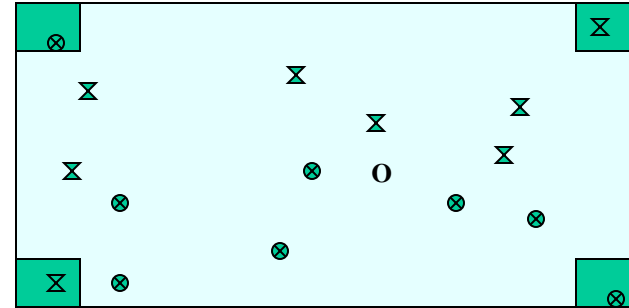




CC UNITED SOCCER TRAINING PLAN
SMALL SIDED GAME PRACTISE 4 CORNERS GAME
PASSING, RECEIVING, POSSESSION CHANGING THE POINT OF ATTACK



- Organization: Area of field 40 x 30 min. 50 x 40 max
- 3 v 3 min 6 v 6 max in field of play, free play.
- 4 Corner boxes to score in 6 yards square
- 4 Target players in boxes
- Make changes to team numbers to suit 6 v 6, 7 v 7



- Objectives:
 - Start activity with targets progress to free play, any player can become a target by supplying support in any box
 - 1 point for a pass into and out of the corner box (two players).
 - 3 points for a pass in and out to a third player using a combination of play.
 - Free play no restrictions. Players cannot score in the same corner box twice. They must attempt to pass into one of the other boxes first,
 - The objectives of the game are to improve the individual and team passing and receiving technical skills, retention of ball keeping possession, Quick changing point of attack.
- Coaching points:
 - **Passing** : To include Pace of the pass. Angle on pass Accuracy of the pass, Weighting of the pass.
 - **Receiving** : To include Getting into line of flight of the ball, Early selection of surface to use.
 - Relaxed receiving surface cushion control. Move the ball with first touch away from opposition into space.
 - **Possession**: Player in possession must have support, depth, width, and movement away from the ball
 - **Changing the point of attack** : To include regaining possession from opponents as quickly as possible and transitioning by switching the point of attack, switching fields.
- **This functional practice covers many aspects attacking, defending and transition. Passing Receiving, Dribbling. It is recommended the coach should concentrate on one aspect at each practice so the players have time to recognize the key coaching points of each subject or topic. This session is designed for economical training.**