



Going to Goal Number Up

Category: Tactical: Inventive play
Difficulty: Moderate

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

1v1 to Goal (20 mins)

Set Up:

15x20 yard area
12 players
Goalkeeper

Instructions:

- Line 1 starts off the sequence by dribbling 1v1 against the goalie to shoot (has 3 seconds to get shot off).
- After shooting in Line 1, immediately turns to play give/go drop-pass to player shooting in Line 2 (must shoot first time).
- After shooting in Line 3, immediately turns to play 1v1 to goal against player at the front of Line 3.
- Rotate lines after completing the sequence.
- First player to score 5 goals (individually).

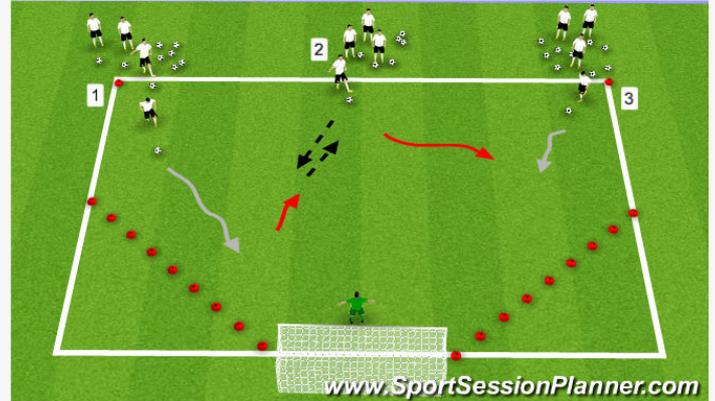
Coaching Points:

SHOOTERS:

- Head up to observe space and defender/goalkeeper.
- Determine proper angle of approach to shoot.
- Determine appropriate surface of foot to shoot.
- Keep head still and eyes focused on the ball.
- Strike ball appropriately (center, low, top).
- Follow through towards target.

GOALKEEPERS:

- Stay organized.
- Follow ball (Ball line and Angle arc).
- Make correct save (dive, basket catch, contour catch, etc).



Skill Practice (2v1-3v2 Transition) (20 mins)

Set Up

1. 30 x 40 area set up as shown
2. 14 players (6 attackers, 6 defenders & 2 goalkeepers)
3. 1 ball (additional on outside)

Organization:

1. Game begins with goalkeeper playing ball out to either attacker (A)
2. Attacker drives forward with ball with supporting team mate (B)
3. As attackers approach half way line defender enters to recover/pressure from behind (C)
4. Once over half way attackers can score at any time avoiding the defender (D) & trailing defender (C)
5. Once goal is scored, shot saved or ball goes out of play transition happens - defenders now turn into attackers with attacker (E) dribbling into area to create 3v2 counter. Previous attackers now must recover & become defenders
6. Once 3v2 attack finishes all players rotate to new positions
7. Goalkeeper resets the activity by playing out to the 2 attackers again

Coaching Points:

1. Angle of support. Can you be available for a combination/pass option
2. Speed of play. Attack at speed & be direct!
3. Timing & decision of combination: wall pass, over/underlap, cross over or decoy?
4. End product!
5. Reaction on transition

Progressions:

- P - Defender (C) can now enter as soon as keeper plays out to attackers (B)
- P - Give attacks a time limit



8v8 Game (25 mins)

Set Up -

8v8 for U12 - U18

6v6 nothing bigger for U12 and below

Instruction -

Players are now in a free game of soccer. Apply conditions if required but play to the actual rules of the game for the majority of the time allocated.

Pogression:

Limit players to two OR Three touches

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

