

Passing with 1v1 to Goal!

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

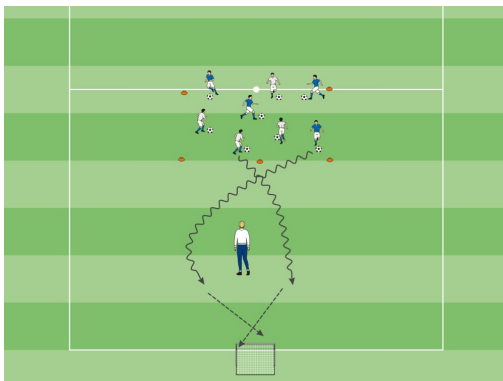
KEY QUALITIES: Optimal technical, Optimal physical, Responsibility

Matthew Murray

AGE: U6 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



Number Box

OBJECTIVE: Passing/Receiving to Goal

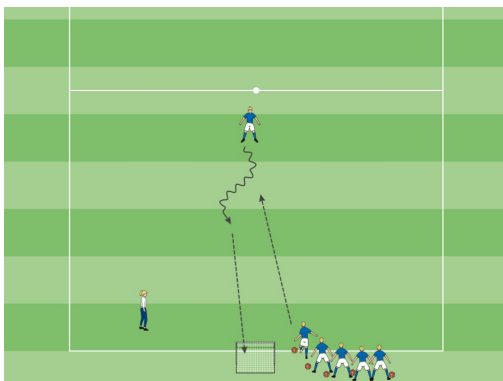
ORGANIZATION: Place 10 yard box near the halfway line on your half of the field. Players split into 2 teams and each given a number.

KEY WORDS: Pass. Move. Inside Foot. Plant Foot. Look. Accurate. Quick. Talk!

GUIDED QUESTIONS: 1) What part of the foot should we use for accurate passing & where should our plant foot be facing? 2) What should we do immediately after passing? 3) What are we looking for when we or our teammates have the ball? 4) What should we do before we pass or shoot?

ANSWERS: 1) Inside of the foot. At the Target! 2) Move/Spread Out! Run outside around cone and find new opening! 3) Open spaces to pass and move into away from the defense/pressure! 4) Look! Get your head up and aim at a particular part of the goal!

NOTES: Players start with ball dribbling around. When number is called they break out and try to dribble past coach and score on goal! Progress to 1 ball being passed around the group. After pass players must run around cone on outside before returning to group to receive new pass.



King of the Hill

OBJECTIVE: Beat defender to score!

ORGANIZATION: 1 Player at the halfway line without a ball. Rest of team lines up beside the goal with a ball.

KEY WORDS: Dribble. Fake. Change direction/speed. Look. Head Up. Shoot. Target.

GUIDED QUESTIONS: 1) What are you looking for what attacking a defender? 2) What can you do to beat a defender? 3) What should you do before you shoot?

ANSWERS: 1) Open space to attack. Chance to shoot! 2) Fake. Change directions and speed! 3) Look at target. Head up!

NOTES: Coach can start as defender to allow players to be successful and make coaching points! Progress to game where if the player score they get to go again!

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?