for the defender

groups of 6 set up as shown

Instructions:

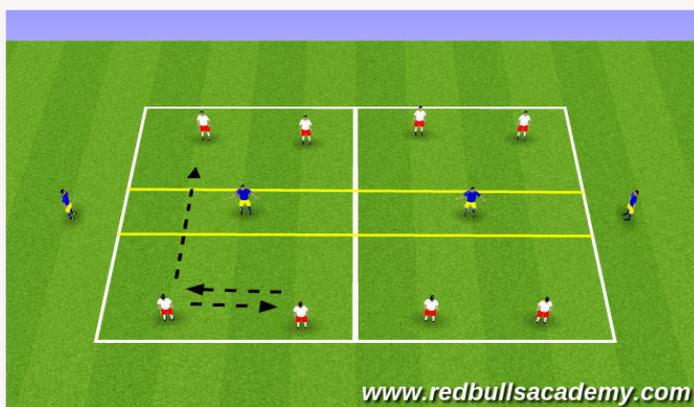
- one pair starts with the ball in possession
- they will pass the ball back and forth looking for the opportunity to play a driven pass to beat the defender and find a player on the far side
- 1 pt for every pass that is succesfully played through the center area to the opposite side without the defender intercepting
- defender scores 1 pt by intercepting the ball
- rotate after a set amount of time or a set number of points

Coaching Points:

- first touch out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe through center of the ball
- follow through toward target
- play supporting player if driven passing lane is blocked by the defender

Progressions:

- 1 - Reduce the width of the area to limit the space the defender has to cover



Small sided possession game

Organization:

32x24 yd area with 6 yd zone for defenders in the center

12 players set up as shown (3 groups of 4, can also use 3 groups of 3)

Instructions:

- team in possession attempts to connect set number of passes (3 or 4) before playing the ball across the area to the waiting players on the other side
- 2 defenders pressure the ball inside the box, the other 2 defenders remain in central area to attempt to intercept the pass
- 2pts for successfully playing the ball to the other side in wide area
- 1pt for switching the ball through the middle area
- defending team switches when they win the ball, they are replaced by the team that turned the ball over

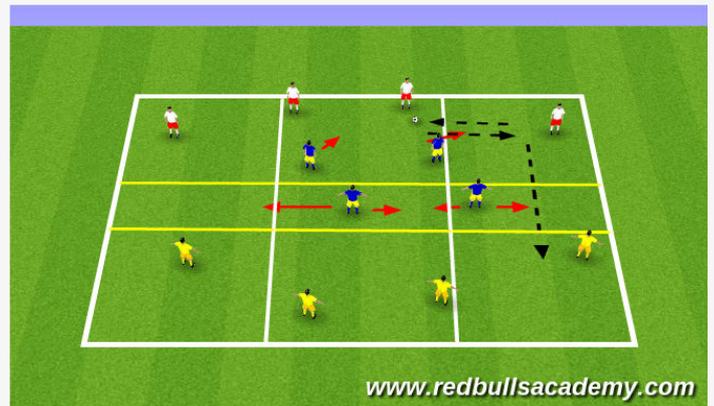
Coaching Points:

- all previous pts
- switch the ball across the field quickly to open an opportunity to play forward

Progressions:

Regression:

- 1 - remove a defender so the team in possession is under less pressure



Small sided conditioned game

Organization:

40x32 yd field with 4 goals positioned 10-15yds back from the endline

3 teams of 4, 1 team waiting to rotate on, with 4 goals set 10-20yds back from endline

Instructions:

- 4v4 in area, with 4 goals set back
- normal soccer rules, teams must score from on the field with a driven pass

Coaching Points:

- all previous pts

Progressions:

