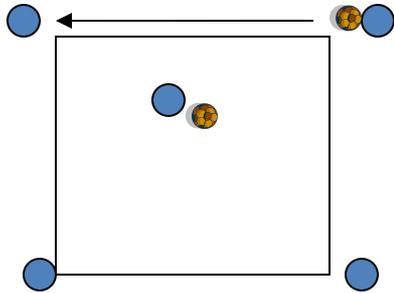




# Recognition of attacking direction



objective: To improve the team and individual's ability to recognize when to attack and which side to attack

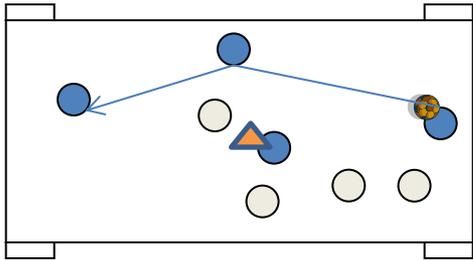


## Organization

**Warm up-** 15 yd. square- Groups of 5 with Two balls  
One player each corner and One in the middle  
Ball one is passed around the outside of square  
Ball 2 is in the middle with the central player who just dribbles for now  
When ball 1 is passed to the front foot the ball changes direction  
Ball 2 is now dribbled out to one of the corner players who dribble it to a different player

## Coaching points

- Communication
- Check to receive
- Early movement
- Open body shape
- Pass to Back foot \_foot farthest away
- 1<sup>st</sup> touch out of feet
- Awareness of other ball
- Recognition of passing to front or back foot based on other ball

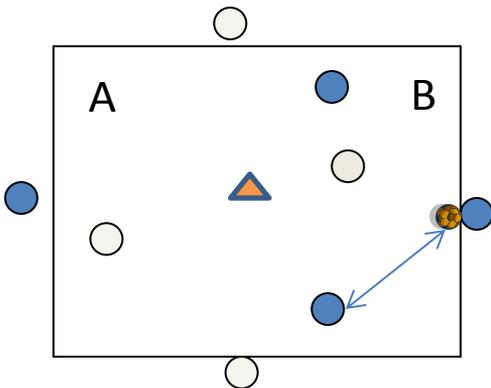


Ball is switched to the open side

## Game 1 Four Goal game- improving playing side to side

Area 35x 15 yards with 4 three yard goals in the corners  
4v4 field is divided in the middle with one cone  
Each team has 2 goals to attack and 2 to defend  
Goals are scored by  
1 goal passing through the goal  
3 goals dribbling through the goal

- Team Shape- 3-1
- Movement off the ball- can players move opposite to ball direction
- Recognition of weak side and opponents numbers
- Receive open body shape
- Attack one- change direction



Ball is kept on side B playing 3v1

## Game 2 Target game- improving choosing playing side

8 players  
Area 25x25 yards Each team has 2 targets to score into  
Cone is separating the field in the middle one half  
Team 1 plays North South and Team 2 East West  
Teams can score on the same target twice  
Progress- target must check onto field to receive if the pass was made from other half and be replaced by an in player

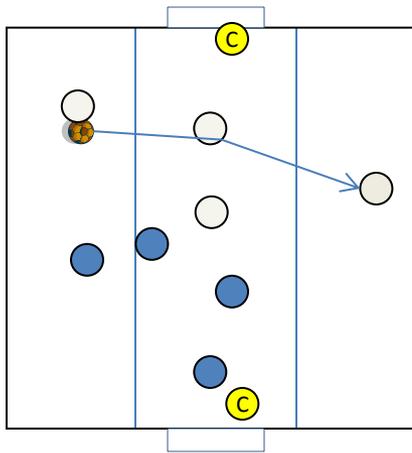
- Team Shape
- Check wide to support
- Recognition of opposing numbers
- Can you draw them in with short passes
- Recognition of pressure
- Target movement recognition



# Recognition of attacking direction



objective: To improve the team and individual's ability to recognize when to attack and which side to attack



## Organization

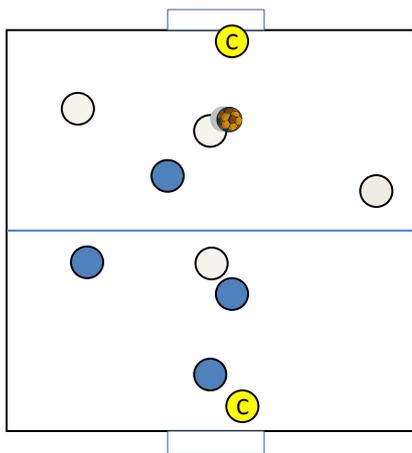
**Final Game Field 1** - play box to box on a regular U9 field  
Field is split into 3 zones vertically with the side zones being 8 yards from the sideline at city center and 10 at Bluff Park

1. 4v4 with 2 coach Goalkeepers
2. Coach restarts the game from a goal kick
3. Coach restarts the game from a pass with pressure to a defender facing their goalkeeper

Additional conditions to promote good habits- teams score 1 for a goal and 3 for a goal from a cross from a wide zone

## Coaching points

- Team Shape
- Try to get 1 player in each zone on transition to attack
- Compact on defense
- Recognition of which zone to attack
- Early looking- for opponent
- Hit the middle player to see if the ball needs to return to the same side



**Final Game Field** - play box to box on a regular U9 field  
Field is split into 2 zones Horizontally with a halfway line  
4v4 with 2 coach Goalkeepers

1. Forward must stay in opposing half to start
2. Coach restarts the game from a goal kick
3. Coach restarts the game from a pass with pressure to a defender facing their goalkeeper

Additional conditions to promote good habits- Teams score by putting together 5 passes in their own half or in the goal

- Team Shape
- Awareness of pressure
- Speed of play
- Movement of forward when passes start to draw in pressure

4. Progress to playing with all zones and conditions with limited cones down
5. Slowly pick up the cones to finish with a real game