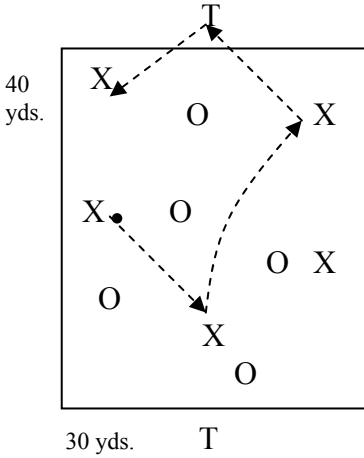
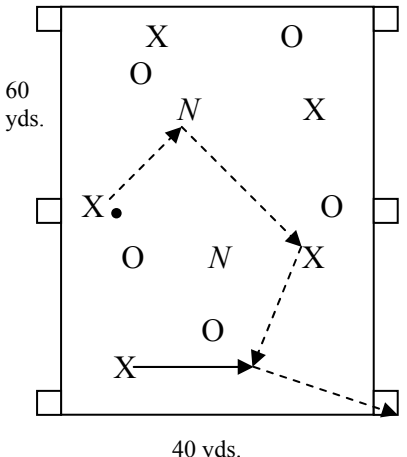
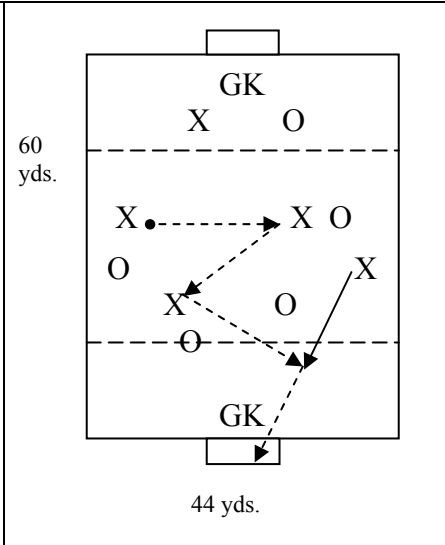
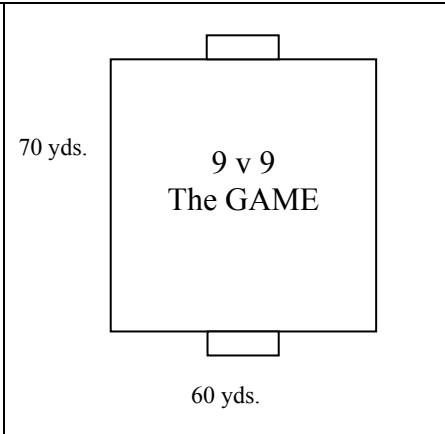


Topic: **Improving Attacking Soccer**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Take 5-10 minutes to perform dynamic movements and flexibility exercises.</p> <p>5 v 5 + 2 neutral target players (30 x 40 area or as needed). Use GK's as neutral target players if available.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> Objective is to possess the ball with the intent to encourage attacking soccer. Limit target players to two touches and allow them to move freely along the end-line to support possession. If a defender is cleanly "wall-passed," they must immediately run-around the outside of the grid before re-entering the game – this will increase the defending pressure and improve speed of play. Out-of-bounds result in throw-ins to match the demands of the game. Award points for consecutive passes. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy and weight of the pass ✓ Passes to feet versus passes to space ✓ Movement off of the ball and correct supporting angles
Restricted			
<p>5 v 5 + 2 neutral players directional game (40 x 60 area or as needed). Six small goals placed evenly along the end-lines – three for each team to score through.</p>	<ul style="list-style-type: none"> Three-touch maximum per-player attempting to score through their opponent's mini-goal. In addition, award points for consecutive passes, thus forcing better defending pressure on the ball. Out-of-bounds results in throw-ins and should be played one-touch to a teammate. Play is designated for a period of time or until an established score is reached. 		<ul style="list-style-type: none"> ✓ Team shape and balance ✓ Change of rhythm in possession to unbalance defending team shape ✓ Be patient – let play develop (when to keep it versus when to play quickly) ✓ Look for opportunities to penetrate by a dribble, pass, or shot

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One Goal with Counter Goal			
<p>5 v 5 with goalkeepers to two large goals (44 x 60 area or as needed).</p> <p>The field is organized in three zones – the end zones are 15 yards long and the central zone is 30 yards long (15 x 30 x 15).</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Unlimited touch restriction to begin, add 3 touch maximum if necessary. ▪ To score you must “<u>play someone in</u>” behind the holding 15 yard zone as diagramed. ▪ No defender can cross the holding line to defend once a ball is played through. ▪ Use the end-zone as an offside line and implement the offside rule. ▪ Applying the offside rule, allow both attackers and defenders to enter the final zones. 		<ul style="list-style-type: none"> ✓ Supporting shape and balance for team in possession ✓ Look for opportunities to combine to get behind the defense ✓ Movement and timing of 2nd and 3rd man runs ✓ Decision making and speed of play
Two Goals			
<p>8 v 8 with goalkeepers to two large goals (60 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 1:3:3:2 vs. 1:2:3:3 ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Look for opportunities to change the point of attack ✓ Find the most efficient way possible to score ✓ Be efficient and execute in possession ✓ All of the above
Cool Down			
<p>Dynamic movements and static stretching</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. ▪ Reduce Heart Rate 		<ul style="list-style-type: none"> ✓ Review Session