

Week 1: General Shape & Attack Space to Build

OBJECTIVE | Learn to use teams general shape to create & improve opportunities to attack space.

COACHING POINTS

- 1) BE Brave - GK Needs to be used to keep possession!
- 2) ABC'S – Always be curious! – SCAN for what's around? What are ALL my options?
- 3) Immediately stretch field high, deep and wide when we win possession.
- 4) Time runs to the ball and space by bringing defenders away and checking back when teammate is ready to pass.

GUIDED QUESTIONS

- 1) Who creates the numerical advantage for possession in defensive half?
- 2) What can I do with my head to improve speed of play?
- 3) Where MUST we have options at all times?
- 4) How do I know when to move into open space?

PLAYER SKILLS AND TECHNICAL TOOL BLOCKS


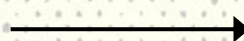

Attack Space

1. Eye Contact, Communicate
2. Accelerate, Run First
3. Find Pockets, Channels, Pass 2
4. Timing
5. Runs within runs

General Shape

1. 4v4
2. 7v7
3. 9v9
4. 11v11

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



Learning Block
Development Stage 3

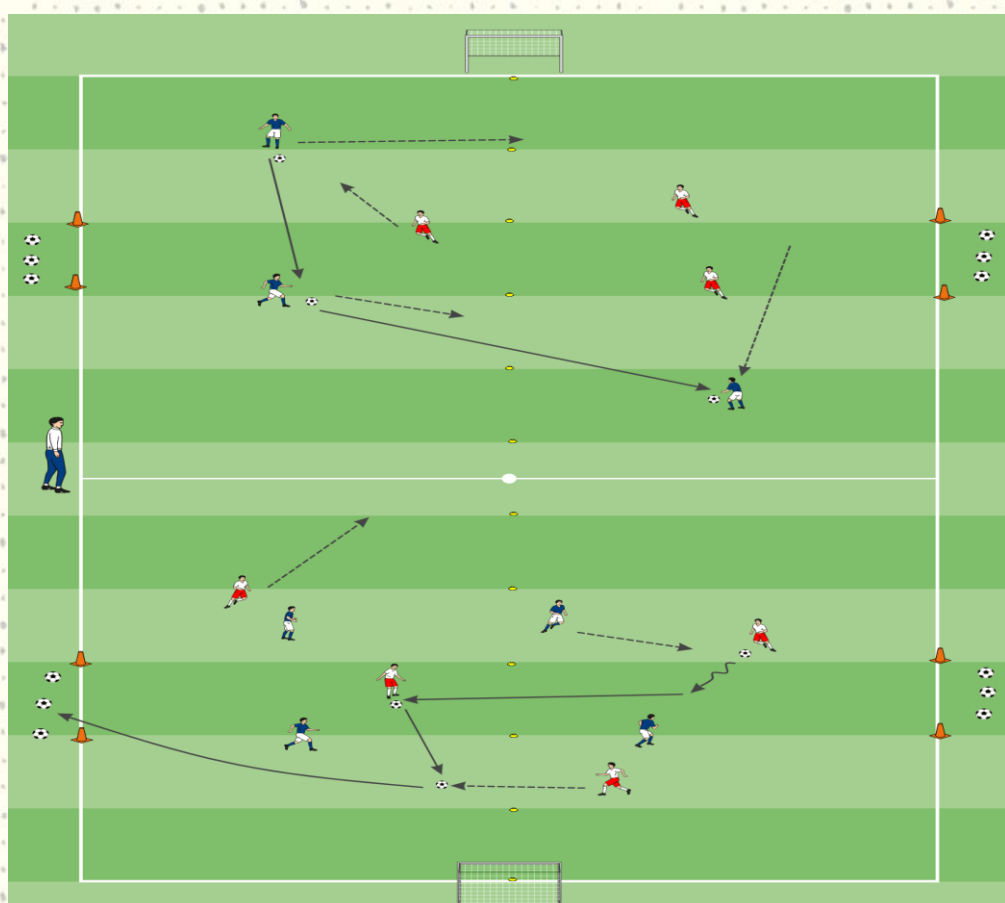
Stage Outcome
Learn basic skills and basic functions of attacking, defending and transitions

Game Moment
Attacking

Game Moment Idea
To create goal scoring opportunities in and from identified key areas of the field

PHASE 1 – NON-GAME FORM | 15 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA: Set up 2 Fields aprox. 30x24 with line/barrier across midfield.

