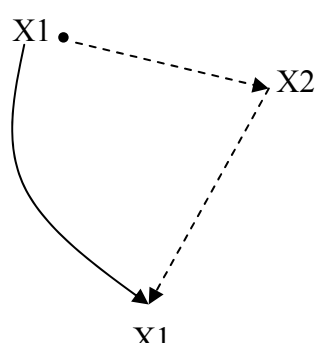
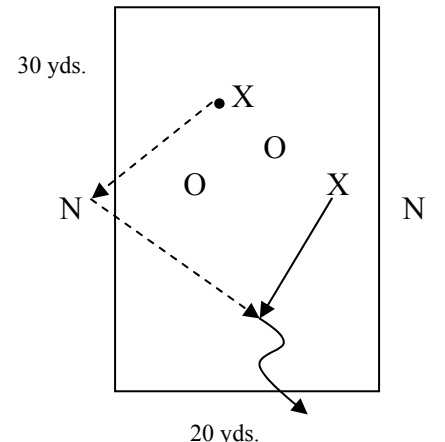
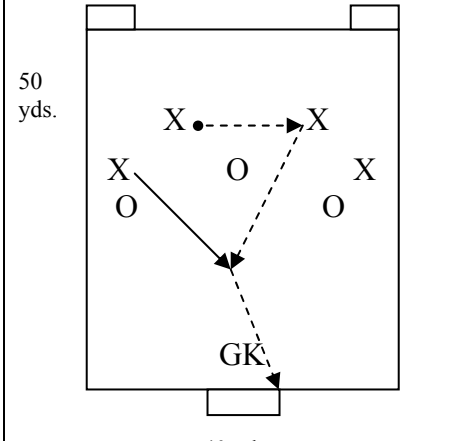
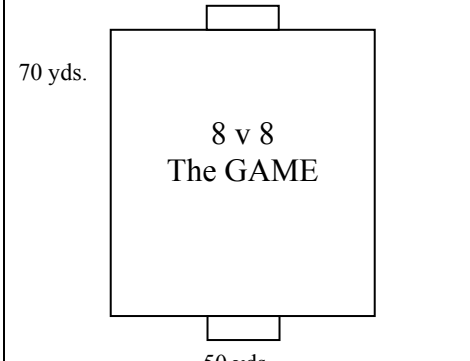


Topic: **1<sup>st</sup> and 2<sup>nd</sup> Attackers**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>Technical passing and combination play in pairs, one ball between two. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Keep it dynamic and realistic.</li> <li>▪ Introduce combination play:                             <ul style="list-style-type: none"> <li>○ Wall pass or 1-2 pass</li> <li>○ Take-over</li> <li>○ Over-lap</li> <li>○ Double pass</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and general technique</li> <li>✓ Verbal and visual communication</li> <li>✓ Correct angle and distance of support</li> <li>✓ Accelerate through to receive the pass</li> </ul>
<b>Restricted</b>			
<p>Line soccer. Begin with 1 v 1 + 2 neutral players (15 x 20 area or as needed). The two neutral players play for the team in possession of the ball.</p>	<ul style="list-style-type: none"> <li>▪ Progress to 2 v 2 + 2 neutral players (20 x 30 area or as needed).</li> <li>▪ Objective is for the attacking player(s) to combine together or with the outside neutral players to penetrate across the oppositions defending line.</li> <li>▪ Play directionally or allow the attacking team to transition the opposite direction once they have scored.</li> <li>▪ Award points as necessary for successful penetration and combination play.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Decision making by the player on the ball based on defending positions</li> <li>✓ Quality of pass and timing of runs</li> <li>✓ Disguise and deception of runs and passes to attack space</li> <li>✓ Quick transition</li> </ul>

Topic: **1<sup>st</sup> and 2<sup>nd</sup> Attackers**

<b>One Goal Counter Goals</b>			
<p>4 v 3 with goalkeepers to one large goal and two counter goals (40 x 50 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ The four attackers attack the large goal and the three defenders attack the two small goals when they win the ball.</li> <li>▪ Objective is to score goals by achieving penetration through effective combination play.</li> <li>▪ Award double points for goals created by combination play.</li> <li>▪ Rotate players and direction after an allotted amount of time or a certain number of goals have been scored.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Ability to create combinations going forward in the attack</li> <li>✓ Correct attacking shape and balance to create attacking space</li> <li>✓ Speed of play and appropriate decision making</li> <li>✓ Tactical implications of technique</li> </ul>
<b>Two Large Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 1:2:3:2.</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Encourage players to be creative</li> <li>✓ Positive mentality</li> <li>✓ Be dangerous and find ways to SCORE!</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>