

Practice 8: Killer Offense

Practice Activities

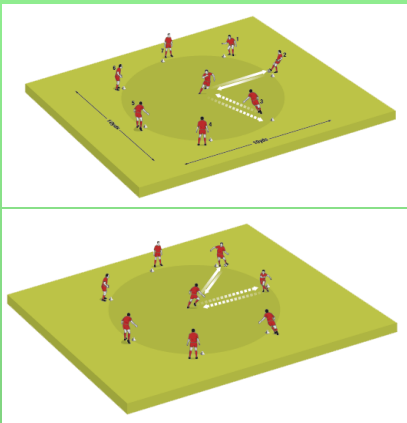
1. Warm ups / Coerver Touches [15 min]
2. Drills [35 min]
3. Small Sided Activity [15 min]
4. Small Sided Game [20 min]
5. Sprints [5 min]

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: 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.

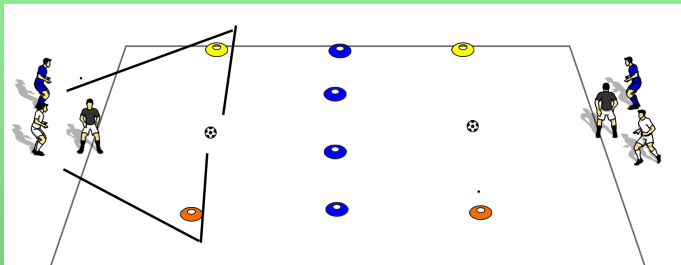
Elements of the Power Kicking:

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.

3 Drills

Time: 10 minutes

Get the Snitch

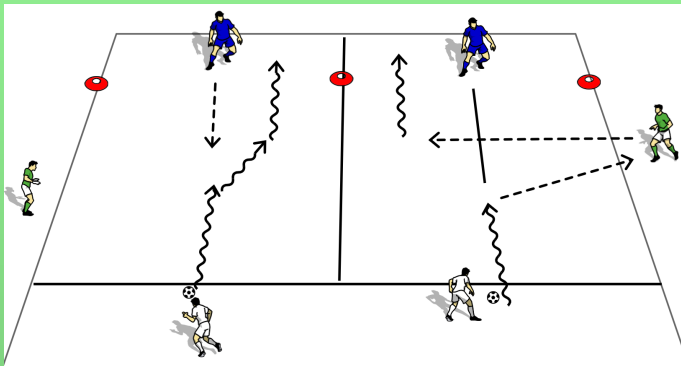


Drill Description: The object is to get the ball (the snitch) and take it across the opposite end line.

1. Coach calls go and kicks a ball into the field, both players race around their cone to get to the ball.
2. First player to get the ball tries to drive across the fair end line while the other player defends that line.

Time: 10 minutes

1v1 Evade with Help



Drill Description: The object is to get the ball (the snitch) and take it across the opposite end line.

1. Player with the ball crosses the far end line and tries to dribble across the opposite end-line.
2. A defender starts behind the red cones and can cross them as soon as the attacker enters the box.
3. The attacker needs to evade the defender or pass to his helper (coach) on the side line, who then touches the ball back into play.

Coaching Points:

- The timing of the attacking move is critical, it needs to be early enough to insure the defender can't block it, but not

so early the defender can react to counter it.

- Use the pass as a great opportunity to evade the defender.

Time: 15 minutes

2 vs. 1 Offense



Drill Description: This drill is designed to train the forward to make a quick decision on how to beat a defender. He has two options, dribble around the defender or pass to his wing and make a move around the defender.

1. The wing (P2) starts the play by passing to the forward. The defender (D1) starts at the corner of the 6 yard box.
2. The forward drives to goal as a defender comes charging to defend.
3. The forward has two choices, pass or make a move/touch around the defender.
4. The goal is to get a shot on goal.
5. If he passes the ball, the wing should cross the ball quickly as the striker is passing the defender.

Rotate roles each shot: P2 to P1, P1 to D1, D1 to P2.

Coaching Points:

- The forward needs to decide quickly which option he plans to take.
- The wing needs to be ready at all times and should stay 'on-side'.
- The forward should try and take advantage of any weakness of the defense, or try and create weakness by using a scissor move or a fake.
- Explain on-sides and off-sides.

4 Small Sided Activity

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

3v2+Keeper



Coaching Points:

- Explain marking a player is to remain within 2 or 3 feet of the attacking player.
- Explain how to mark a player goal side (defender between the attacker and goal).
- Attackers try to lose their marks by passing.

Drill Description: This drill requires 6 players + 1 coach or 12 players and 2 coaches.

1. The defending team uses 2 defenders and 1 keeper.
2. Attacking team has 3 and tries to score on the small defended goal.
3. The defending team scores by completing a pass to the coach on the center line.

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.