

2v1 SSG

Set up: 20 x 15, Disc to mark out goal in the game. Balls and bibs. 4 players / area.

Instructions: 2 v 1 each defended by 1 opponent only. The objective is for the attacker to dribble the ball across the opposing goal-line despite the opponents active defending of it. Attack finishes when 1) defender touches the ball 3x. 2) one of the attackers has managed to dribble across the goal-line. 3) 1 attacker infringes the rules or the ball runs across any end line.

After 10 attacks (5 @ each goal) teams switch roles and positions. The pair to score more wins.

Variation- 6 players 4min game

Coaching Points: When does the ideal moment arise for passing the ball?

When should the ball carrier not pass the ball

What's the disadvantage of an early pass? why?

Where, ideally, should a team-mate receive the ball in relation to the defender?

What is your opinion about the distance of support?

Disguise the target of your pass to your teammate.



Pass & Receive on the run

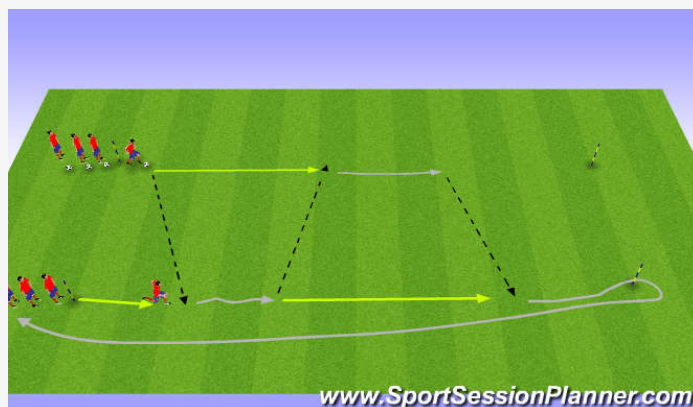
Set up: Pass & Receive on the run 4 cones 15 yds apart x 20 yds long. Players in 2's. 4 players per station

Instructions: As a pair always maintaining 10m apart attack opposing goal. As a pair, they pass and receive the ball on the run. After they manage to control the ball at one empty goal, turn around and come back and attack open goal. Try to score 10 valid goals.

Coaching Points: Passing, weight of pass, accuracy of pass, in front of player, communication

Receiving, part of foot, part of ball, positive 1st touch, touch direction

Dribble- Keep the ball close, with speed, head up.



Disguised pass

Set up: 4 goals in a 15 x 15 grid, 2 balls 4 players or 8 players.

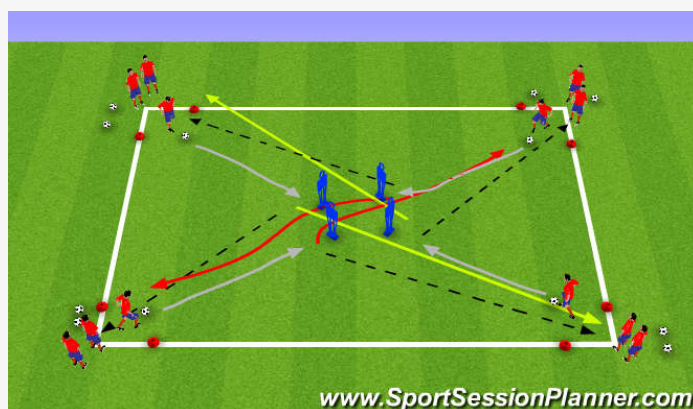
Instructions: Player A & 1 dribble to the middle and look left and play pass to their teammate on their right who is behind the goal. Once pass is complete A takes player 1's original position and 1 takes player A starting position. B and 2 repeat the movement. Each player should do this 10x look to score a minimum of 8 goals each.

Progression, add a faint before making the pass.

Coaching Points: Dribble, keep the ball close, head up.

Passing- Accuracy and pace of pass, part of foot, part of ball.

Receiving- Body behind the ball, part of foot, part of ball, touch direction, positive 1st touch. Attack the space **with pace**.



Beating the defender

Set up: Beating the Defender, Set up as in diagram

Instructions: Form 2 lines, each player with a ball. Attack the defender and make a faint to get past the defender going Right. Encourage different moves and fints in a forward direction the beat opponent.

Coaching Points: Keep ball close, execute move with precision dribble ball on safe side after beating opponent. Speed, head up, get behind the defender.



2v1 C.Attack

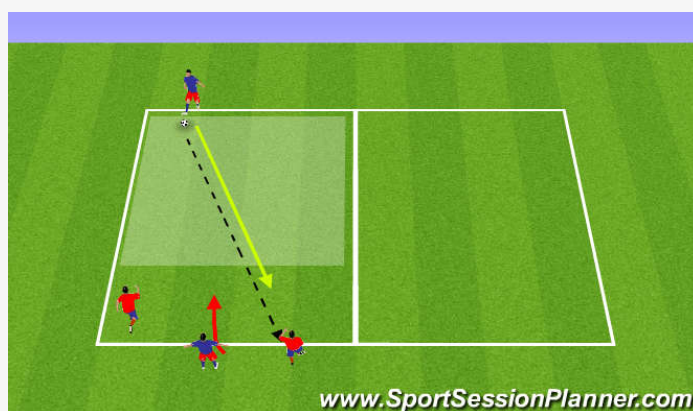
Set up: 2 v 1 Counter Attack 15 x 8, Disc to mark out goal in the game. Balls and bibs. 4 players / area.

Instructions: 2 v 1 each defended by 1 opponent only. 2nd opponent may step into the grid to become an option if teammates wins the ball to score (by dribbling past the line). The objective is for the attacker to dribble the ball across the opposing goal-line despite the opponents active defending of it.

Attack finishes when 1) defender steals or wins the ball and counters to cross goal-line 2) one of the attackers has managed to dribble across the goal-line. 3) 1 attacker infringes the rules or the ball runs across any end line. 4 min game, team with most goals wins.

Coaching Points: Look up analyse game situation, accurate passing with both feet. Select best moment of pass. Pass or dribble? Execute fints to beat defender. Support the ball.

Defender read opponents, Defend to attack. Quick Transition.



6 goal SSG

Set up: 3v3 six goal SSG

Area: 30 x 20 (Orient field so it is wider than it is long, or adjust field to square)

Instructions: Players may score by dribbling through wide gates or shooting on central goal. Keep possession if goal is scored. Players cannot attack the same goal twice in succession. Looking at the diagram, **R1 has 3 options.**

Option A - dribble and attack 1v1 to score centrally the open goal or pass to wide flank runner to dribble through gate. **Option B** - pass to R2 to attack open dribble through gate

Variation: Line Soccer - attack & defend lines rather than goals.

Coaching Points: See the ball & the players, Change of direction & speed, Decision to pass or dribble, Pace/Weight/Accuracy of pass

