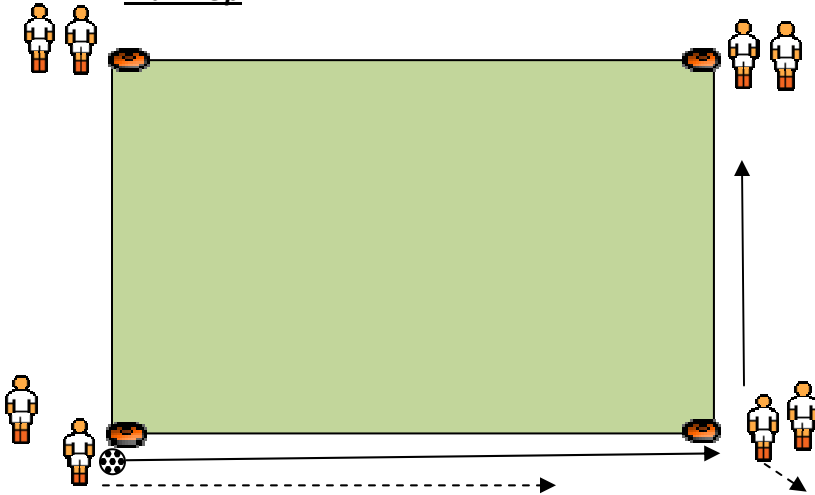




Changing the Point of Attack

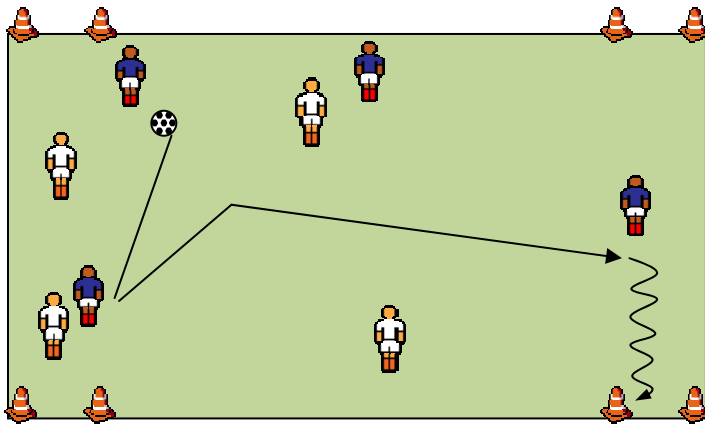
Warm Up



- * 6 to 8 players per box
- * Players stand on the outside of a 15 x 20 yard grid
- * Ball starts in one corner and is passed in a counter clockwise direction
- * The receiving player drops off the cone to receive the ball across the body, and passes to the next player
- * Players follow their pass

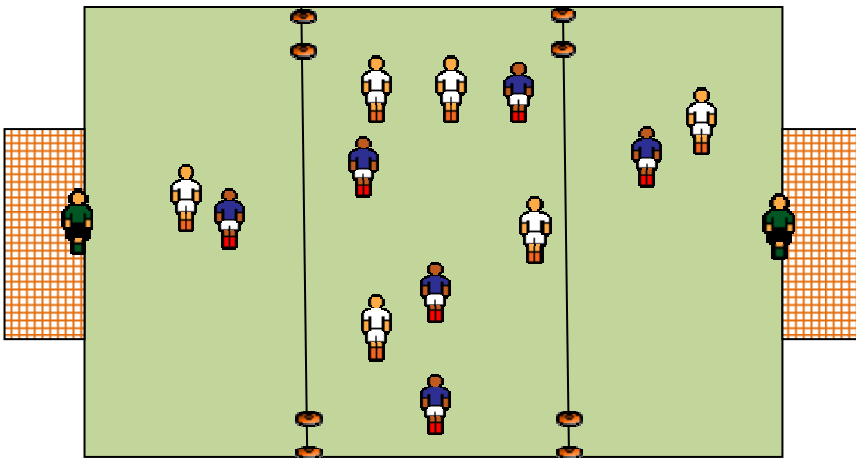
1. On the call of "switch" the ball changes direction
2. On the call of "split" the ball has to be played diagonally across the box.
3. Add two soccer balls (depending on the number of players per grid)

Small Sided Activity



- * 4 v 4 or 5 v 5 depending on the numbers
- * Play to 4 goals in a 35 x 25 area
- * Teams score by keeping possession and dribbling through one of the goals that they are attacking.
- * Team shape
- * Don't force the play
- * 1st attacker decision making, pass/dribble
- * Supporting angles and movement

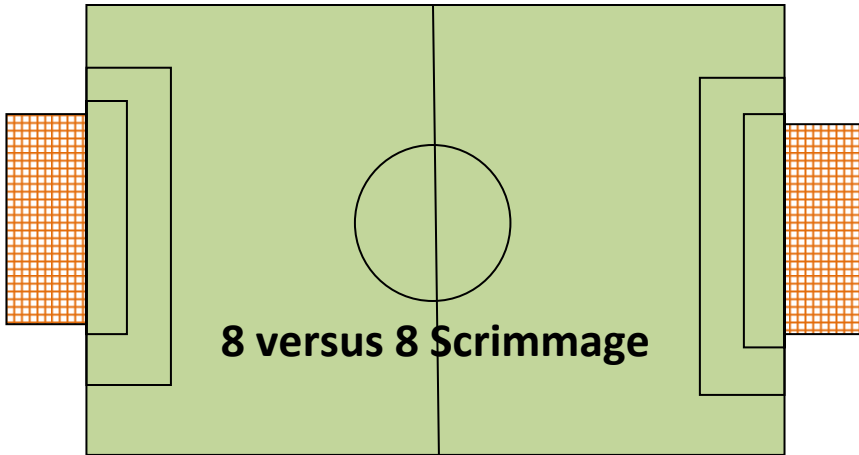
Expanded Small Sided Activity



- * 7 v 7 including keepers
- * Divide the field into thirds; start playing 4 v 4 in the middle, with a striker and defender from each team in the other thirds.
- * Teams are restricted to break out of the middle third by dribbling out of one of the gates and can then all join in the attack. Defenders can track back. Teams in possession can also use their defender to maintain possession.
- * Progress to allowing the attacking team to break out of the middle third anyway possible, but if they break out through a gate and score it counts for double.
- * Progress to free play and players are not restricted to their areas, but still score double by going through the gates.



Small Sided Game



- * 8 v 8 Including GK's
- * One team plays in a 1-3-2-2
- * One team plays in a 1-2-3-2
- * Keeper coaches will work with keepers about their involvement in switching the play.
- *Cool Down