

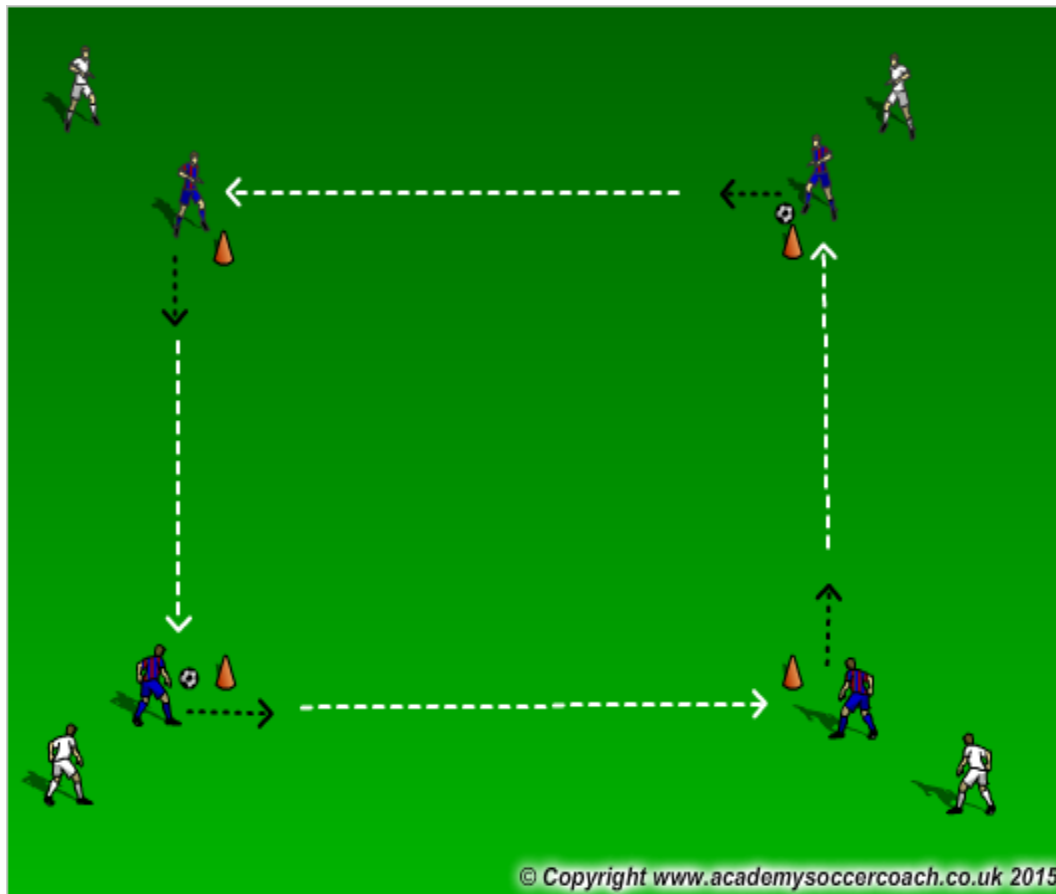


Switching the Point of Attack

Another tactical focus for week nine tied into our technical warm up as we begin to explain how having a quick turn out of pressure can open up a pass to the other side of the field where a teammate is free in space.

Introducing idea's of passing and moving immediately & how that helps us keep the defense on their heels. Playing the ball away from pressure by opening up our hips, letting the ball roll across our body and taking our first touch in the direction we want to go are all essential parts of switching the field quickly.

PASSING DIAMOND



Area:

20 x 20 Diamond

Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

Coaching Points:

Can you get the ball around the square in 8 seconds.....

Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

Progressions:

Add a second ball. Add check to and away

PASSING DIAMOND: GIVE AND GO's



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cone by players who follow their pass to the next cone after passing.

Combination – Player 1 pass to Player 2, Player 2 lay-off to Player 1 and then movement around the cone, Player 1 pass into player 2's path. Repeat around the area.

