

Practice 8: Killer Offense

Practice Activities

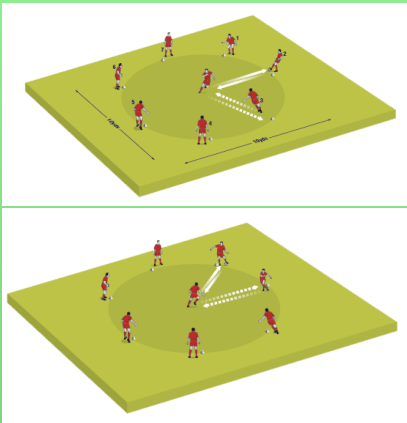
1. Warm ups / Coerver Touches [15 min]
2. Drills [35 min]
3. Small Sided Activity [15 min]
4. Small Sided Game [20 min]
5. Sprints [5 min]

1 Warm Ups

Run the **CLOCKS** drill until everyone arrives and for a few minutes after.

Time: 2 minutes

Clocks



Drill Description: Create a circle with your players of around 10 yards in diameter. Place cones around the circle where each player should stand, or go inside the centre circle and get the players to take a few steps forwards to get the right size. We've used eight players.

1. Start with the player in the middle who passes to one of the players around the circle
2. Immediately the pass gets away, the centre player swaps position with the player clockwise from the player he passed to.
3. The player he swaps with must get quickly into the centre to receive the ball and pass it to the next player anti-clockwise around the circle.
4. Players continue to pass anti-clockwise and swap position with the player clockwise.
5. Try and get players to use one touch to get the ball around the clock

Coaching Points:

- Focus on who gets your pass and then where you need to move.
- Attempt to complete this drill using a single touch.

Time: 3 minutes

Theme of the Practice

Killer Offense!

Importance of offense:

- Good Offense prevents us from losing the game.
- Offense allows good advancements in tournaments.

Some keys to good offense:

- Ball possession,
- good ball movement,
- perfect player movement when the player is not on the ball.
- player movement with the ball.

Ball possession is important because:

- it allows us to control the location of the ball on the pitch,

- allows us setup a score.

Good ball movement is important because:

- it forces the other team to move. A passed ball can travel faster than any player on the field, so good ball movement can move the other team off the ball and open up a scoring opportunity.
- sets up excellent scoring opportunities.

Player movement off the ball is important because:

- with out good player movement off the ball make ball movement is difficult.
- Correct player movement off the ball can setup more open shots on goal than dribbling.

Player movement with the ball is important because:

- it can be used to pull the defense to the ball setting up ball movement to open space.
- good dribbling moves can create space to allow for a good pass or shot.

Time: 10 minutes

Captain Led Warm ups / Coerver Touches (10 min)

Warmups

1. Jog to the 18 yard line and back twice with your ball (inside cut first time, outside cut the second),
2. Side-Step to 18 yd line and back twice,
3. Butt Kickers to the 18 yd line and back twice,
4. Jog Backwards to the 18 yd line and back twice.

Touches

1. Toe-Touches (20 count alternating feet).
2. Pull back and Push Forward (10 each foot).
3. Side to Side or Pendulums (20 count).
4. Triangles (10 each foot).
5. Pullback-Behind (20 count).

2 HOWTO:

HOWTO: Shoot Hard (5 min)

Review these elements prior to beginning the passing drills so its fresh in their heads.

Elements of the Power Kicking:

1. Ball should be in front of the player.
2. Non-kicking leg should be planted next to the ball with passer's toe pointed at the target.
3. Ball should be struck with a locked ankle, the toe is pointed downward, exposing the top of the foot. The top of the foot is the hardest part of the foot and when it strikes the ball - will impart the most energy into the ball.
4. The kick should have a large follow through - ideally the kicker lands on his kicking foot.
5. Landing on your kicking foot imparts all of the kickers body weight into the ball.

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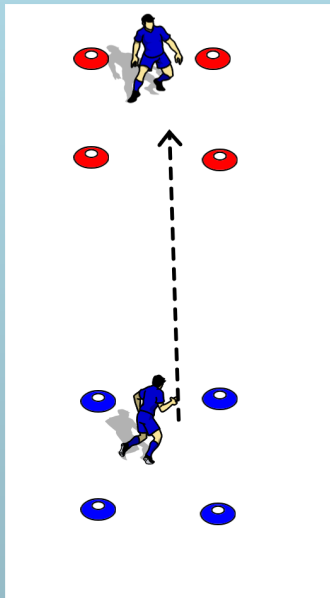
3 Drills

The following drills are going to stress 4 things:

- Perfecting our first touch.
- Practicing the correct foot to use for that first touch.
- Movement - always be move into a space which is a passing option.
- Strong, accurate, controllable passing.

