



OBJECTIVES- Attacking open space
4 Stations - 1) Technical Warmup; 2) 1v1 moves; 3) 1v1 moves to goals; 4) 3v3/4v4 games

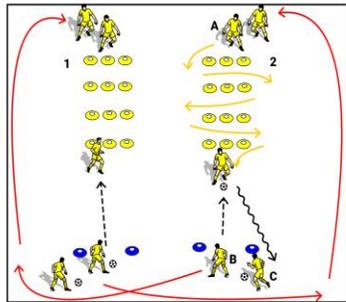


© Copyright www.acadmysoccercoach.co.uk 2017

TECHNICAL WARM-UP **Grid Size:** **Duration:** 10 Mins

Pasing 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



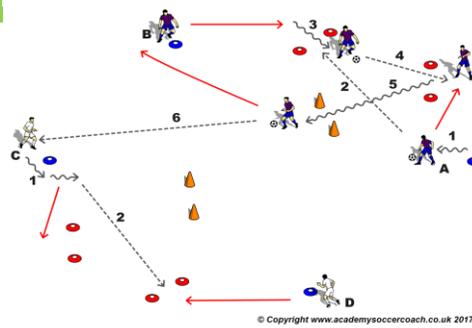
© Copyright www.acadmysoccercoach.co.uk 2017

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

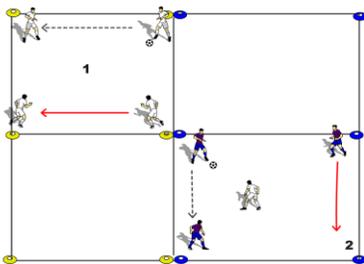


© Copyright www.acadmysoccercoach.co.uk 2017

ACTIVITY 1 Passing Pattern **Grid Size:** 30x30 **Duration:** 15 Mins

Player A dribbles and passes thru gate to player B who starts at blue cone. Player B dribbles thru gate and passes the ball back to player A thru other set of gates. Player A receives ball and dribbles with speed thru 2 sets of gates. Player A passes forward to player C. After the forward pass, players switch positions. C plays with D the same pattern as A and B

COACHING POINTS / KEY CONCEPTS
 Non-Kicking foot pointed to target, Toe up, ankle locked. Strike thru middle of the ball. Receiving: On your toes, get behind ball. Toe up ankle locked. Eyes on the ball, 1st touch, push the ball where you want to go. Pass and move!



© Copyright www.acadmysoccercoach.co.uk 2017

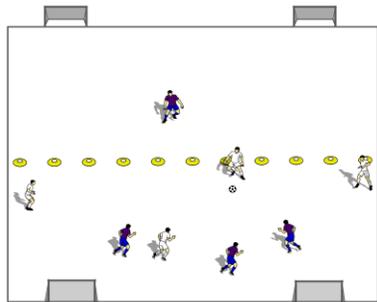
ACTIVITY 2 3v0 to 3v1 **Grid Size:** 20x30 **Duration:** 15 Mins

1st Part: Movement off the ball so that triangles are created and the player in the middle with the ball can play left or right. Hips are open and facing the middle of the grid so the player can see the entire field. 3 touch limit then 2 touch.

2nd Part: 3v1. Restrict touches to keep the ball moving faster. Player with the ball must always have 2 options.

3rd part: After the 3 offensive players connect 5 passes they try to play/dribble into the other half of the grid and continue to keep possession

COACHING POINTS / KEY CONCEPTS
 Play the ball quick to give teammates time and space with the ball.
 Open hips to see all areas of the field.



© Copyright www.acadmysoccercoach.co.uk 2017

ACTIVITY 1 Passing Pattern **Grid Size:** 30x40 **Duration:** 15 Mins

4v4 to 4 goals but 4v3 in the offensive half.
 Target player stays deep to stretch the field.
 Coach should limit touches to speed up play. 2-3 touches.

COACHING POINTS / KEY CONCEPTS
 Quick ball movement to find 2v1 situations to score goals.
 Good first touch, push the ball where you want to go.
 Clean, Hard passes that allows teammates time and space