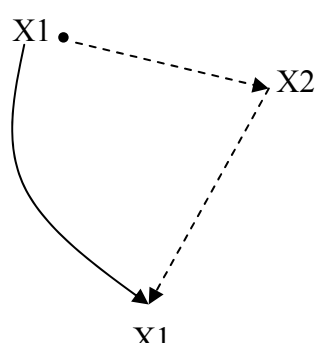
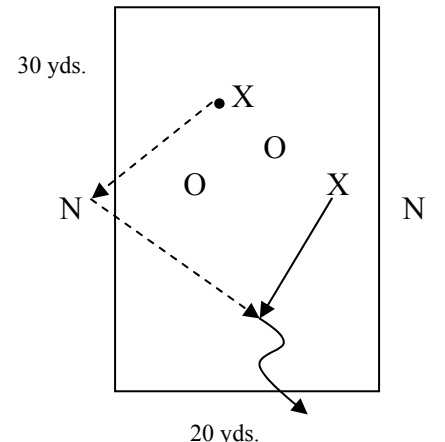
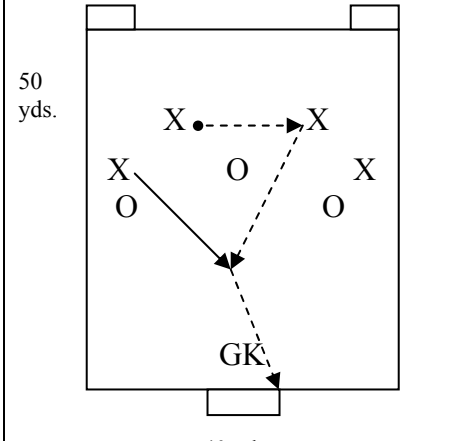
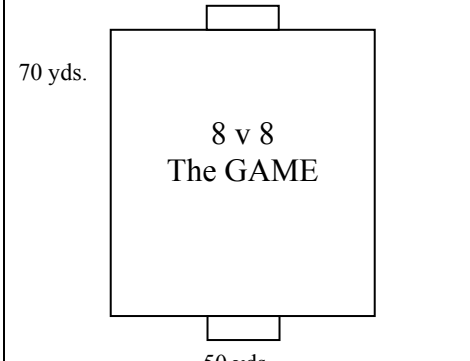


Topic: **1st and 2nd Attackers**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Technical passing and combination play in pairs, one ball between two. Stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it dynamic and realistic. ▪ Introduce combination play: <ul style="list-style-type: none"> ○ Wall pass or 1-2 pass ○ Take-over ○ Over-lap ○ Double pass 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Verbal and visual communication ✓ Correct angle and distance of support ✓ Accelerate through to receive the pass
Restricted			
<p>Line soccer. Begin with 1 v 1 + 2 neutral players (15 x 20 area or as needed). The two neutral players play for the team in possession of the ball.</p>	<ul style="list-style-type: none"> ▪ Progress to 2 v 2 + 2 neutral players (20 x 30 area or as needed). ▪ Objective is for the attacking player(s) to combine together or with the outside neutral players to penetrate across the oppositions defending line. ▪ Play directionally or allow the attacking team to transition the opposite direction once they have scored. ▪ Award points as necessary for successful penetration and combination play. 		<ul style="list-style-type: none"> ✓ Decision making by the player on the ball based on defending positions ✓ Quality of pass and timing of runs ✓ Disguise and deception of runs and passes to attack space ✓ Quick transition

Topic: 1st and 2nd Attackers

One Goal Counter Goals			
<p>4 v 3 with goalkeepers to one large goal and two counter goals (40 x 50 area or as needed).</p>	<ul style="list-style-type: none"> ▪ The four attackers attack the large goal and the three defenders attack the two small goals when they win the ball. ▪ Objective is to score goals by achieving penetration through effective combination play. ▪ Award double points for goals created by combination play. ▪ Rotate players and direction after an allotted amount of time or a certain number of goals have been scored. 		<ul style="list-style-type: none"> ✓ Ability to create combinations going forward in the attack ✓ Correct attacking shape and balance to create attacking space ✓ Speed of play and appropriate decision making ✓ Tactical implications of technique
Two Large Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 1:2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Encourage players to be creative ✓ Positive mentality ✓ Be dangerous and find ways to SCORE! ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session