

## Number reaction (10 mins)

### Technical Shooting warm up

#### Organization:

Two goals and no goal keepers. In the middle of the area, each player has a ball in the designated area.

#### Set Up:

Players are given a number. Each player dribbles in the designated grid and once a number is called dribbles out of grid and shoots on their goal. Even numbers shoot on one goal, odd numbers shoot on other goal.

#### Variations:

- Switch goals
- Work with both feet
- Once number is called, combine with coach before shooting

#### Coaching Points:

- Ankle locked
- Knee over ball
- Head Down
- Target on goal
- Laces / strike through the ball
- land on plant foot



## Score and Cover

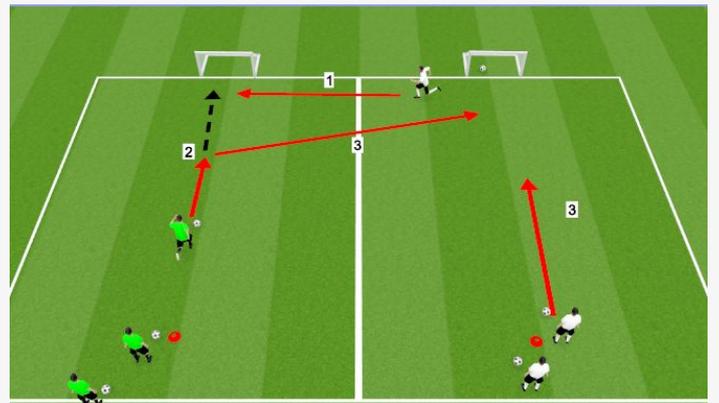
### 1v1 Defending and attacking transitions

2 groups of players with each group facing a goal / target / gate  
First player (1) runs out and attacks the goal directly in front of them. As soon as they shoot, the player at the front of the opposite line (number 2) sets off while number one tries to get across to defend. As soon as 2 shoots the player back at the original lines starts and 2 goes to defend. The cycle continues.

Rotation - Player attacks/shoots, goes and defends. Once they defend they get a ball/their ball and join the back of their original line.

Points are scored for scoring as well as stopping the attacker -  
Meaning players can score 2 points each time they are in action

- Coaching points -
- Speed of reaction - Attacking and then transitioning to defend
  - Speed of play - Get a shot off before the defender gets there
  - Communication - team mates encourage their team and help them on where to go



## Attack the goal

### Progressive play - 1 shot - 1v1 - 2v1 - 2v2

Transitioning from attack to defense each time

4 teams, every player has a ball - Lines A and C work together -  
Lines B and D work together

A starts and gets the easy go - they dribble out and shoot with no added pressure

As soon as A shoots, B attacks and A defends, creating a 1v1 situation

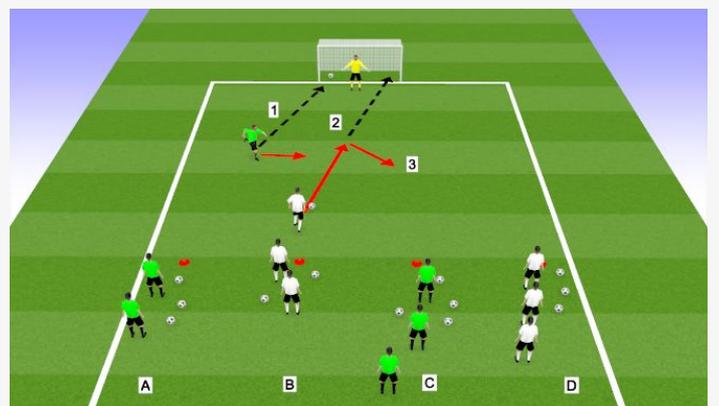
Once B shoots (or A wins the ball) B becomes the defender, Player C comes on with a ball and works with player A creating a 2v1 against B.

In completion of that phase, player D brings on the ball and combines with player B - A and C still work together and we play a 2v2 until ball goes out of bounds or a pair score.

Once all 4 have gone - they return to their original lines and the next 4 players are ready to go. After a few rotations teams move down one cone - A to B, B to C, C to D and D to A. This will give players a different scenario and maybe a different team mate to work with.

Coaching Points -

- Speed of reaction to transition from defense to attacking and vice versa



Communication with team mates - work together

Movement on and off the ball - Pressure / pressure and cover situation - dont both be drawn to the ball.

## Close to goal (25 mins)

### Set Up:

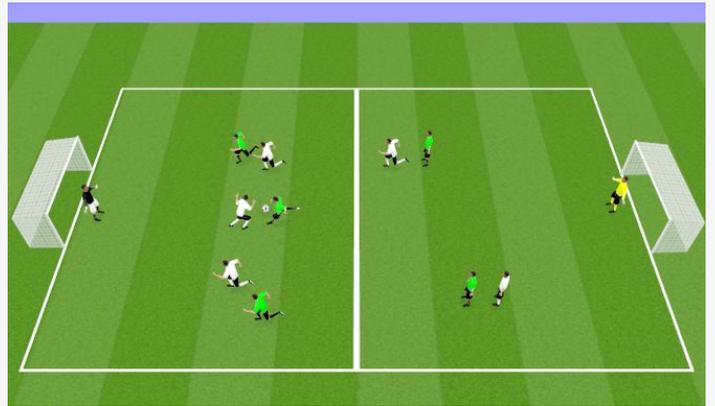
5 v 5 + GKs, shot from own half on target worth 1 goal, goal from other half worth 2 goals, after team shoots/ goes out of play, coach plays in another ball

### Coaching Points:

Timing of shot

Aggression- power

Positive attitude- be prepared to shoot and miss



## Scrimmage

Let them play but reiterate what was covered in the session

