

Drop-In Games (20 mins)

Organization: FIFA rules with kick-ins.
Instructions: 2v2, goal to goal.
Coaching Points: When/how to utilize your teammates?

Description

Learning Outcomes:
 Identifying when/how to utilize teammates.
 Playing into attackers.
 Playing forward anywhere on the field.
 When our team has possession of the ball and is set/ready to play forward. To avoid turn overs in our passes forward.



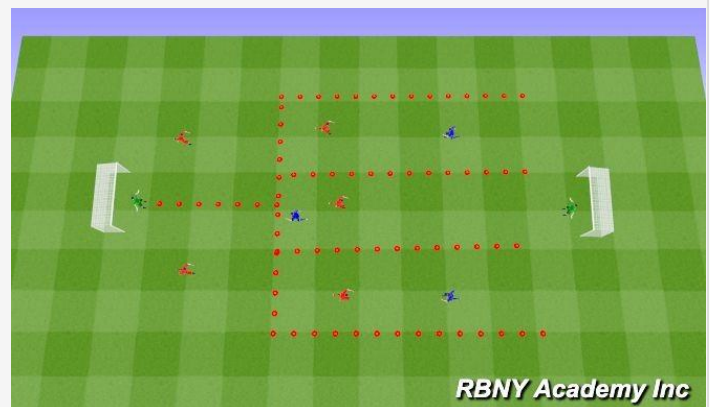
2v1 Attack (15 mins)

Organization:
 3 zones.
 15X20
 5X20
 15X20
Instructions:
 Red: starts with ball on a 2v1 in the defensive zone, tries to get the ball into the middle zone, then into the attacking zone to score a goal.
Coaching Points:
 When to pass vs. dribble.
 Joining the attack.
 Retaining Shape.



Passers vs. Dribblers (15 mins)

Organization:
 5 Zones.
Instructions:
 Red players must remain in their zones.
 Blue players may run freely.
Coaching Points:
 Spread-out vs. Compact
 When to pass vs. when to dribble.
 Retaining Shape.
 Joining Attack.
Progressions/Regressions:
 P: Players may move to the zones adjacent to their own, but not 2 zones over.
 R: Dribblers must crab-walk



The Match

Organization:

- Fifa rules (throw ins)

Instructions:

- 4v4 goal to goal with goalkeepers

Coaching Points/Questions:

- When/how to best utilize your teammate?
- When/how to play into an attacker.

Regressions/Progressions:

-

