

Training 3 Forwards in the Attacking 3rd

Date : 14/Jan/2014

Duration : N/A

Session

Increase Goal Scoring Opportunities

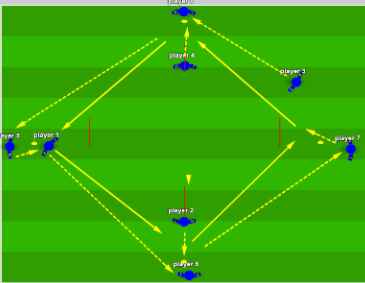
Time : N/A

Age/Level : U15 - 18+

Objective:

for our 3 Forwards

Dutch Passing Box



Description :

PLAYER 1 plays the ball to PLAYER 2.
 PLAYER 2 will start on the pole in front and as PLAYER 1 plays the ball PLAYER 2 will back peddle to the cone to receive the pass.
 PLAYER 1 then follows his pass and goes to the end of the next line.
 PLAYER 2 will receive the ball and then play the ball to PLAYER 3. This rotation will continue around the grid.

Coaching Points :

- Sharp clean strike through the middle of the ball.
- 1st touch out of pressure
- Open your hips to see the field.
- Take the weight out of the pass for the lay off.
- Quick, explosive movement to create space.

8v7/8v8 Penetration to Goal



Description :

Attacking team is set up on a 2-1-1-3 (as illustrated in the diagram).
 Defending team is set up in a 4-2.
 Teams play within the center 3rd of the field. Teams can not enter the attacking 3rd until a penetrating ball has been played through first. Once in the attacking 3rd two attackers may join the play, as well as one defender, in an attempt to score on goal.
 Can progress and add more defenders to increase difficulty.

Coaching Points :

- How and when to create space.
- Recognition of Numbers up an Number down situations.
- Combination play to disrupt the back line shape.
- Penetrating dribble to attack and isolate a defender (1v1).
- Penetrate balls through the back line.

8v8/8v8 To Counter Goals



Description :

Attacking team sets up in a 2-2-1-3 and defending team sets up in a 4-2-1 with a GK (as shown in the diagram). Attacking team will attack the big goal in an attempt to score on goal. If the defending team with possession then they will attack the two wide counter goals.

Team with the most goals at the end is the winner.

Coaching Points :

- Sharp, quick runs to create separation from defenders.
- Make the defenders make a decision.
- Runs to disrupt the back line.
- Recognition of when and how to counter.

Match 8v8 to goal



Description :

Match play with no restrictions. Normal match rules apply.

Coaching Points :