

ACTIVITY #1

Set up: Area: 3/4 of field long, width of field
Instructions: Players play 1v1 and try to enter the 'shooting zone' to score. Once ball goes across dead ball line (goal or missed target) the defender leaves the field; the counter attacker leaves corner and tries to score from the 'shooting zone'. If shot is saved, the same 1v1 continues. GK plays ball to 'team mate' and counter attack occurs. If ball goes out of bounds (sideline or shooting zone) 'run in' from exit point; must give player 5 yards to bring ball back into play. Length of 1v1 at the coach's discretion. Be conscious of 'successful' players fatigue factors. May have to 'control' start of counter attack. Change GK's often.
PROGRESSION: 2v2

Coaching Points: 1. See defender/space; 2. Attack with pace/Decision/Attack space beyond defender; 3. See target/eye on ball; 4. Shooting techniques; 5. Transition from Attacking-Defending and Defending to attacking

ACTIVITY #2

Set up: Area: 3/4 of field long, width of field. Spare balls near.
Instructions: Players play 1v1 and try to enter the 'shooting zone' to score. Once ball goes across dead ball line (goal or missed target) the defender leaves the field; the counter attacker leaves corner and tries to score from the 'shooting zone'. If shot is saved, the same 1v1 continues. GK plays ball to 'team mate' and counter attack occurs. If ball goes out of bounds (sideline or shooting zone) 'run in' from exit point; must give player 5 yards to bring ball back into play. Length of 1v1 at the coach's discretion. Be conscious of 'successful' players fatigue factors. May have to 'control' start of counter attack. Change GK's often.
PROGRESSION: 2v2

Coaching Points: 1. See defender/space; 2. Attack with pace/Decision/Attack space beyond defender; 3. See target/eye on ball; 4. Shooting techniques; 5. Transition from Attacking-Defending and Defending to attacking

ACTIVITY #3

Set up: Directional 4 v 4 with keepers. Spare balls near.
Instructions: Teams try to score and prevent goals. Players may work individually or in combination with others to score goals. Possession (short; long; forward and backwards passing); movement with and without the ball; penetration play encouraged.

Coaching Points: 1. Dispersal; 2. Check shoulders; 3. Possession mentality; 4. Support play (near, far, wide, rear) as the ball travels; 5. Movement to create space for yourself/others; 6. Penetrating runs/passes; 7. Quality passing and receiving

