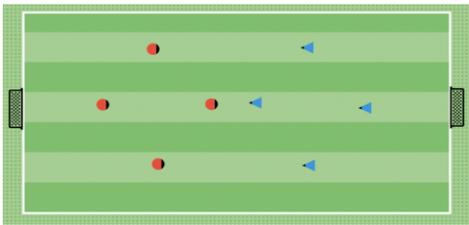


Goal: Improve attacking in the creation phase

Player Actions: Shooting, 1v1, Passing

Key Qualities: Creating opening, shooting on goal.

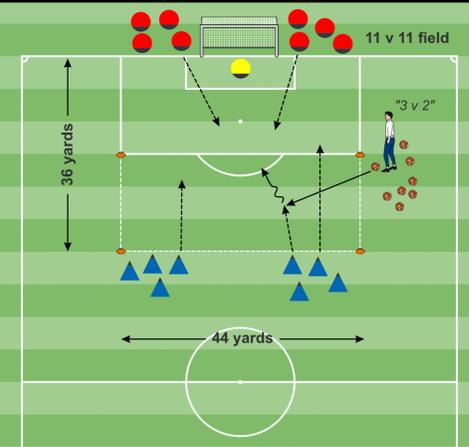


Activity I: Intentional Free Play

Duration: 10 min

Organization (Physical Environment/Equipment/Players):

1 ball, 2 mini goals, pennies, max 3v3 to goal per field.



Activity II: Attacking

Duration: 20 min

Organization (Physical Environment/Equipment/Players):

36 x 44 yard field with one goal and 1 goalkeeper. Split team in attackers and defenders. Coach calls out the game (2vs1, 3vs2, 4vs3) and plays ball to attackers. Play until goal is scored or goes outside box.

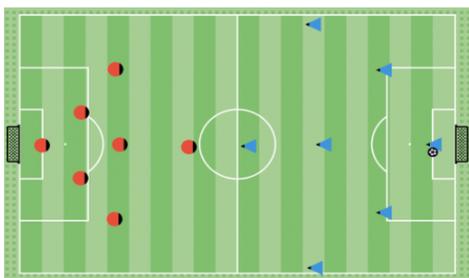
Coaching Points / Key Concepts:

Shoot, pass, dribble, take opponent on

When is a good time to shoot?

How can you get an attacker into a good position to shoot?

If you want to keep the shot low, how should you lean?



Activity III: Game

Duration: 30 min

Organization (Physical Environment/Equipment/Players):

Full field, goals, pennies. Game like play 7vs7 + goalkeepers

Coaching Points / Key Concepts:

Encourage initiative and getting in position for shoots.

Looking for team mates that are open. Quick transitions to get on attack.

