



Description

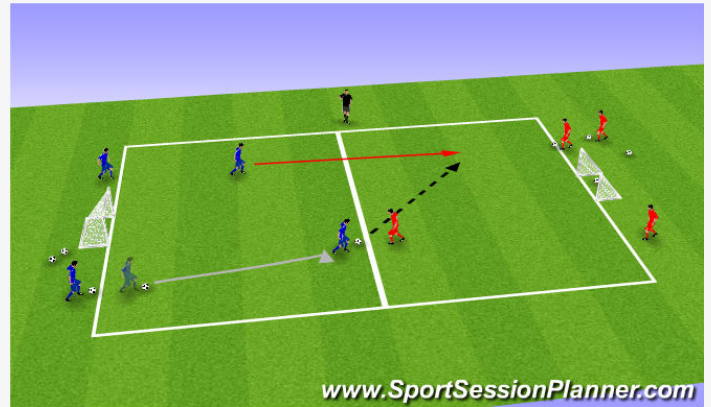
Arrival Activity: 2v1 Attacking: 2v1 to Mini-Goals (flying rotations) (10 mins)

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 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').



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.

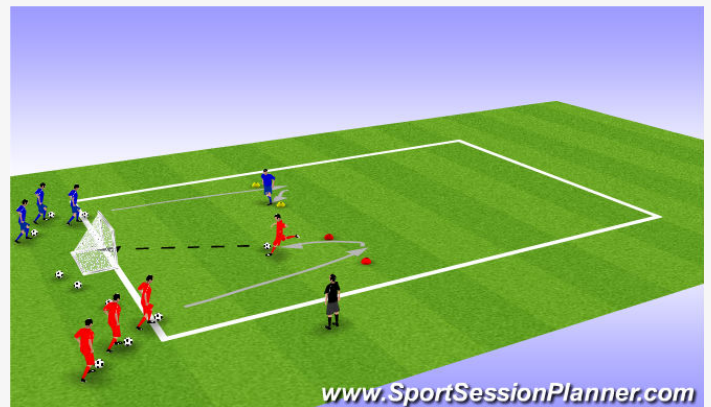
Activity: When coach signals start of race, first player for each team dribbles thru their gate, then executes a proscribed turning move to return back thru gate. Player finishes by shooting on goal. First player to score on goal wins a point for their team. Players must properly execute the proscribed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

Options:

- Vary turning moves.
- Vary distance of gate/shot from goal
- Specify surface to finish with (instep/laces, inside of foot, right/left foot)
- 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).
- Shooting Technique (angle of approach, plant foot placement, choice of surface, balance, follow-thru)



Individual Tactics: 2v1 Directional Possession: Get Outta Here - 2v1 Attack 4 Goals (15 mins)

Set-up: 10-15m x 10-25m space (depending on age/level/objectives). Goals at each end. Starting points for teams marked. 2 teams of 3-6 players each at starting points. Coach in between teams with supply of balls.

Activity: (as pictured) Coach passes ball out into playing area. Coach creates a 2v1 by calling out, "2 blue" for example, bringing out 2 blue players against 1 red. Players battle for possession of the ball, and then to score in any of the 4 goals. As soon as a point is scored or the ball is out of bounds, coach plays out the next ball. If a battle goes on for too long coach should do a "count down." Practice rounds, then competition

Focus:

- 1v1 Possession
- 1v1 Attacking
- 2v1 Attacking
- Support (distance, angles)
- Passing/Receiving (to open up to space, see defender, and see teammate)



- Change of Direction (to avoid defender, to change direction of attack)
- Use of Turning Moves

## 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.

