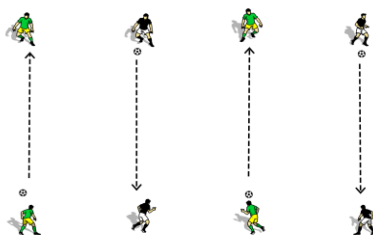


OBJECTIVES- Attacking

5 Stations - 1) Technical Warmup; 2) Speed/Agility; 3) group passing; 4) group passing to goal; 5) 6v6/7v7



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TECHNICAL WARM-UP

Grid Size:

Duration: 10 Mins

Passing and Receiving

2 players 10-15 yards apart

Simple passing- 2 touch only inside of feet

3 touch- inside outside inside pass

3 touch- inside settle, scissor left/right outside touch then inside pass

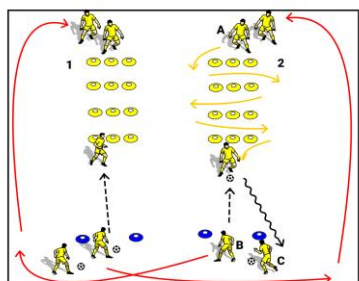
4touch - inside settle, roll with same foot across body touch forward

then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target

Go slow perform the moves correctly



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Speed and Agility with Ball

Grid Size:

Duration: 15 Mins

Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agilty steps as they go in an out of the yellow cones. As they get out of the last row of cones, the player at

the end with the ball passes them an easy pass with the inside of

the foot and that player dribbles behind the next waiting player.

The player who just passed then jogs behind to the other line.

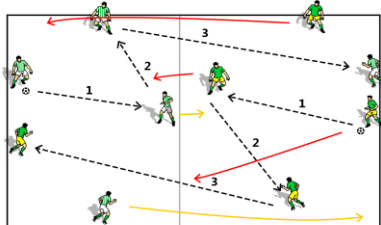
1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly

Knees bent and feet always shoulder width apart, run on balls of feet

Make good passes. Toe up ankle locked, follow thru to target



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ACTIVITY 1 Group Passing

Grid Size: 30 x 40

Duration: 15 Mins

Groups of 5-6 players on a team passing in one half with a deep target

player on the other half. Teams must connect 5-6 passes before playing

forward to the targets. The teammates must quickly get into the offensive

half to help keep possession of the ball.

Limit the players touches so the ball moves quickly.

Try to get the ball to the end line once it crosses the half to the target

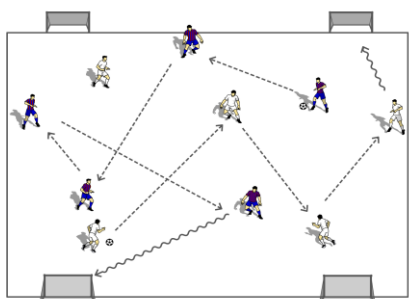
forward. Restrict touches to make it more difficult in the offensive half

COACHING POINTS / KEY CONCEPTS

Players must look for open space to get in to. Body Shape- hips open to the

entire field for better vision. Have ideas before you get the ball.

Targets must stay deep.



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ACTIVITY 2 group passing to goal

Grid Size: 45 x 60

Duration: 15 Mins

Groups of 5-7 players passing amongst themselves.

Groups try to score as many goals as they can in either side after

completing the following tasks 1: Score after completing 2 split passes

2: Score after completing one wall pass on the flanks

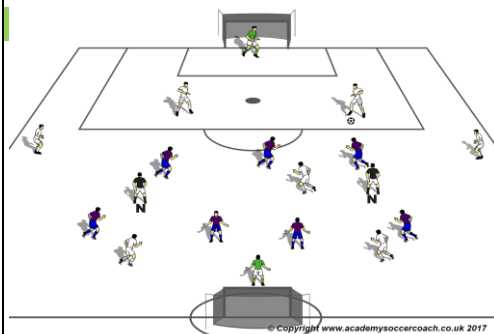
3: Score a goal after an overlapping run and a first time finish.

Limit touches to make players think quicker.

COACHING POINTS / KEY CONCEPTS

Movement off the ball, Body shape - hips open always facing inside

the field. Ideas ahead of time. Good first touch that sets up the pass.



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ACTIVITY 3 6v6/7v7 + neutrals

Grid Size: half field

Duration: 15 Mins

Team in possession should try to find areas to attack in numbers.

Use entire width and target forward should stay high between the 2

center backs to stretch the field.

Last 10 minutes play no restrictions - Open play

COACHING POINTS / KEY CONCEPTS

Use the entire field when in possession. Move the ball quickly.

Play to the correct foot with the right pace of pass. Know when to dribble

and when to pass.