



Description

Arrival Activity: 1v1 Endline Tag (10 mins)

Set-up: 12m x 20m space. Cones at starting points, and corners. 2 teams, on opposite sides, at starting points.

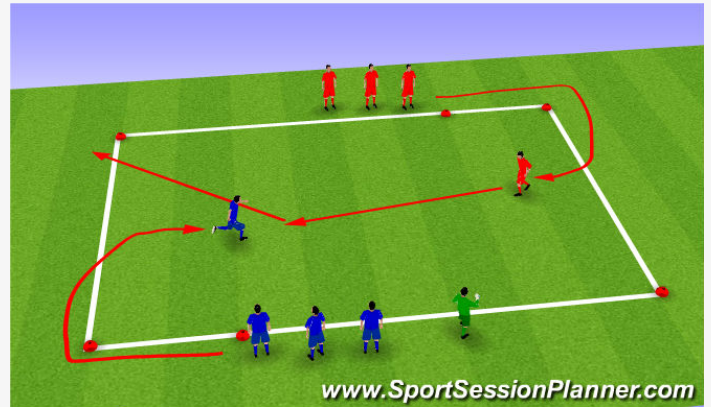
Activity: (as pictured) Red player runs toward 1 end, around the corner cone and on to field. On Red player's movement, Blue player runs opposite direction. Red player tries to run across endline to score 1 point. Blue player tries to tag Red player to prevent scoring. Blue player can win ball and attack opposite endline. Red teams attacks for 2-3 min, then Blue team attacks. Practice rounds, then competition rounds.

Options:

- 1) 1v1 Tag (no ball) (tag ends 1v1, no counter)
- 2) 1v1 with Ball (coach plays ball out to attacking players as they enter the field of play).

Focus:

- 1v1 Attacking (running at defender, fake/feint, change of direction/change of speed to penetrate across line)



Technical: Attacking Moves: Pickle 1v1 (10 mins)

Set-up: Set up field with central playing area and 2 end-zones. Field size varies with age, ability, number of players, and focus of session. For u7u8 players, a distance of 10-15m b/t end-zones is appropriate. The width of the playing area should vary with number of players, number of defenders, ability, etc. Make 3-4 teams of 2-4 players.

Activity: (as pictured) Team with Green Tops is shown as defenders. Blue and White/Red teams are shown as attackers. Attacking players try to get from zone to zone as many times as they can in allotted time (2-3min). Player keep count. Defending players try to get their foot to the attacking players' soccer balls. Anytime a defending touches a ball, the attacker must start their count over again at zero. If an attacker dribble outside of the playing areas, their count goes to zero. Defenders get a point each time they touch a ball. After each round, teams get together to total their points. Change defending team each round.

Focus:

- Dribbling Technique (running with the ball, attacking moves, turning moves)
- 1v1 Attacking Tactics (running at, fake/feint/move, killer touch, final touch)



Individual Tactics: 1v1 to Mini-Goals - 2 new players each attack (10 mins)

Setup: Age/level-appropriate space (10-15m wide x 15-20m long). Half line marked.

Activity: Teams of 3-4 players each. Balls with the coach. Play starts with pass to attacking team. Play 1v1 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 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).

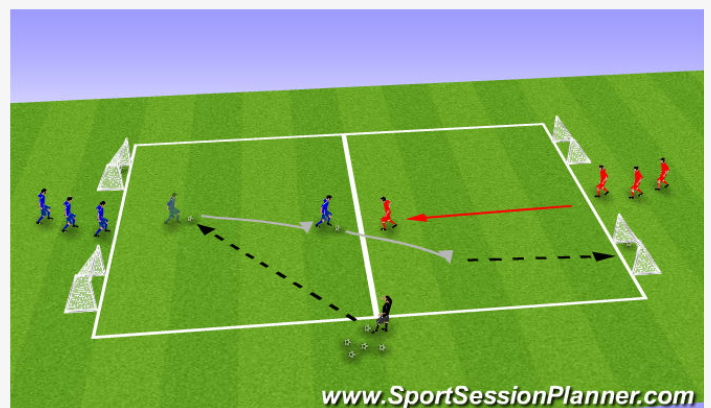
Options:

- Must be in attacking half to score.
- Must be inside 6-8 yard shooting zone to score (not pictured).

