

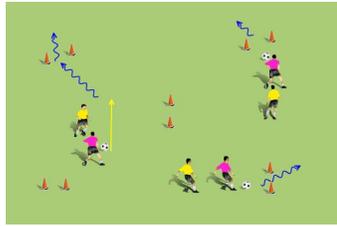


Week 5

2 v 1, 2 v 2 Attacking

Activity 1: 1 v 1 Challenge

Focus: Defending, Attacking



1. Area 30 x 30 yds
2. Balls
3. Cones
4. Training vests

Objective

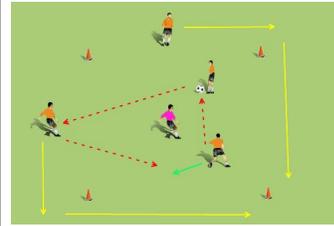
Players work in pairs. One player is the attacker with the ball and one player is the defender. The attacker's objective is to try and dribble through as many of the gates (two cones 2 yds apart) as possible. The defender must try to stop the attacker from scoring. After 45 seconds change roles.

Coaching Points

1. Defense - try to slow the attacking player
2. Defense - don't be overly concerned with winning the ball
3. Defense - use body strength to force play to one direction
4. Attack - awareness of the open space

Activity 2: 2 v 1 + 2 Support Receiving

Focus: Passing, receiving



1. Area: 15 X 15
2. Balls
3. Cones
4. Training vests

Objective

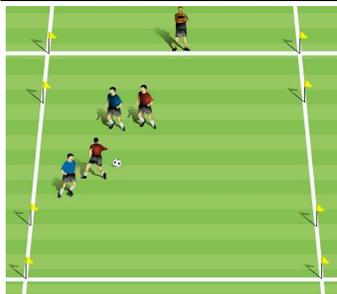
Start with 2v1 in the middle of a 15x15 area. The 2 attackers must keep the ball away from the 1 defender. To score a point the 2 attackers have to pass to either one of the 2 support players on the outside of the box then receive the ball back. Rotate positions every 2 minutes.

Coaching Points

1. Movement into space to receive the ball
2. Direction of first touch
3. Communication

Activity 3: 2 v 2 to Four Mini Goals

Focus: Economical



1. 15 x 15 yard Grid
2. 4 Mini-goals
3. Group of players
4. 2 sets of pinnies
5. Cones
6. Large supply of balls

Objective

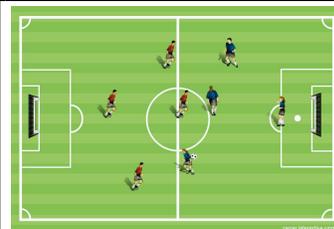
Coach divides players into two teams. In a grid 15 x 15 yards with mini-goals set in each corner of the grid. The teams, which are broken into pairs, attack the two opposite goals and defend their two goals.

Coaching Points

1. Dribbling
2. Passing
3. Shooting
4. Receiving

Activity 4: 4 v 4 Small Sided Game

Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