Time: 10 minutes

Box Passing



Drill Description:

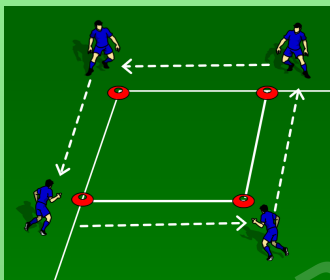
1. Two players stand in a 2 yard square box. Boxes should be spaced about 5 yards apart.
2. Players pass the ball to their partner in the 2 yard box.
3. The partner tries to trap the ball within the box and pass it back.
4. Alternate passing & trapping foot half way through drill.

Coaching Points:

- Focus on passing accurately with pace.
 - Making a single step toward the ball. This requires the ball to be one step in front of you.
 - Hitting the center of the ball inside of your foot.
 - Follow through.
- The goal is to trap the pass using a single touch.
- Stay on your toes at all times, this will keep you ready to move. If you find it hard, focus on bouncing in place.
- Move your body so the pass comes directly to you.
- Direct that first touch into the box.
- Hint: if you are standing deep in the box, you give yourself more room to trap the pass.

Time: 10 minutes

Four Corner Passing



Drill Description: This drill focuses only on passing accurately and using the correct foot for the first touch. This is like a 3 man passing drill around a box, but with an extra man so there is no movement element which should allow them to focus on the proper technique.

1. All players stand 'open' to they can see all 3 of the players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right.
4. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.

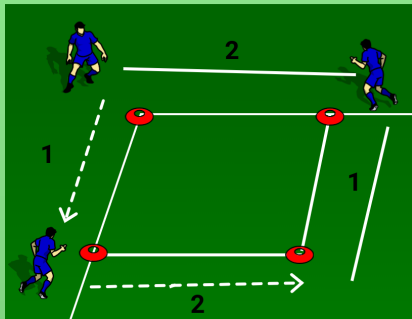
Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.
- Once the passing and trapping with the correct foot becomes more natural, allow them to change directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

Time: 10 minutes

Triangle Passing

Drill Description: This drill is like the '4 Corner Passing Drill' but incorporates player movement to insure the player with the ball always has two options to pass too. If the groups are uneven, a 'defender' can be added to the box. If the pass goes through the box the passer switches location with the defender. If trap is on the wrong foot the trapper switches with the defender. Defenders count 5 successful passes and they switch with a player.



1. All players stand 'open' so they can see the other two players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right. However the pass should wait until the 3 player is in position.
4. Player 3 (P3) was at a corner nearest the ball, however once the ball was passed, P3 needs to move to the other corner so they are again at a corner adjacent to the player with the ball.
5. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.
6. After 5 additional rounds allow the player to switch directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

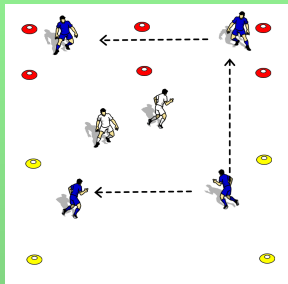
Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

4 Small Sided Activity

Time: 15 minutes, Started at 1:15 PM to 1:20 PM

Touchdown Passing



Drill Description: This drill requires 3 pairs of boys. Pair one are receivers in the end zone. The second pair are defenders and the last pair are the 'quarterbacks' (passers). The ball starts in the end zone and is passed out to an open passer. That passer then passes to their partner or back into the touchdown zone. The defenders try and intercept the pass, if they do it successfully, they become the passers and the passers become the defenders. If the end zone players (receivers pass the ball out of bounds they become the defenders and the defense becomes the receivers.)

Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

5 Game

Start Time: 1:35 PM

Small Sided

Time: 10 minute halves.

Size: 4v4 or 5v5.

Express:

- remind them about the practice goals and expectation there is a lot of movement and passing.
- Funnel Positioning.
- Go outside on our defensive half.
- Pass quickly down sidelines or into open space.
- Avoid passing backward.
- Make a pass early or move early.

6 Close

Sprints (5 min)

Agility runs to cone 5 yards away, stop and step circling cone then explode to next cone, circling it then explode sprinting to half field, jog back to end line and repeat 3 times.