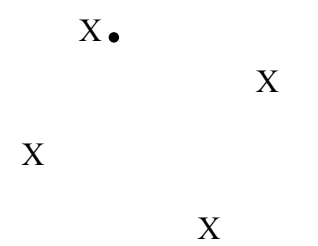
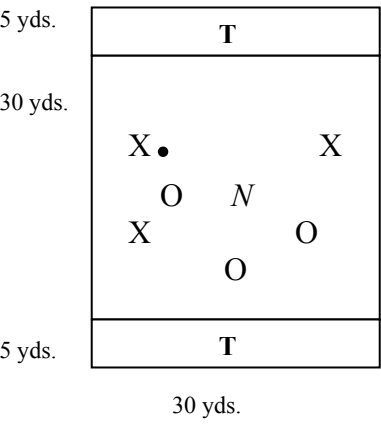
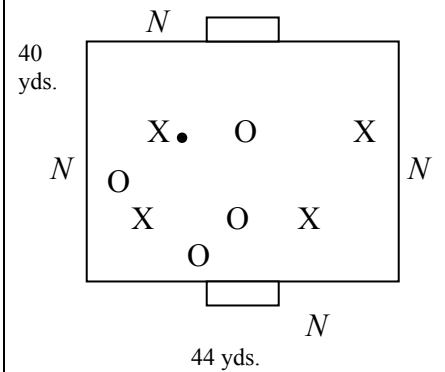
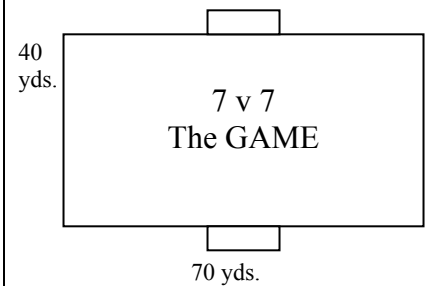


Topic: **Attacking: Final 1/3**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>Technical passing work in groups of four, one ball between four. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it innovative, demanding and realistic.</li> <li>▪ Two touch only.</li> <li>▪ One touch only.</li> <li>▪ Two touch, one touch – alternating after each pass.</li> <li>▪ 3<sup>rd</sup> pass wide or high to target player (learn to open the space).</li> </ul>		<ul style="list-style-type: none"> <li>✓ Verbal and visual communication</li> <li>✓ “Take a peek,” know what your options are</li> <li>✓ 1<sup>st</sup> touch away from pressure and toward support</li> <li>✓ Proper selection of passing surface (long and short)</li> </ul>
<b>Counter Zones</b>			
<p>3 v 3 + 1 with two target players in end zones (30 x 30 + 5 yard end zones or as needed). Target players play for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Score by linking with target player and maintaining possession of the ball.</li> <li>▪ Dribble in or receive pass into an end zone to score.</li> <li>▪ Once you link with a target player, your team immediately transitions to attack the other end zone.</li> <li>▪ Award additional goals for penetrating combination play.</li> <li>▪ If necessary, limit touches and/or limit the neutral player to only one touch.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Vision and quick decision making</li> <li>✓ Angles, distance and timing of support</li> <li>✓ Positive attacking with a purpose</li> <li>✓ Speed of play and thought</li> <li>✓ Immediate counter attack once possession is gained</li> </ul>

Topic: **Attacking: Final 1/3**

<b>Two Goals</b>			
<p>4 v 4 + 4 (3 teams of 4) with goalkeepers to two large goals (44 x 40 area or as needed). Neutral players play for team in possession and can move anywhere outside of the grid.</p>	<ul style="list-style-type: none"> <li>▪ Target players by each goal are limited to one touch only.</li> <li>▪ Target players wide are limited to two touches only.</li> <li>▪ Play to three goals or time limit. Winner stays on and loser rotates outside with neutral players.</li> <li>▪ Add restrictions to change the demand (i.e., combination with outside players prior to shooting, goals scored off volleys or headers are worth two, first time finishes worth two, etc.).</li> </ul>		<ul style="list-style-type: none"> <li>✓ Attacking shape and balance of team</li> <li>✓ Combination play and individual creativity</li> <li>✓ Instinctive decision making</li> <li>✓ Combine with outside support to disrupt or unbalance defending shape</li> <li>✓ Find ways to score</li> </ul>
<b>Two Goals</b>			
<p>6 v 6 with goalkeepers to two large goals (70 x 40 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 4:2</li> <li>▪ Utilize full width and length in final third of the field.</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Principles of attacking: penetration, depth, mobility, width and improvisation</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>