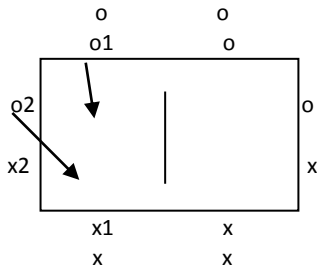
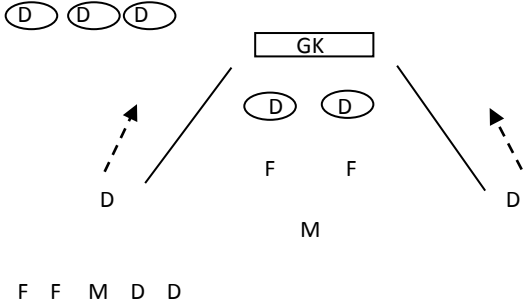
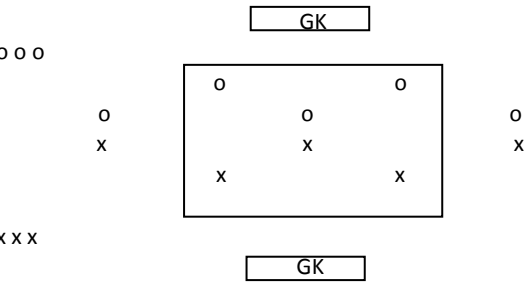


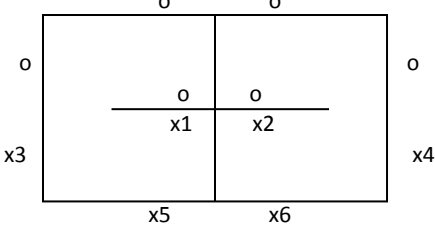
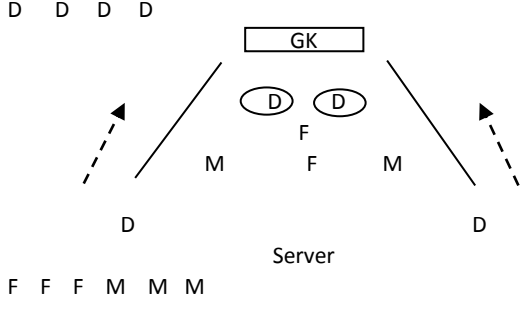
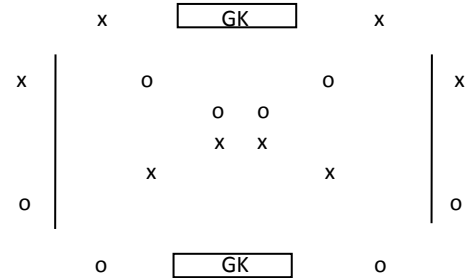
Week 6 - Club Training (Attacking)

Description	Organization	Coaching Points
<p><b>WARMUP (20 min)</b>  <b>1 v 1 + 1</b>                      o1 -&gt; x1; o2 comes on to defend... if o2 gets beat o1 comes in to help.                      x1 tries to dribble past endline to score                      x1 can use x2 for wall pass if needed</p> <p>Rotate ATTACKERS only to the other game so players play against everyone - then switch roles.</p> <p>Progression: 2 v 1 + 1                      When ball is played to ATT 2 v 1... if beat first DEF the second DEF comes in for a second 2 v 1</p>		<p>1 v 1 using attacking skills</p> <p>DEF coming at angle, and then from straight on moves and fakes to beat defender done at speed.</p> <p>Avoid stopping and shielding while attacking</p>
<p><b>TECH SKILL adding pressure (20 min)</b>  <b>3 + 2 v 2</b>                      HANDBALL - first... cant move once you catch it.                      Make up the rules as you go... based on their coordination.</p> <p>5 second rule once you catch... cant hold onto it</p> <p>Progression:                      To score must drop ball to feet... Once it hits ground cant be picked up again until</p> <p>Ball on the ground... no defense outside cones</p>	<p>3 groups of 5; cones on a diagonal - no DEF outside</p> 	<p>Movement off the ball</p> <p>Hoping to see (F) catch ball and turn and roll it back to (M) for a shot...</p> <p>Or (F1) catches and rolls between (D) onto (F2) for a shot - creativity...</p> <p>Awareness of space and teamwork</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b>  <b>3 + 2 v 3</b>                      HANDBALL - first ... same rules as above                      if ball hits the ground inside box - Change possession.</p> <p>If ball hits ground outside box, dribble &amp; shoot</p> <p>Progression:                      Ball on the ground... if ball is played out wide that player gets to kick or throw ball in</p> <p>U9/10 can switch when ball is played outside.</p>		<p>Same as above</p> <p>More passing when possible</p>

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<p><b>TECH SKILL adding pressure (20 min)</b></p> <p>2 v 2 inside grid</p> <p>- score by playing ball from one side to the other</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>- first pass must be diagonal</li> <li>- both inside players must touch prior to scoring</li> <li>- must include DOUBLE PASS or GIVE-n-GO</li> </ul> <p>Rotation: after scoring x1/2 -&gt; x5/6; x3/4 -&gt; x1/2 x5/6 -&gt; x3/4</p>	<p>Defenders setup GOALSIDE</p>	<p>FWDs rotate positions - never flat</p> <p>FWD and MID change roles when dropping in hole</p> <p>Keep ball moving - avoid dribbling</p> <p>Look for drop pass for shot, or cross to 1 timer</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b></p> <p>4 v 2 + 2</p> <p>Set cones from ea post diagonally creating channel</p> <p>Game is played inside. If played out wide to DEF it's a 1 touch cross or pass</p> <p>POSSESS until moment is right for shot</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>- 2 touch inside; must include drop pass for shot or up-back-thru...</li> <li>- 5 passes or less for shot</li> </ul> <p>Rotation: (D) go to Channels to cross</p>		<p>Movement off the ball</p> <p>Non-verbal communication</p> <p>Rotate positions when possible</p> <p>Look wide for cross; Crosser don't just kick</p>

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<p><b>TECH SKILL adding pressure (20 min)</b></p> <p>4 v 2 + 2</p> <p>Set cones from ea post diagonally creating channel</p> <p>Game is played inside. If played out wide to DEF it's a 1 touch cross or pass</p> <p>POSSESS until moment is right for shot</p> <p>Progression:</p> <ul style="list-style-type: none"> <li>- 2 touch inside; must include drop pass for shot or up-back-thru...</li> <li>- 5 passes or less for shot</li> </ul> <p>Rotation: (D) go to Channels to cross</p>		<p>FWDs rotate positions - never flat</p> <p>FWD and MID change roles when dropping in hole</p> <p>Keep ball moving - avoid dribbling</p> <p>Look for drop pass for shot, or cross to 1 timer</p>
<p><b>GAME LIKE CONDITIONS (20 min)</b></p> <p>4 v 4 + 4</p> <p>Bumpers outside get 1 touch</p> <p>Must do give-n-go prior to goal</p> <p>Must do up-back-thru prior to goal</p> <p>Two touch - RIGHT foot only; LEFT foot only</p> <p>One touch if possible</p>	<p>18 players - 40 x 40 grid</p> 	<p>More passing, less dribbling</p> <p>Movement off the ball - especially when ball is played to BUMPERS</p> <p>Overlaps, underlapping for drop pass and shot</p> <p>Get 3rd player involved in attack</p>