

Objectives:

1. Improve passing and receiving technique in 2 v 1 situations
2. Improve decision making in 2 v 1 situations
3. Encourage and reward creativity in small-sided attacking situations.
4. Make sure players are moving, engaged, and having FUN!

Format: Whole - Part - Whole

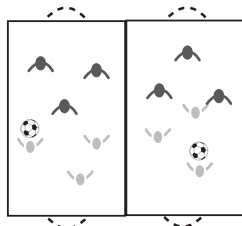
1. Start with a game - WHOLE
2. Choose a skill or tactic to teach - PART
3. Put the part back into the game - WHOLE
4. Repeat the process as needed.

ACTIVITY

ORGANIZATION

COACHING POINTS

Whole - 3 v 3 STREET SOCCER



3 v 3 to PUGGs or small goals

Players start their own games

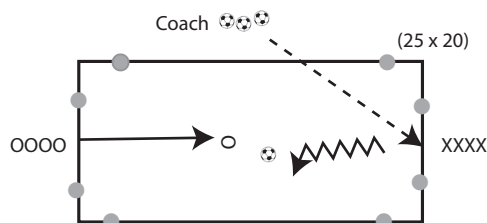
Why do we start with small-sided unstructured free play games?
Players lack creativity and the "playground mentality" that help them solve problems to become effective players in the game. Players are often told what to do, where to go, and therefore do not develop their own motivation and passion for the game.

Part - COMBINING PASSING AND DRIBBLING THRU GATES

Whole - 3 v 3 LINE SOCCER

1. Slow dribble, then Killer touch explosion thru gates
2. Make a move and go around gates
3. Dribble thru gates at speed and quick outside of foot pass to friend

Part - 1 v 1 - THE SETUP

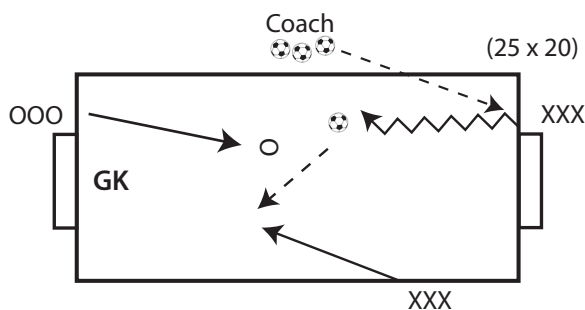


- Coach rolls out ball to either X's or O's
- 1st player from each line enters to play
- Play 1v1 to wide gates - dribble thru
- Progress to 1v1 to PUGGs - (or) central goal
- Progress to Option to play back and join in 2v1
- Players play until ball goes out, a goal, or when

Coaching Points/Questions: 1v1

How can you "setup" the defender?
 Killer touch to outside, hip swivel or cut to inside
 Mechanics and surface(s) of foot
 Where is the space to attack?
 What is your best move? What do you do well?

Part - 2 v 1 (BIG GOALS AND GK'S)



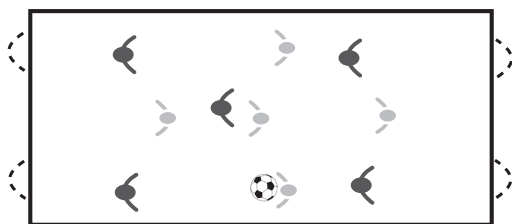
Organization

- Coach is boss of balls
- Play a ball out to X's and play 2 v 1 vs. O
- O can score on counter OR play back to play 2 v 2.

Coaching Points/Questions: 2v1

- How can you "setup" the defender?
- Teach the Lead Pass - pass that beats defender is #1
- When do you pass, when do you dribble?

Whole - FULL SCRIMMAGE - 5 v 5 (4-goal game) - Play and Teach!



- Can you create a 2v1 situation?
- When do you pass? When do you dribble?
- What is the best thing you can do with the ball?
- What is the next best thing you can do?
- How can I make sure that my players apply what they learn in training to the bigger game?