



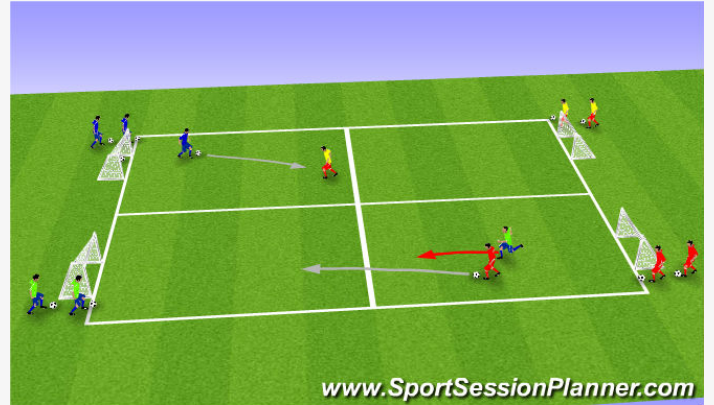
Description

Arrival Activity: 1v1 Attacking: 1v1 Att/Def 1 Mini-Goal (flying rotations) (10 mins)

Setup: Age/level-appropriate 4-Goal setup (15-25m wide x 20-30m long) split vertically to form 2 lanes. Center line marked.

Activity: Teams of 3-4 players each. 1 ball per player. 1 line per team next to 1 mini-goals. Play 1v1 until ball leaves the field. 1 new player attacks from end where ball leaves the field (sideline, end-line, or goal). player from that end leaves the field and returns to line. player from opposite end stays on to defend. Play promotion-relegation format across multiple fields.

Options: Must be inside attacking half to score.



Technical: Turning Moves: Red Light Green Light w/ Turns (15 mins)

Setup: 15-20 x 20-30 yard area. Each player with a ball. 5-6 Cone Gates.

Activity: Each player "Driving their Car" (dribbling around the area). Coach shouts instructions: "Green Light" = Free-Dribble, "Red Light" = Stop, "Yellow Light" = Dribble with small touches (close control), "Purple Light" = Dribble as fast as possible all around the area.

Options: Create as many different "lights" for various turning moves, and attacking moves. Add gates to dribble thru "Tunnels." Add mini-goals to shoot/pass into to "Park the Car" in.

Coaching Points: Appropriate touches: small for tight control, large to cover ground quickly. Head up to observe space, and teammates.

Focus on Turns: Change of Direction using Inside of Foot, Outside of Foot, Sole of Foot. One round focused on change of direction with each of the 3 surfaces. Dribble thru any Gate, then execute the Turn to go back thru the gate.

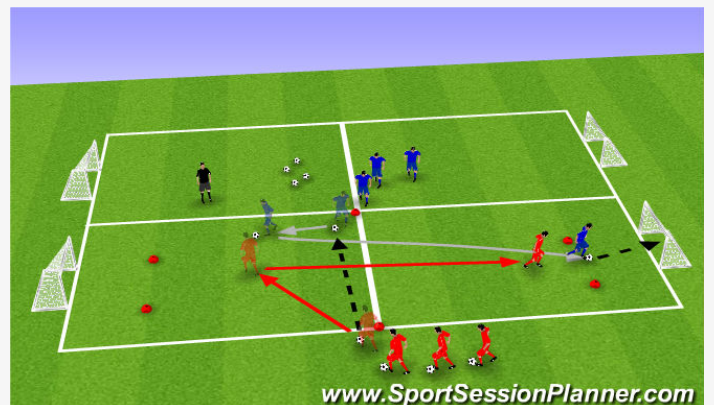


Individual Tactics: 1v1 Directional Possession: 1v1 Attack 2 Opposite Goals (Balls w/ Players) (15 mins)

Setup: Age/level-appropriate space (8-12m wide x 20-30m long). Cone gates (5m from goal (2-4m wide).

Activity: Teams of 4-6 players each. Balls with defending team. Play starts with pass to attacking team. Play 1v1 to score in either of 2 goals until ball leaves the field of play. Both players leave the field returning to lines with ball. 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. Goals must be scored within shooting zone. Attacker must dribble thru cone gate before scoring. A defender who wins the ball can attack either goal, but must also dribble thru the gate to enter the shooting zone. A defender who finishes a ball dribbled thru the gate by the opposing player has scored an own-goal. Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept (2-3min each way).

Coaching Points: aggressive attacking mentality, 1v1 possession, use of appropriate turning moves, timing of evasive touches, maintain orientation facing the defender/goal, deception/fake to turn, seal off/cut off defender



## Team Play: Changing the Point of Attack: 4v4 Match Format (20 mins)

Play 4v4 match format. No goalkeepers. Attack 1 / Defend 1 Goal.  
Must score from within 8 yard shooting zone. All restarts are choice of kick-in/dribble-in.

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.

