

EDUCATE - CONNECT - INSPIRE

**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**

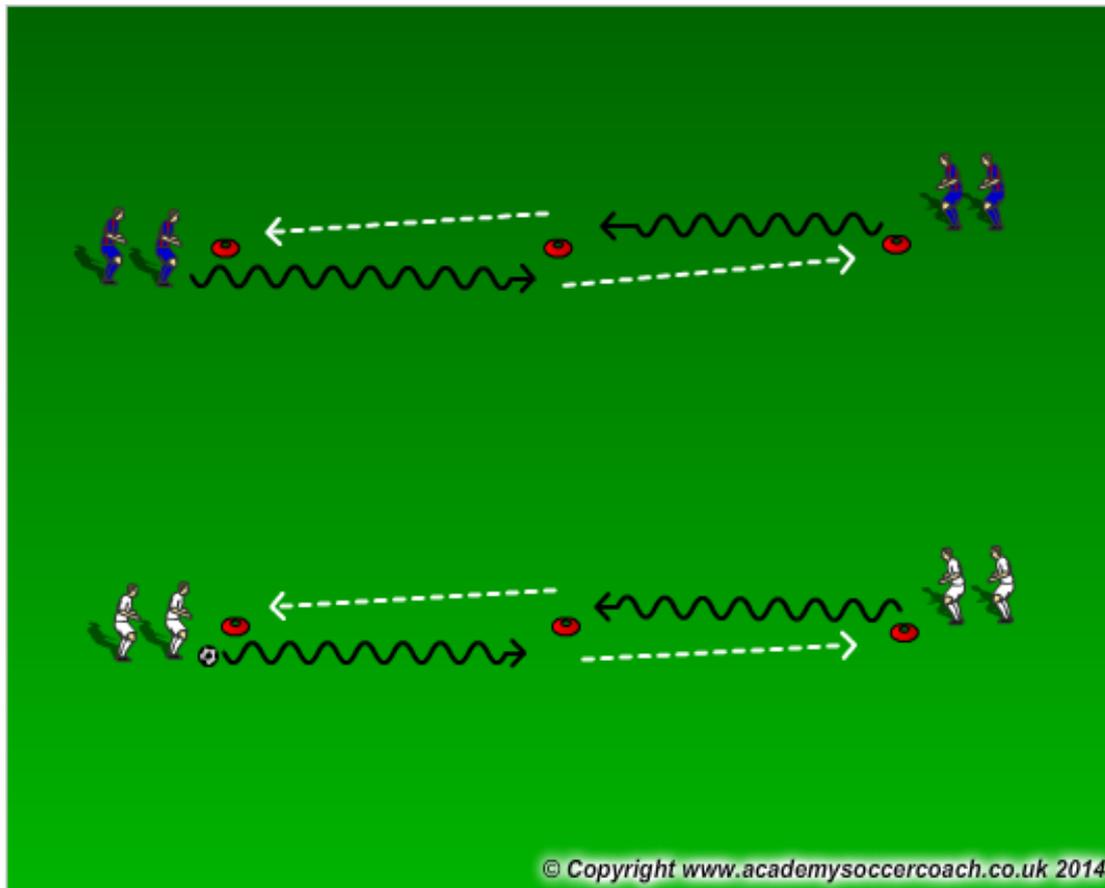


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Session Four: 1 vs 1's to Goal(s)



PASSING: PASS AND FOLLOW



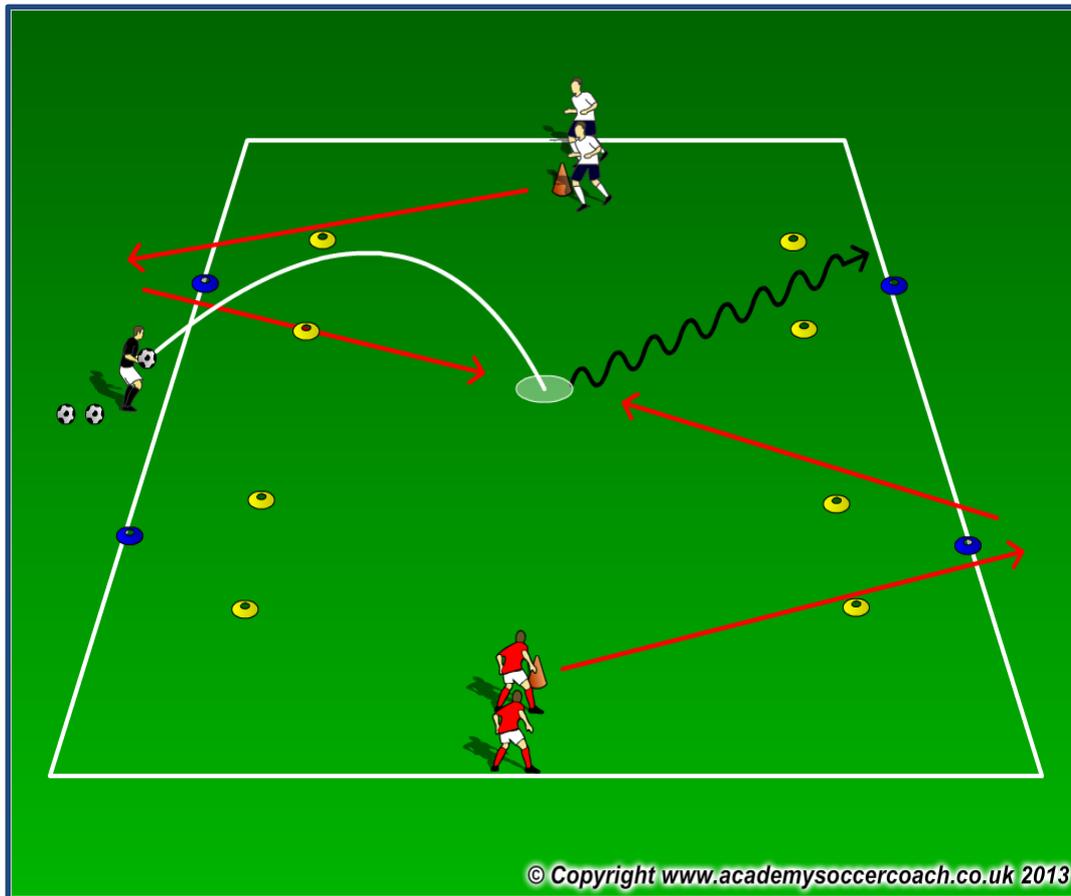
Set-up: Players approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Description: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Add in touches with different surfaces and dribbling combinations.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

