



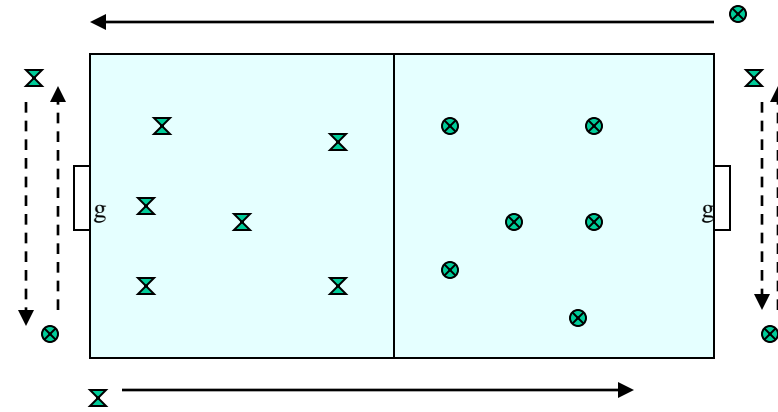
## CC UNITED SOCCER TRAINING PLAN

### SMALL SIDED GAME PRACTISE FOR 1ST 2ND 3RD PLAYER ATTACKING



Path of player ----->  
 Direction of game ----->

- Organization: Area of field 50 x 35 yards
- 4 targets areas 6 yards wide in each corner of the playing area.
- Goals are 10 yards wide
- 4 target players 1 from each team at either end
- 6 v 6 in area of field with goalkeepers
- Age appropriate field size and numbers of players



- Objectives:
  - Game consists of 6 v 6 with keepers. 4 target players who are allowed to change target areas with each other.
  - 1 point for a goal scored direct. 3 points for a goal scored with an assist from the target player in the end zone. Change the target players as required.
  - Free play no restrictions. One directional play.
  - The objectives of the game are to improve the individual and team attacking through 6 v 6 small sided play.
- Coaching points:
  - Instant penetration when possession is gained by running or passing the ball forward; to include speed of play, quick transition, awareness of passing opportunities.
  - The role of the second attacker supplying support with correct angles and distance of support.
  - The role of the third attacker playing in advance of the ball creating good team shape. Creating opportunities to unbalance the defense and create space for attackers to run into.
  - Encourage inventive and creative play though awareness and the ability to disguise their attacking intentions

