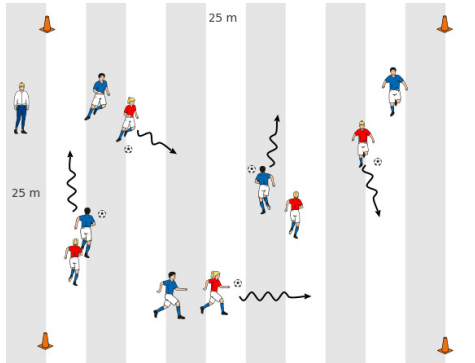


Objectives

To develop individual attacking. To develop how to penetrate with the dribble, pass, or shot.

Follow My Leader



10 Players

Cones/Balls

Intensity: 4

10:00 min
(x 00:00 min, 00:00 min rest)

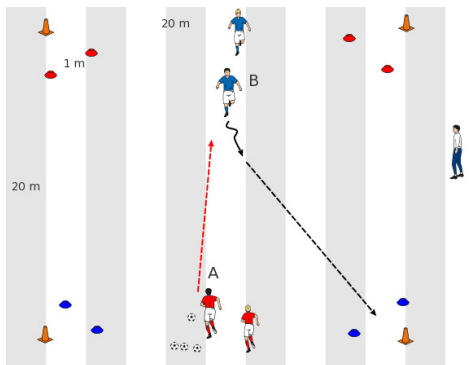
Coaching Points

Head up to see your partner/follow like a shadow/Keep changing directions/Use inside and outside of foot to turn/Use sole of foot to pull back/roll

Description

25x25m grid. Work in pairs. 1 player is the leader and the other is the follower. Have players use different movements such as walking, running, rolling, running backwards, and sideways. After 30 sec players switch. w/o ball then w/ball

1v1 to goals



10 Players

8 cones/Pinnies/Balls

Intensity: 5

10:00 min
(x 00:00 min, 00:00 min rest)

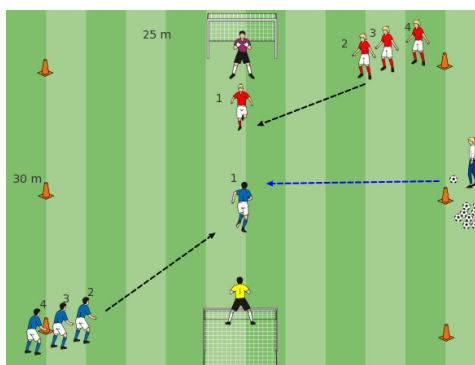
Coaching Points

Dribble to penetrate (get by defender and through goal to score)/Change directions to dribble around defender/Accelerate forwards once past the defender

Description

20x20m 4 goals, 1 in each corner. Player A passes to Player B. Player B attempts to dribble past player A and through one of the blue goals. Player B tries to win the ball and dribble through one of the red goals. Rotate offense and defense. Progress to 2v1 or 2v2.

1v1 to Goals with GKs



Players

Mini Goals/Cones

Intensity: 6

10:00 min
(x 00:00 min, 00:00 min rest)

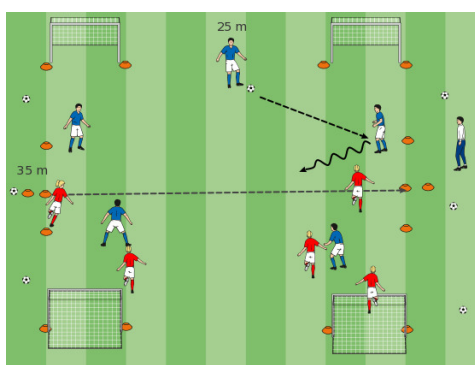
Coaching Points

Penetrate (Dribble) towards goal/Make an attacking move/Accelerate to goal/Shooting technique

Description

30x25m Divide into 2 teams. Each player is given a number. Coach calls a specific number out loud and that number runs onto the field to play 1v1 to goal. Progression. The coach can call out more than one number to create 2v2 or 3v3.

Small Sided 5v5 with Retreat Line (4 Goals)



10 Players

4 Goals/Cones/Balls (use other color cones)

Intensity: 7

10:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Penetrate (go forward) with dribble, pass, shot/Spread out/Once play goes live defense can pressure the ball.

Description

35x25m Play 5v5 small sided game to 4 goals. If odd numbers play with a neutral. If ball goes to GK or out of bounds the opponent must go back behind the retreat line. GK passes ball into play and once their teammate receives the pass play is live.