

Drop-In Games (15 mins)

Organization:

- Divide space into 2 small fields.
- 2v2 or 3v3 depending on amount of players

Instructions:

- Laws of the game with Kick-Ins

Coaching Points/Questions:

- How to find space?
- How to exploit space?

Regressions/Progressions:

N/A



1v1 Attack (10 mins)

Organization:

- 1v1 (P: 2v2 option) on small field

Instructions:

- Server plays into attacker as per diagram. Defender starts on halfway line and is live as the pass is made.
- Defender - win possession and score in opponents' goal.
- Attacker - score in opponents' goal (must be in attacking half of field)

Coaching Points/Questions:

- How can you be aware of space and pressure?
- What ways can you unbalance your opponent?
- How can you create opportunities to score goals?

Regressions/Progressions:

- Allow 2nd attacker to join in (optional) which also triggers 2nd defender to join in.



Description

Primary Learning Outcomes:

- Attackers Recognizing Space
- Attackers Exploiting Space

Secondary Learning Outcomes:

- 2nd attacker communication.

Pass-combination play

Gauntlet (15 mins)

Organization:

- 3 Zones on one small field.
- 2v1v1v1

Instructions:

- 2 attackers start in Zone 1 and try to advance with the ball into Zone 2, and then into Zone 3. Once the ball is in Zone 3, the 2 attacking players go to goal.
- 3 Defending players are designated in 3 different zones. Defending players must start on the back line of their zone. Once the ball enters their zone, they are allowed to move about their zone. Defending players are not allowed to leave their respective zone. If defending players win the ball, they try to advance the ball by passing forward & into their opponents' goal in zone 1
- When ball goes out of play, one of the two attacking players goes to defend in zone 3. Zone 3 defender becomes zone 2 defender. Zone 2 defender becomes Zone 1 defender. Zone one defender joins the attacking player line.



Coaching Points/Questions:

- Attacking: When to pass vs when to dribble?
- How to create & exploit space?

Regressions/Progressions:

- R: Widen playing space.
- R: remove defender in zone 2.
- R: Add 3rd attacker.
- P: Tighten playing space.
- P: Add 2nd defender to zone 3

The Match (20 mins)

Organization:

- 4v4 (or matching # of players)
- Largest field ratio to available space

Instructions:

- Laws of the game. Throw-Ins.

Coaching Points/Questions:

- Check for understanding on finding & exploiting space.

Regressions/Progressions:

- N/A

