

Description

Warm Up (30 mins)

Organization:

- As shown (ball / player)

Instructions:

- Players try to get through gaps between players for a point.
- If player's ball / body hit another player or they leave they lose all their points.

Coaching Points:

- Messi / Ronaldo touches to find and get through gaps.
- When to change direction.
- Moments to use scissors to change direction.

Progressions:

- Add defenders (pinnie in hand, if they touch attacker's ball they switch roles).



Technical (Unopposed) (15 mins)

Organization:

- As shown (6 players - 3 groups of 2 per area)

Instructions:

- Players pair up with partners on opposite red cones on same side of area.
- Player A drives at orange cone and plays passes to player B and continues his run to the other side of the area.
- Player B receives pass drives at the next orange cones and beats it with a scissor, faking towards the supporting teammate.
- Player A and B replace players C and D.
- C and D begin when player B makes eye contact with player D.
- Players perform same technique going back other way but start in opposite roles.
- Switch cone position after given amount of minutes to work on opposite foot.

Coaching Points:

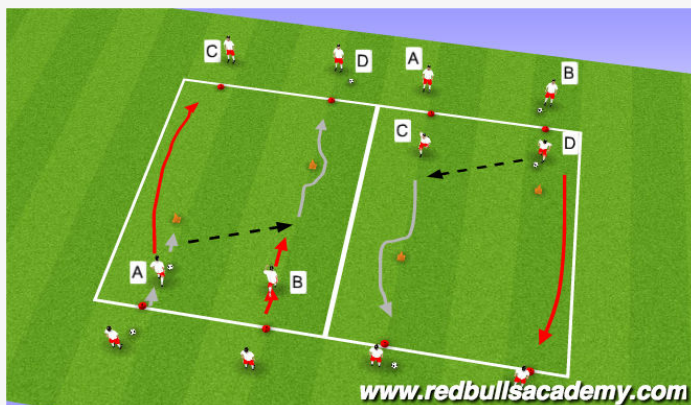
1st attacker

- Size of touch to approach cone.
- Passing with outside of foot nearest supporting teammate.
- Weight and accuracy of pass.
- Quality of decoying technique (scissors).
- Next movement after playing pass.

2nd attacker

- Timing of run
- Communication (for pass or to help decoy)
- Quality of touch after receiving to set up scissors.

Progressions:



Technical (Semi-Opposed / Opposed) (35 mins)

Organization:

- As shown (Groups of 3; A, B and C)
- 2 groups (6 players) per area

Instructions:

Start this activity as indicated below with passive defenders and no point system.

- Defender (player A) plays pass to player B.
- Attackers (player B and C) attempt to score in the PUG 2v1 for 3 pts.
- The defender cannot leave his line until player B's first touch and must win the ball above the red line (as shown).
- If defender wins possession, he attempts to dribble over the opposite endline he started from.
- Once a team scores or ball leaves the area, next group starts.
- Rotation: A to B to C

Coaching Points:

1st attacker

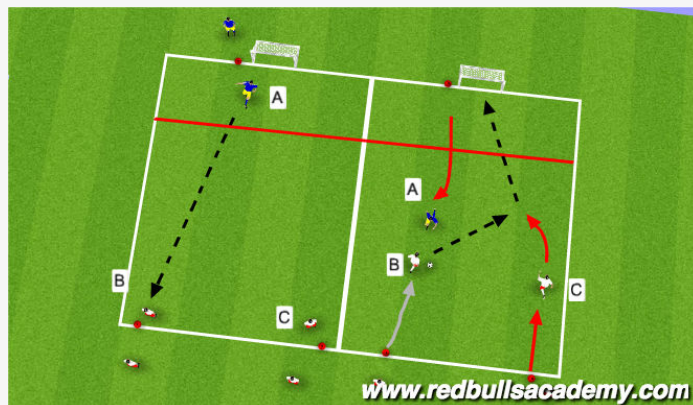
- Quality of first touch and size and angle of touches as they approach defender (keep 2 options, smaller as defender approaches).
- Reading defender's body position to decide to dribble or pass.
- Passing with outside of foot nearest supporting teammate.
- Weight and accuracy of pass.
- Quality of decoying technique (scissors).
- Next movement after playing pass.

2nd attacker

- Timing of run
- Communication (for pass or to help decoy)
- Quality of touch to set up shot or to score first time.

Progressions:

- Defender leaves on his pass.
- Remove red line forcing defender to come out.
- Time limit to score.



Tournament 3v3 or 2v2+1 (30 mins)

Organization:

Consider playing 2v2+1 (on right) for more 2v1 scenarios.
3v3 Small-sided tournament games: 4 teams of 3 players each team. 2 fields of 20x30 yards with 2 Pugg Goals on opposite endlines. **Play small sided to larger goals if possible since the kids got striking repetitions during the session.**

Instructions:

4 Teams of 3, play 3v3 tournament style format where each team will play one another. 3 points for a win, 1 point for a tie and 0 for a loss. Each game should be approximately 6-8 minutes in duration (obviously play a 3 game tournament).

Coaching Points:

- Review of session's learning outcomes being translated into the game
- 3 lines of attack
- Creating triangle (gives angles of support)
- Making triangle as big as possible (Creating space)

