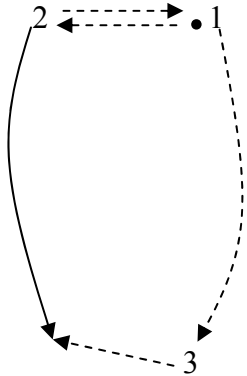
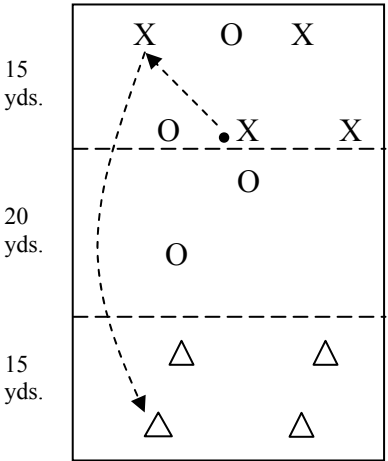
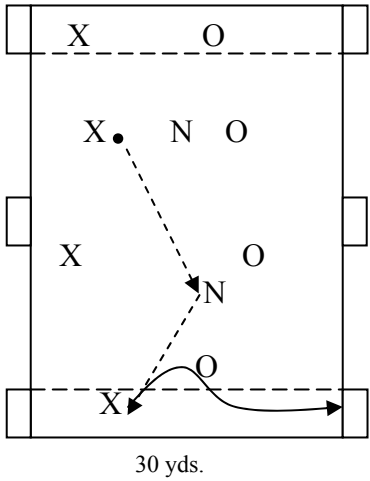
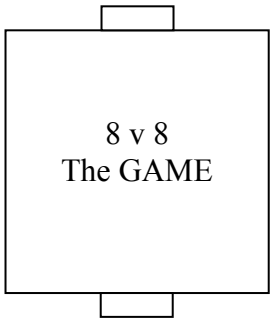


Topic: **Changing the Point of Attack**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Technical long passing. Groups of three, one ball between three.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Pass and support in a short-short-long rhythm. ▪ Player [not] striking the long ball runs in support of the ball and the target player. Alternate roles each time. ▪ Begin with short passing on the ground and then increase the distance and hit longer balls in the air. ▪ Vary the type of long ball (i.e., driven, bending or flighted) ▪ Keep it realistic – make sure the players are hitting moving balls. 		<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Preparation touch and angle of approach ✓ Eye on the ball and body position ✓ Accuracy, weight, timing and quality of pass (short and long)
Restricted			
<p>4 v 4 v 4 (30 x 50 area or as needed). Begin with a team of (4) in each area. A Coach serves balls from the outside to one of the two outside areas. (2) defenders from the middle area can enter an outside area creating a 4 v 2 (as shown).</p>	<ul style="list-style-type: none"> ▪ Teams score by changing the point of attack through the middle. Continuous play until the ball is out of bounds or the defending team wins the ball. ▪ Play for time or have the defenders switch roles once they win the ball. ▪ Attacking team must pass the ball (2-4) times before switching the ball. ▪ Variation: once the attacking team changes the point of attack, they immediately rotate to defending and the defending team rotates into their attacking position – continuous. 		<ul style="list-style-type: none"> ✓ Play the way you are facing – don't force the ball ✓ Change the point of attack and penetrate quickly ✓ Disguise and deception of pass ✓ Pass selection – on the ground or in the air?

Topic: **Changing the Point of Attack**

One Goal Counter Goals			
<p>4 v 4 + 2 to 6 small goals (30 x 50 area or as needed). Neutral players play for team in possession</p> <p>Each goal is about 5 yards wide. Create two wide channels (as shown).</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Team in possession scores by passing or dribbling through one of the opponent's three goals. ▪ Award (2) points for passing through a goal or (1) point for dribbling through a goal. Award an additional (1) point for changing the point of attack and scoring through one of the wide channels. ▪ Variation: eliminate the middle two goals and use only the wide goals and channels to score. 		<ul style="list-style-type: none"> ✓ Change the point of attack quickly ✓ Proper movement and timing of 2nd and 3rd man runs ✓ Recognition of time and space to play diagonal and bending balls behind the defenders ✓ Be patient in possession and allow opportunities to develop
Two Goal Game			
<p>7 v 7 with goalkeepers to two large goals (½ field or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible Formation 1:2:3:2 vs. 1:3:2:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Find the most effective and efficient way to score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements).</p>	<ul style="list-style-type: none"> ▪ Reduce heart rate. ▪ Static stretching. 		<ul style="list-style-type: none"> ✓ Review Session