Coaching Points:

Movement before the pass (check to)

Movement after the pass (spin away)

Speed of the pass and lay-off is important

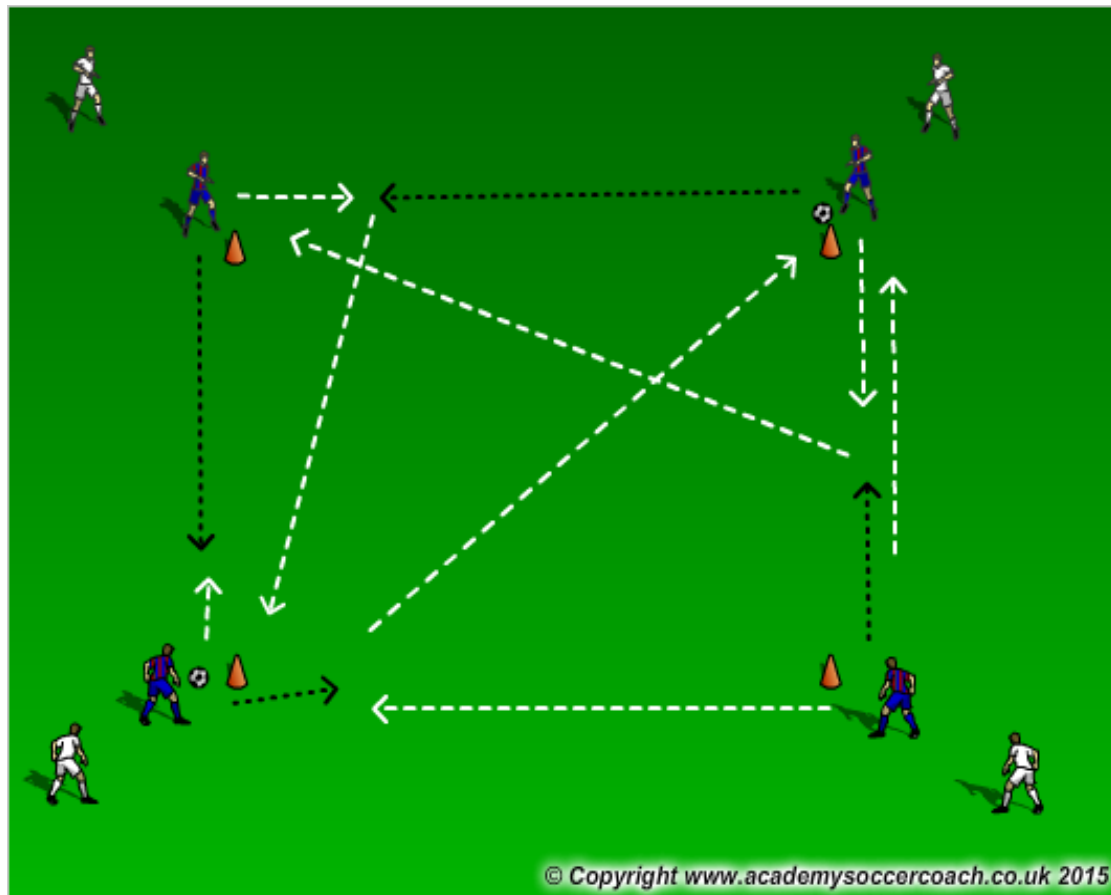
Do not get too close to each other and 'kill' the space.

2 touch if possible

Progression:

Add a second ball

DIAMOND PASSING: 2-3 COMBINATIONS



Area:

20 x 20 Diamond

Description:

Ball is passed around the outside of the cones poles by players who follow their pass to the next cone after passing

Combination – Player 1 passes to Player 2 (who checks to the ball), Player 2 lays the ball off, Player 1 Passes to Player 3. Player 3 lays the ball off, Player 2 Passes to Player 4. Player 4 lays the ball off to Player 3, Player 3 passes to Player 1. Repeat.

Coaching Points:

Speed of the pass – ping it in, keep it on the ground

Lay-off – take the speed off the ball and lay-off into players path

Movement – Meet the ball, move after the pass, change speed

SPOA Diamond Passing



Area: 20 x 20 Diamond with cones inside

Description:

4 vs 4 (plus neutrals, dependent on #'s)
2 players on the outside cones
2 players on inside of the area
Play a possession game, attempting to link up with the outside players.

Coaching Points:

Speed of the pass important to play through the gaps
First touch – important to create space
Combinations – try to connect passes in the center area to move the ball to the outside

Progressions:

Limited touches for outside players
Rotate outside positions to change the direction of play

CHANGING THE POINT OF ATTACK: WITH GOALS



Area: 45 x30 yard grid (depending on numbers). This game can be played 6v6 to 8v8 depending on numbers and with 2 advanced targets instead of 4

Description: Team in possession looks to switch point of attack quickly to create chances against goalkeeper in each goal. Game changes direction on a goal.....quick transition. Defending team looks to score on small goals or blocking dummies. Defending team MUST have all players in two thirds of field.

Coaching Points:

- 1) Width when in possession
- 2) Scan to see opposite side of field
- 3) Pivot player looks forward first
- 4) Try to create 2v1s in all areas of field
- 5) Outside players get high up the field