

Description

Shamelessly stealing a great session from Alan Moogan at the 2018 United Soccer Coaches Conference. When the second activity gets done, simply put all players on the field and play a bigger game on the existing area and goal. Smooth transition.

Warm-Up Pass and Move (10 mins)

https://youtu.be/j_O3FE5ko50?t=78

Setup: Create a diamond of cones as shown above. A to D should be 15-20 yards, C to B should be 10-15 yards. The line of players with balls is at A. Cones C and B have one player at each and cone D has 2 players waiting. If you don't have a line of at least 3, don't create a diamond, just make a triangle ABD.

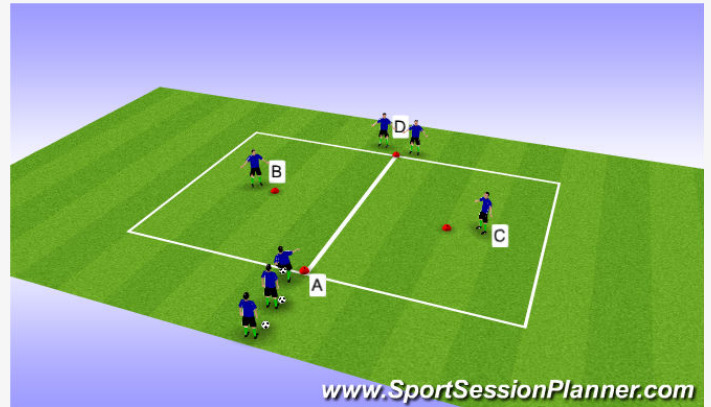
Activity: Player A plays to player B. B receives, turns and plays the ball to player D. D then dribbles the ball at a sprint to the back of the line at A. The next player in line at A plays their ball to player C, C receives, turns and plays the ball to the other player at D who receives, and dribbles the ball at a sprint to the back of the line at A. Each player follows their own pass so the players are constantly rotating and each player at A has a ball.

Coaching: (2:20) Coach demonstrates the weight and type of pass we are looking for. Coach then demonstrates that player B/C initiates the pass by creating separation from their cone.

(4:00) Coach demonstrates that player B/C should sprint to follow their pass to make player D feel slightly pressured. This forces D to take a smart touch toward A away and passed from the oncoming defender. D isn't trapping the ball, it's a positive first touch toward A.

(6:45) Coach shows that once D has created separation from the oncoming pressure, they need to SPRINT to A to escape the pressure altogether.

There is further complexity to this, but we will leave it here, check out the video for the progression.



Wave Game (20 mins)

https://youtu.be/j_O3FE5ko50?t=906

Setup: the largest area you have. Coach in the video sets up a 30x40 yard area, that's probably excessive, but it was a demo. A small goal at both ends (cones, lacrosse, pugs). The video uses full goals with GKs, but that's not necessary. I use a cone line to denote where a player must be passed before he or she can shoot.

Activity: One player from yellow dribbles the ball into the area and passes to blue. 2 Blue players carry the ball out, pass to beat yellow and try to score on a 2v1. When the play ends (in ball out, or a goal for either side) 2 yellow players carry a new ball in and it becomes a 2v3 (over loaded going the other direction). This process repeats until all players are on the field. When that final bigger game ends, the process restarts with one yellow going toward blue as in the beginning.

Coaching: Rehash the main 3 ideas from the beginning.

1. Player receiving the pass should create separation from the defender to signal that they are ready for the ball.
2. When receiving the pass, take a first touch which will push it toward where you want to go, do not trap it dead.
3. Explode toward the goal to fully escape pressure.

