

Milton Week 3 - Retaining Shape

Category: Technical: Passing & Receiving

Difficulty: Academy Sessions



Hermes Lima Soccer Academy, Quincy, United States of America

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.

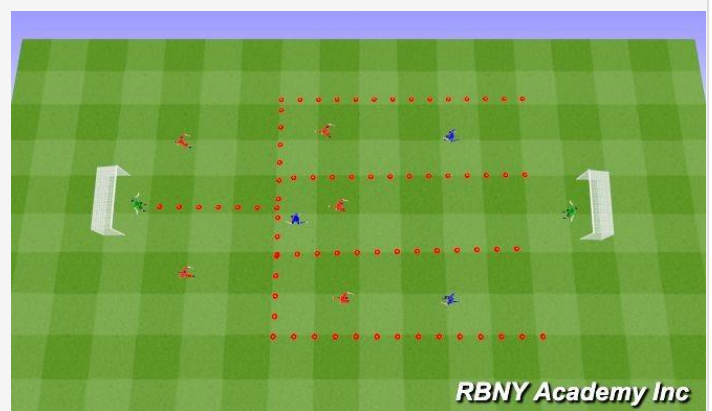
Retaining Shape.

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:

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