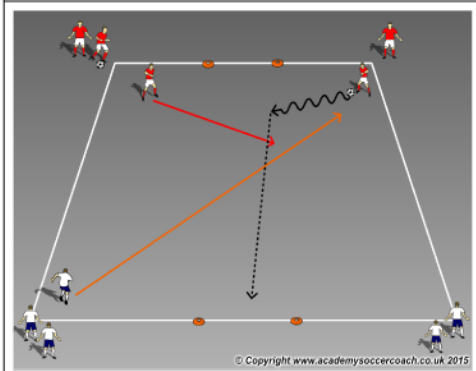
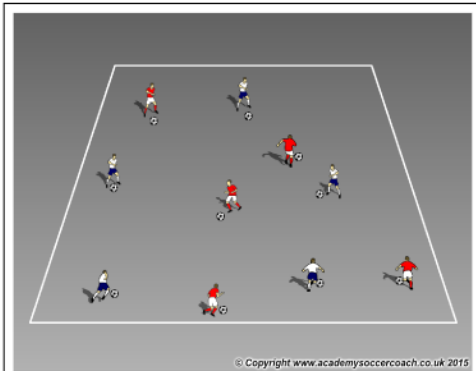


Coach

Session date

Team/Age Group

Theme Individual Attacking -
To improve the technical ability of the layer in possession of the ball. Specifically dribbling, passing, receiving and shooting.



NOTES

In a 20W x 30L grid each player has a ball. Players work on the following moves as determined by the coach. Inside and Outside of the foot, 1 - 2 Roll (inside, inside toe roll across the body) Touch, Touch Circle (laces laces with the same foot then draw a circle around the ball with the same foot) Drag, Touch Behind and Take (drag the ball back with the sole of the foot, touch it behind the standing leg with the inside of the same foot, take the ball away with the opposite foot). Incorporate all 4 moves together. Play 10 x 1 minute rounds with a 30 second rest between rounds.

Variation: After the moves have been performed pass to a player who is ready to receive.

Coaching Points: Correct surface of the ball and surface of the foot. Head Up, Eye Contact, Accuracy of the Pass and Pace of the Pass. Receiving with correct foot and correct surface.

In a 20W x 30L grid with a goal at each end, play 2 Attackers (Target Team) versus 1 defender to goal. Offside rule is in effect. Play until the defending team has scored 3 goals or for 4 minutes of play with a 1 minute rest in between rounds. Play 3 rounds.

Coaching Points:

Speed of attack by the player with the ball, surface selection to run with the ball, distance of the ball from the player in possession. Use of moves to beat the defender. Passing accuracy, pace and weight. Receiving - first touch, direction and distance. Shooting accuracy and mentality.

Techniques: Dribbling, Passing Receiving and Shooting.

Tactics: Penetration - How? Dribbling, Passing or Shooting.

In a 50L x 60W Half field with a regular goal at one end and 3 counter goals at the halfway line play 5 Attackers (Target Team) versus 4 defenders (3 field + GK). The 4 defenders score in any of the 3 counter goals. The target team scores in the regular goal. Play 2 rounds of 8 Minutes with a 2 minute rest between rounds.

Coaching Points: Who is involved? What is the breakdown? Where on the field is it happening? When in the game is occurring? Why are you trying to fix it?

Techniques: Dribbling, Passing, Receiving and Shooting.

Tactics: Penetration - How? Dribble Pass, Shot.

In a 50W x 70L Field play 7 v 7 game to 2 regulation goals:

Target team plays a 1-3-3.

Opponent plays a 1-4-1-1.

Coaching Points: Who is involved? What is the breakdown? Where on the field is it happening? When in the game is occurring? Why are you trying to fix it?

Techniques: Dribbling, Passing, Receiving and Shooting.

Tactics: Penetration - How? Dribble Pass, Shot.