For Less Advanced Players:

- Ball is placed in front of player, rather than passed to them.
- Player scores by passing ball to coach(es), and/or either of 2 goals..
- Player scores into any of the 4 goals.

Coaching Points: Big touches to run quickly with the ball. Smaller touches when approaching defender. Big "killer touch" to get into space behind defender. Take touch to cut across defender's recovery path "sealing off" defender from access to the ball. 2 main



strategies: run directly at defender making decision late whether to attack right/left space, or attack a space right away but be ready to change direction based on defender's reaction.

Individual Tactics: 3v1 Att/Def 2 Mini-Goals (balls w/ coach) (10 mins)

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

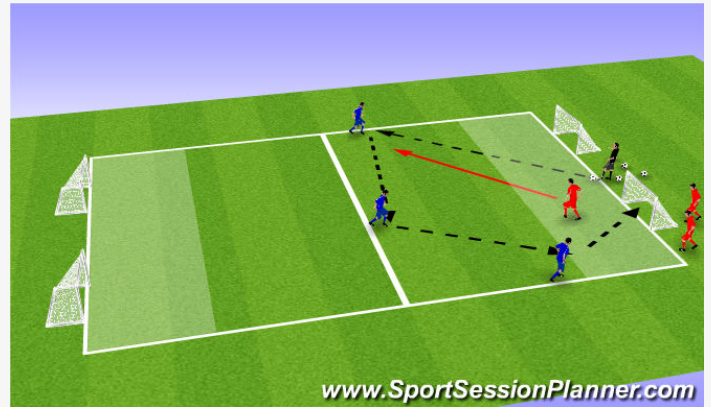
Activity: Teams of 3-4 players each. Balls with the coach. Play starts with pass to attacking team. Play 3v1 to goals until ball leaves the field of play. Must be inside shooting zone to score. Next attack starts with ball played from coach into 3 attacking players. Next defending player enters in anticipation of next attack. Practice round(s), then competition round(s) where scores are kept.

Options:

- Utilize Coach(es) as defender(s) to facilitate player success by appropriately varying the level of pressure.
- Rotate Attacking Players: each attack, every 2-3 attacks, etc.
- Rotate Defending Players: each attack, every 2-3 attack, etc.
- Add a Mini-goal (attack 3 mini-goals)
- Defenders Counter with pass to coach(es)
- Add a Defender (play 3v2)

Coaching Points:

- Game Awareness (space, position of defender, direction of defender's movement, position/direction of teammates, location of shooting zone & goals)
- Attacking Principles (width, depth, mobility, penetration, improvisation)
- Create & Read Conditions to Penetrate (body orientation, space, lack of pressure, quality of pass to facilitate penetration)
- Productive 1st Touch (technical, directional, size of touch, to penetrate)
- Running with the Ball (take available space, penetrate when possible, run across defenders & space, size of touches)
- 1v1 Attacking (smaller approach touches, killer touch to penetrate)
- Sealing Off (cut across defender's recovery path)
- Speed of Play (decisions, and actions)



Team Play: Attacking Shape: 3v3 Match Format (15 mins)

Play 3v3 match format. Attack 2 / Defend 2 mini-goals. Must score from within shoot zone. All restarts are choice of kick-in/dribble-in. Utilize Coaching in the Game methodology to provide insight into the game, such as Attacking Shape and Defensive Shape (both 2-1 Shape: 2 Backs-1 Forward). Reinforce coaching points from the session's previous activities.

For Less Advanced Players:

- Make the playing area smaller to compensate for lack of mobility of players and of ball.
- Whenever ball leaves the playing area, play re-starts with a pass from the coach to an attacking player (team that did not put the ball out).
- Play 3v2 or 3v1 for more success and to encourage passing.
- Allow the 3 players to have 4-6 attacks in a row, rotating defenders every 2-3 attacks. New ball coming from a coach.
- Require 1 pass before a goal is scored.
- Run a "corrective" activity, such as 2v1 or 3v1 to goal, to help attacking players see 2 goals and the benefit of attacking 1 goal to draw defender there then passing to 2nd attacker at other goal.

