

7 V 7 ATTACK NEAR OPPONENT GOAL

REINFORCEMENTS

- When a player shoots when they have space to do so
- When a player uses proper technique to score - inside close, instep further away
- When uses their non-dominant foot to shoot
- When a player plays someone in front of goal instead of shooting from endline
- When a player takes their touch towards goal to shoot
- When a player receives with proper technique across their body
- Wall pass
- When a player uses a move to create space
- When we play wide to cross

COACHING POINTS

- Receiving
 - Across body with inside of the foot
 - Towards goal or forward if possible
 - Body position open towards goal
- Passing/Crossing
 - Inside of both feet
 - Heel down and toe up
 - Playing a ball through the back line so teammate can take touch towards goal
- Finishing
 - Inside of both feet close
 - Instep of both feet further out
- Sustained focus
 - As coaches, how do we talk less and play more to keep focus up?
- Train set-plays and corner-kicks
- Shape - Using width in the final third - why?

QUESTIONS

- If we have space, what should we try to do? Set up a shot and finish
- Is there space to go forward?
- How do you know if you have space? Scan before receiving
- What foot should you receive with if you have space? Foot closest to goal
- Can you open your body so you can receive with a touch towards goal?
- What can you do to get space from defenders? Scan and find space away
- Where is the best area to shoot from? How do we create space there? Use the width
- If you don't have the ball, where is space? Wide, high, back, angle, and away from defenders in the final third
- What foot of your teammates should you pass to? So they can take a touch towards goal
- Who can we look for if we don't have space going forward? Wide, back at angle (not square)
- When the ball moves central (CM, FWD, etc.) where should the outside players go? Wide How? Backpedal or rounded run
- Why do we want to get the ball wide if it is easier to score in front of goal? So we can spread the defense out to create space in front of goal to play in to

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

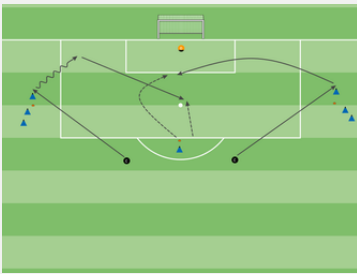
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Dribbling
 - To penetrate
 - To change speed
 - To beat or commit defender
- Passing/Finishing
 - Inside/instep of both feet
- Crossing
- 2v1
 - Wall pass
 - Creating space
- Receiving
 - Across body with inside of both feet
 - Bouncing balls
 - Where to go- 1st touch
- Psychology
 - Work in small groups
 - Sportsmanship
 - Creativity
 - Sustained focus

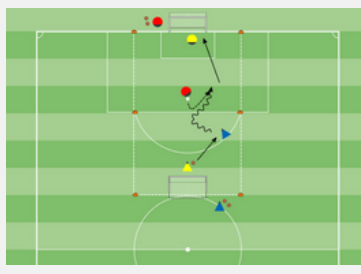
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Functional Crossing



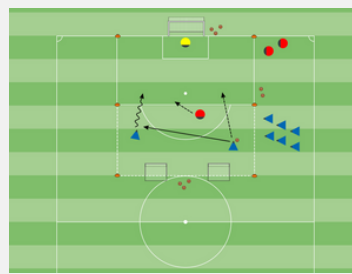
- Four lines - rotate through
- Coaches can play balls in or players can if service can be OK
- Ball is played in to outside player, touch towards goal, then service in.
- Player from one of the top two lines runs wide then attacks ball/goal
- Focus on crossing options
 - Early big cross
 - Late deep cross on the ground
 - Late cross in air to back side

1v1 to Large Goals



- Three cones - Just add ball played in across body
- As soon as player shoots, player runs back around cone to play with opposite foot from other side
- If balls aren't played in well, coach can play ball
- Focus on instep (laces) from first position and inside from second position
- Let ball cross body if it is played in front of player

2v1 to Large Goals



- Field as shown
- 2v1 with ball played in from coach
- Use to teach offside
- Use to teach about finishing 1v1 with keeper
 - Dribble until keeper commits
 - Inside of the foot by keeper
- Continue 2v1 teaching to create space for teammate
- Teammate stay even with defender and create separation
- Pass in front-touch to goal

2v2 to Large



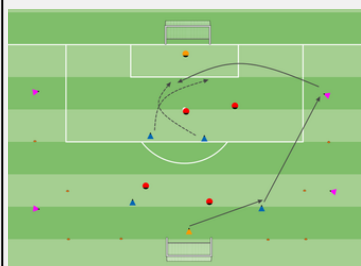
- Field as shown
- 2v1 with ball played in from coach
- Use to teach offside
- Use to teach about finishing 1v1 with keeper
 - Dribble until keeper commits
 - Inside of the foot by keeper
- Continue 2v1 teaching to create space for teammate
- Teammate stay even with defender and create separation
- Pass in front-touch to goal

4v3 or 4v2 to Goal



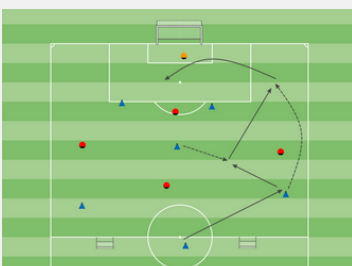
- Just smaller than width of 18, but a tad longer.
- 4v3 or 4v2 (if needing more shots) to goal
- Ball can be played in from coach or CM player
- Defending team plays to target CM
- Can do three counter goals
- Focus on creating just enough space to shoot or put someone in on goal with a pass to foot in to goal
- Use offside

4v4 with Flank Neutrals



- Fields about the size of two penalty boxes
- Flanks on sides (can use one or two on each side)
 - If two are used, just stay on one half
- Flank player - limit touches - and can take a touch inside to goal for a late cross on ground
- Focus on finding flank players and scoring from wide areas
- Focus on finishing technique
- Can add central neutral if needing extra attacker

6v4+K to Counters



- Attacking half of the field
- 6v4 + K to large goal and two counter goals
- Use 2v1s to create space on width
 - Example shown with wall pass
- Start ball with blue team at half-line
- Where is the space? If it is central, can we get there or can we shoot/score? If it is wide, can we get there to open up central areas?

6v5+Gk to Goal



- Attacking 2/3 of the field
- Six "coached" players going to goal
- 6v5+GK going to goal
- Can we find areas where we have more players than defenders and use it to get forward
- Ball played from where it went out including corners, goal kicks, throw-ins.
- Can add a supporting neutral if needed