

# SOCCER COACH WEEKLY

## Pass, dribble and shoot (U13 activity)

### ATTACKING 2

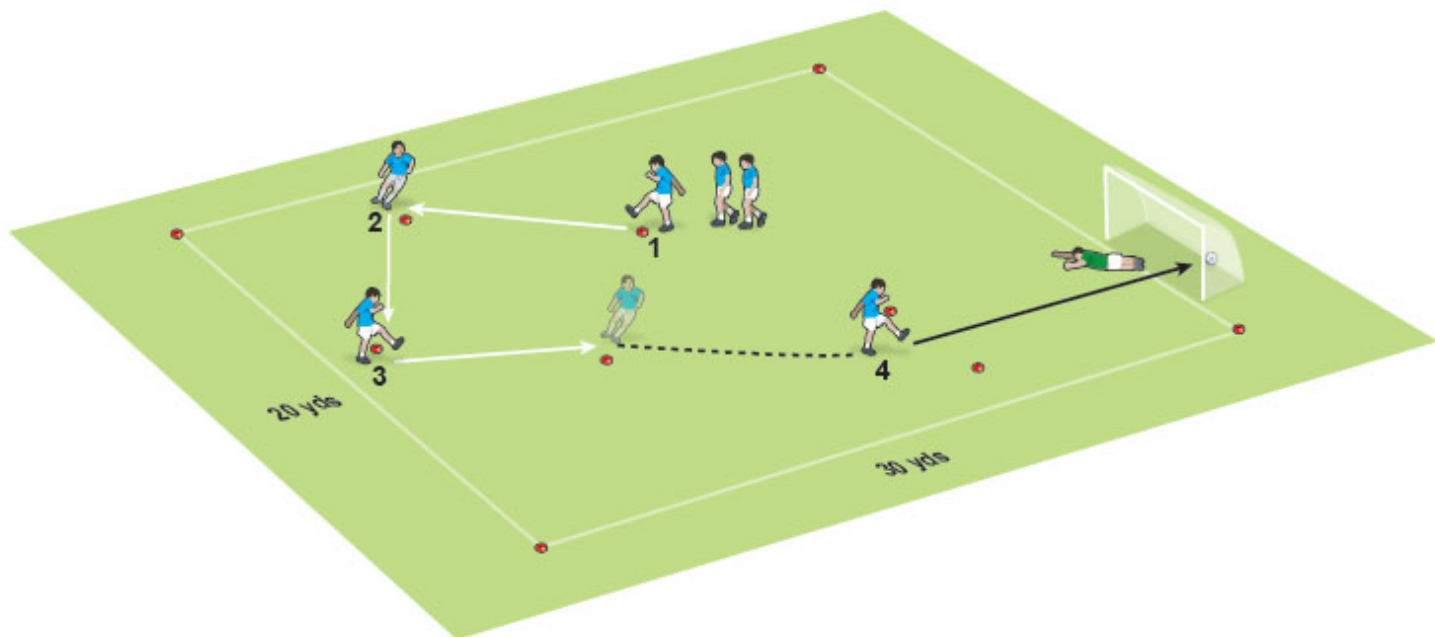
Pass, dribble and shoot

### SUPPORT THE STRIKER

*“Good first touch” • “Keep the ball in front of you” • “Check where the ball is and cover movement” • “Accuracy over power” • “Accurate passing”*

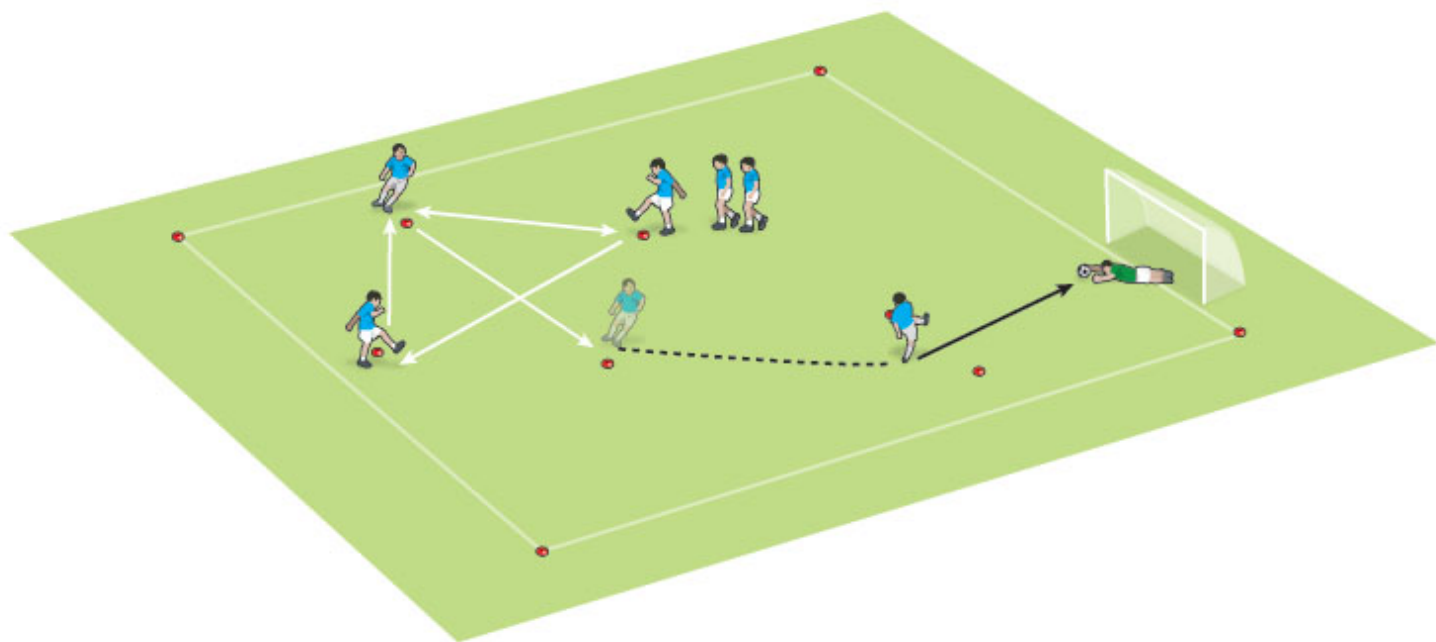
Set up a 30 x 20 yards area with a goal in one corner and four cones arranged in a diamond in the other corner, plus a shooting gate 12 yards in front of the goal.