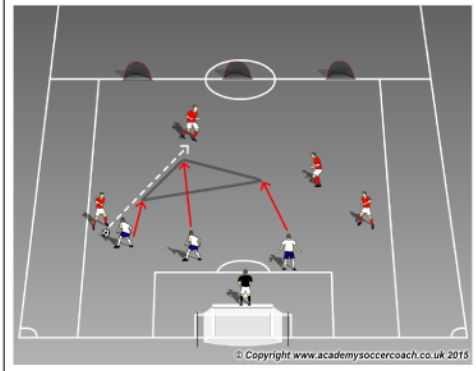
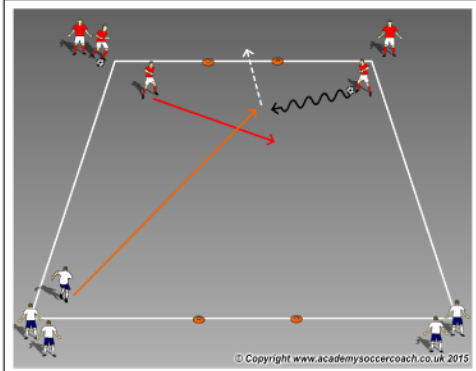
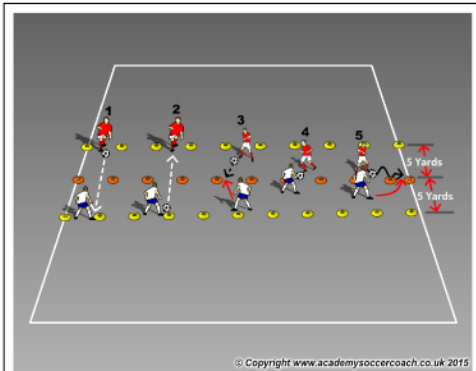
Speed of Play and Execution.

Coach

Session date

Team/Age Group

Theme Individual Defending:
To get the closest player to the ball to recognize when and how to apply pressure to the ball. Including the techniques of tackling and shepherding.



NOTES

1 v 1 Cross the Line!

In a 20W x 30L grid players are in pairs passing the ball back and forth across the line. On the coaches command the player with the ball tries to dribble the ball across the line the defender tries to prevent the attacker from crossing the line. Play 7 rounds of 30 seconds with a 30 second rest between rounds

Coaching Points:

Techniques: Footwork - Angle of approach, Speed of approach, Distance of approach. Tackling - Poke tackle and Block tackle.

Tactics: What is the dominant foot of my opponent? What do I want to take away from them? How do I accomplish that?

In a 20W x 30L grid play 2 attackers v 1 defender. The 2 attackers start with a ball and then play continues until a goal is scored by either team. After 3 goals by the single player rotate the teams or play 4 rounds of 3 minutes with a 1 minute rest in between rounds.

Coaching Points:

Techniques: Footwork - Angle of approach, Speed of approach, Distance of approach. Tackling - Poke tackle and Block tackle.

Tactics: Pressure - Where to shepherd the player with the ball? Delay - How do I slow the player with the ball down? When do I get closer and when do I stay further away? Control and Restraint - What are the visual cues that I can try to win the ball?

In a 50W x 60L Field with 3 counter goals at 1 end and a regular goal at the other. Play 4 attackers versus 3 Defenders and GK (Target Team). Play 2 rounds of 8 minutes with a 2 minute rest in between rounds.

Coaching Points:

Techniques: Footwork - Angle of approach, Speed of approach, Distance of approach. Tackling - Poke tackle and Block tackle.

Tactics: Pressure - Who applies pressure? Where to shepherd the player with the ball? Delay - How do I slow the player with the ball down? Why do I try to slow them down? When do I get closer and when do I stay further away? Why get closer or stay further away? Control and Restraint - What are the visual cues that I can try to win the ball? Where on the field should I try to win the ball?

In a 60W x 70L field play 7 v 7 all soccer rules apply.

Target teams plays 1-4-2

Opponent plays 1-3-3

Coaching Points:

Techniques: Footwork, Body Shape, Tackling.

Tactics: Pressure, Delay, Control and Restraint.

Speed of Play.

Execution.