Progressions: Add passing turns, fakes and passing combinations. Add competition.

1 VS 1's: CHANGE OF DIRECTION



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

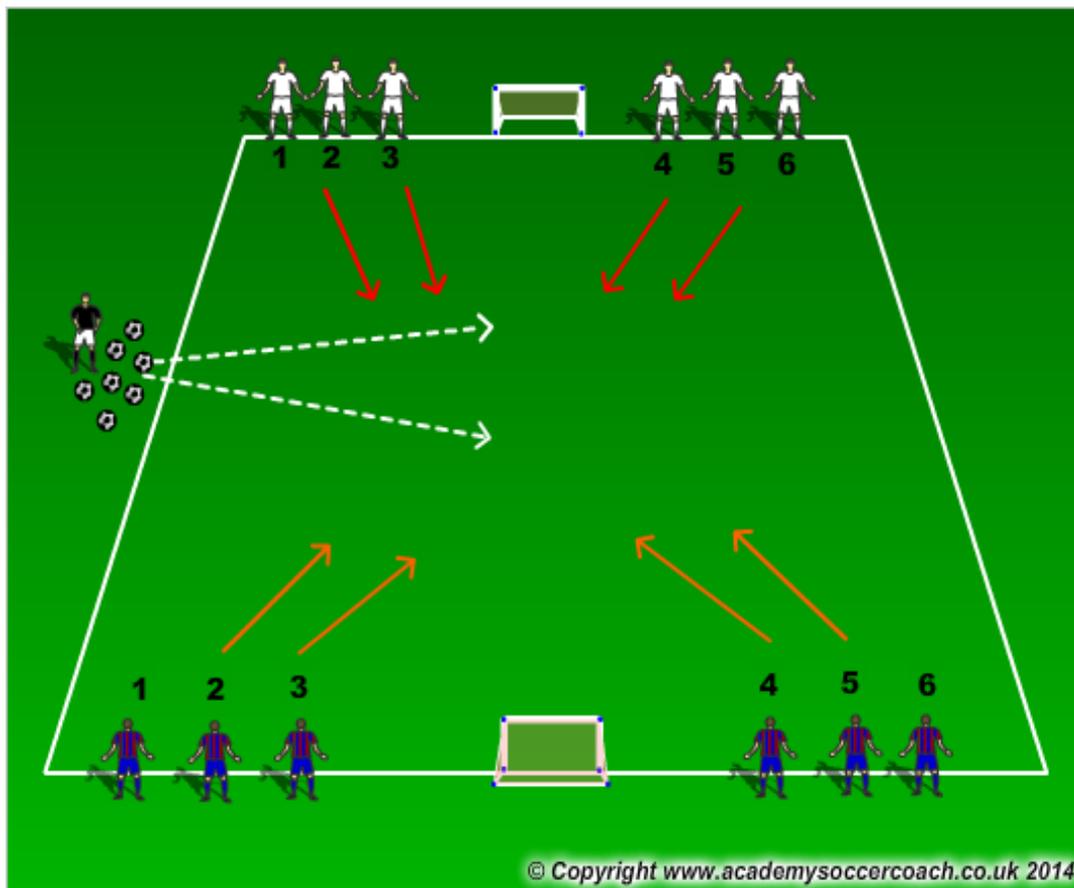
Description:

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

- Always protect the ball
- Correct Foot
- Scan
- Quick acceleration after move
- Moves: Use turns/fakes from Week 1-3

1 VS 1's: TEAMS TO LARGE GOALS



Set-up: 40 x 60 yard area. 2 large target goals (1 on each end line). Players in teams of 4-6 split evenly on either side of the target goals. Number each team 1-6 (depending on number of players). Coach on the outside of the area with a supply of balls. Add GK's to progress.

Description: Coach calls out a number and passes a ball into the middle of the area. The numbered player(s) from each side of the area run into the area and attempt to win possession of the ball. The first player to the ball becomes an attacker, the second player becomes a defender. Once the ball is either outside of the area or in one of the target goals the players go back to their lines. Coach varies the calls to include 1 vs 1 and 2 vs 2's.

Coaching Points: Concentrate and listen for the coaches' call. When you hear your number get to the ball as quickly as possible. If you are the attacker be positive and try and beat the defender. Use changes of direction (moves) and changes of speed to beat the defender.

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Moves: Add points/goals for all 1 vs 1 moves