You can play this game simply so that player 1 passes to 2 who passes to 3 and then 3 passes to 4 who dribbles and shoots.

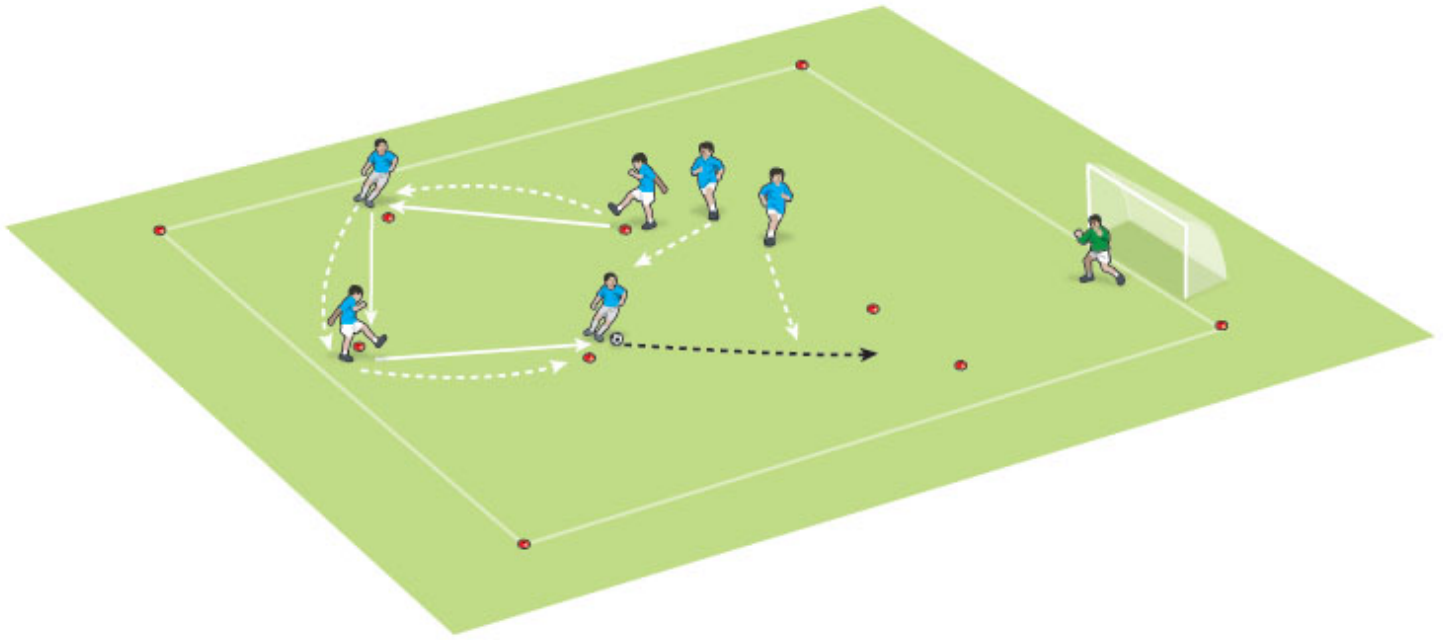


Or play it a bit more complicated – player 1 passes to 2 who sets back to 1 to pass to player 3. Player 3 sets back to 2 who passes to player 4 to dribble and shoot.

In the final progression add a player who must defend in front of the gates that the attacker must beat in a 1v1 before shooting.



Players should be receiving the ball on the back foot and first touch should get it out from under the feet to make the next pass easier.



**How many players do I need?**

You need seven players for this activity.