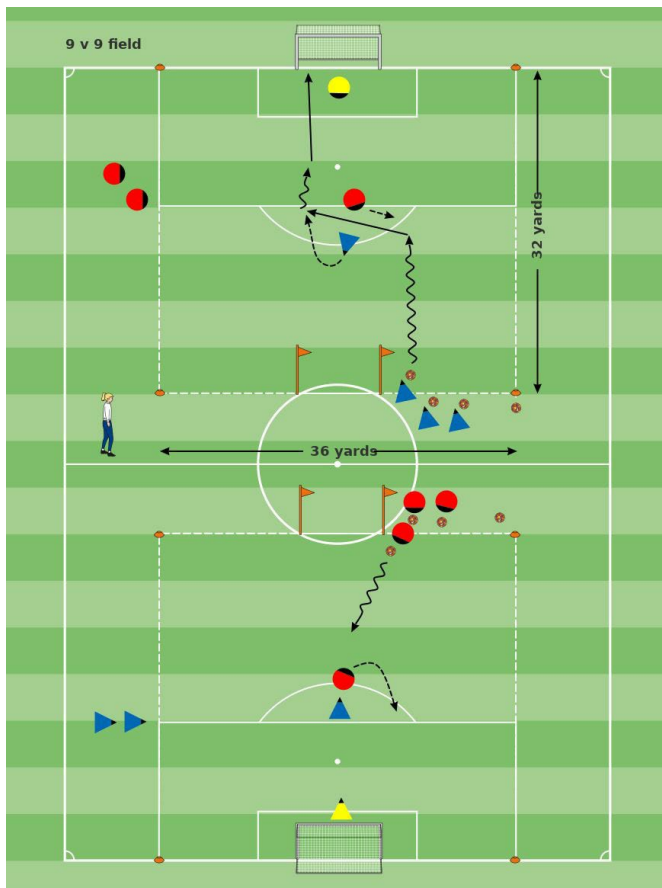


Attacking - Create scoring chances and finishing with proper technique

2v1



ORGANIZATION:

Mark out two 32 x 36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2 v 1 w/GK. Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defender can win the ball and score on the goal line.

GUIDED QUESTIONS:

1) How do you handle a 2 v 1 when you've got the ball?

Quickly dribble forward to engage the defender, then pass the ball off to my teammate.

2) What should the forward do?

Move to get open, check to the ball, make a run to force the defender to make a decision.

3) What else can you do when you have the ball?

Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

KEYWORDS:

Pass, dribble, take opponents on, shoot

Shooting:

When near the goal, which surface of the foot should you use to be more accurate?

Inside of the foot and use the plant foot to aim at the target. (More accuracy/finesse)

What should we look like when we are shooting with the laces?

Aim plant foot at target, head over the ball, toe down, ankle locked, shoulders/hips aimed at the goal, follow through pointed at target. (More power/distance)

4:30 – 4:45- Small scrimmages

4:45 – 5:00- Groups of 5, 10x10yard square for every group.

- 4v1 rondo or back to you

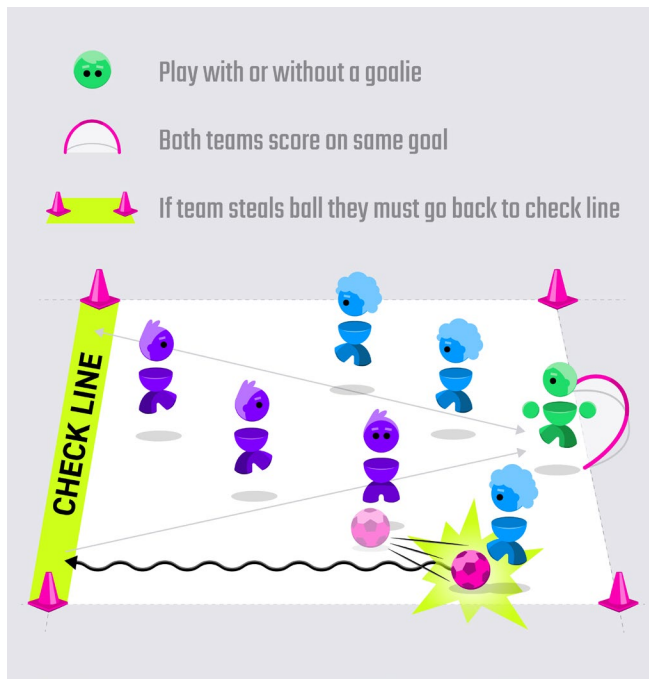
5:00 – 5:30- Split into teams and 2v1 drill

5:30 – 6:00- Scrimmage

- 3rd team out playing Half Court Soccer

Attacking - Create scoring chances and finishing with proper technique

Half Court Soccer



Field: 20 yards long x 30 yards wide. Divide players into two teams, one in pinnies.

This game can be played 2v2, 3v3, 4v4 or more, with an optional goalkeeper.

Players score on the same goal. Add cones along the other endline to mark the “check line”.

If a player steals the ball from an opponent, they must “clear” the ball by taking it across the checkline before they can try to score.

Coach plays the ball in from sideline.

If a ball goes out of bounds, it's a kick-in.

Play 3-5 minute rounds. The team with the most goals wins the round.

Back to You



SETUP

Use 8 cones to create 2 square spaces about 8x8 yards.

Divide players into groups of 5.

In each group, give 2 players different colored pinnies and send them to the middle of the square. One is on offense, the other on defense.

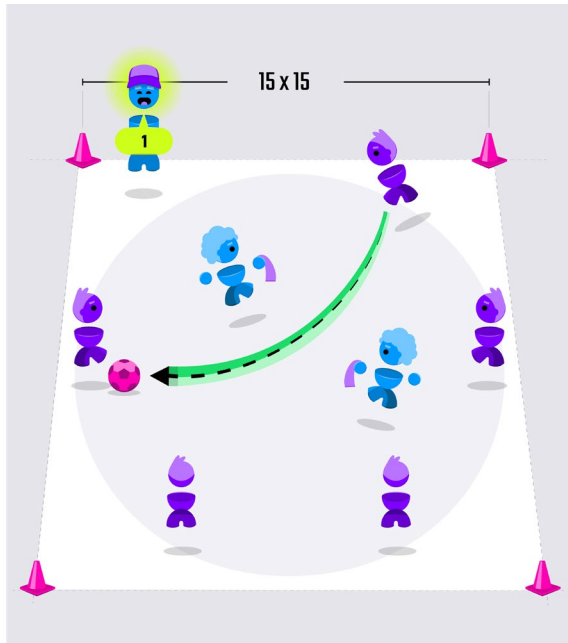
The other 3 players form a triangle around the square, each with a ball.

On your call, the player on offense must get free of the defender, receive a pass and use only one touch to pass it back.

If they receive all 3 passes successfully, they get 3 points and switch roles. If the defender intercepts the ball, they swap with the player who lost possession.

Attacking - Create scoring chances and finishing with proper technique

Rondo



SETUP

Place 4 cones to mark the corners of your grid, recommended size: 15 x 15 yards for every 7 players.

Divide players into one team of 5 attackers and one team of 2 defenders. Each group has one ball.

The 5 attackers work together to keep the ball away from the defenders. The goal is to see how many passes they can make without losing possession of the ball.

If a defender steals or intercepts the ball, they switch places with the attacker who last touched the ball.

If an attacker kicks the ball out of bounds, they switch places with the player who has been defending the longest.

After a few minutes, rotate teams so players get turns at both attacking and defending.

If you have enough players for 2 grids, you can position yourself in the middle and run 2 games at the same time so players get more touches on the ball.