DESCRIPTION

Split into two teams per field play small sided games of 3v3-4v4. After 5 minutes. Call players in and introduce topic.

Play resumes with halfway barrier rules – Attacking team MUST have at least 1 player in each zone at all times!

MORE CHALLENGING

- 1) Dribble between cone and corner flag to score.
- 2) Dribble through gate to score.

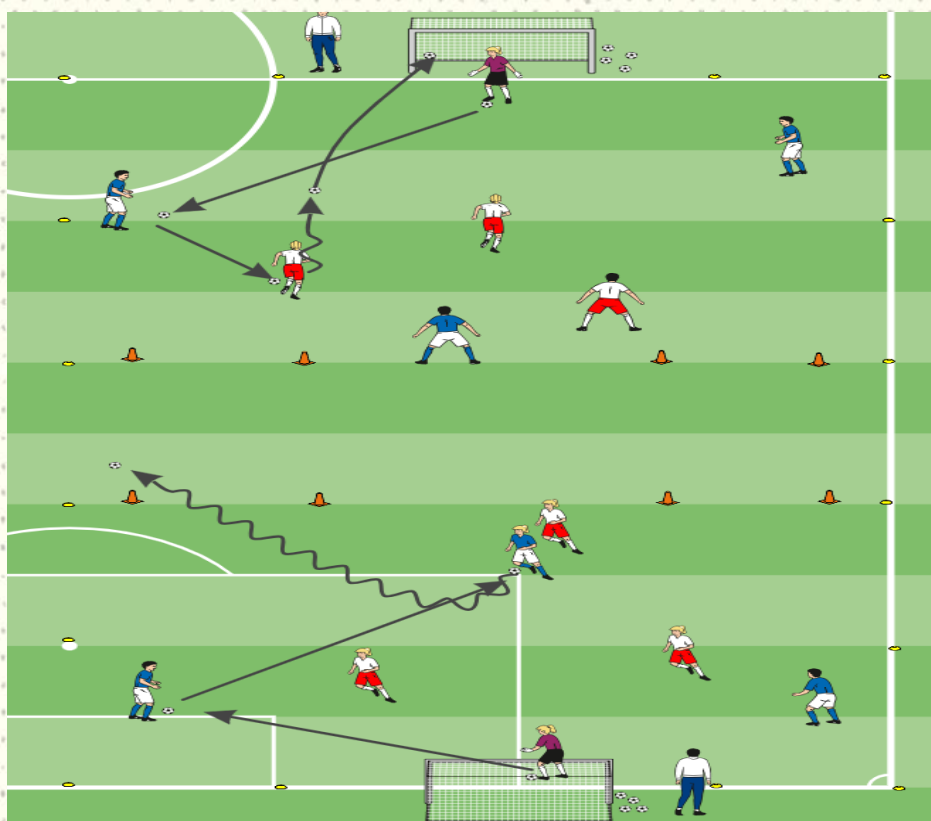
KEYWORDS

Width, Depth, Back, Scan, Space, Drive, Check Away, Time Runs

Week 1: General Shape & Attack Space to Build

PHASE 2 - Modified Game | 15 MINS

4 MINUTES PLAY | 1 MINUTE REST



AREA: 35 yards wide by 30 yards long

DESCRIPTION

Play 4v3 (includes GK). Blue team attempts to build out of their zone by dribbling through either of the 2 small gates. White attempts to win the ball and score on the big goal. Ball ALWAYS starts with a GK. White MUST start back by gates (think outside of the box goal kick rules on a full field).

MORE CHALLENGING

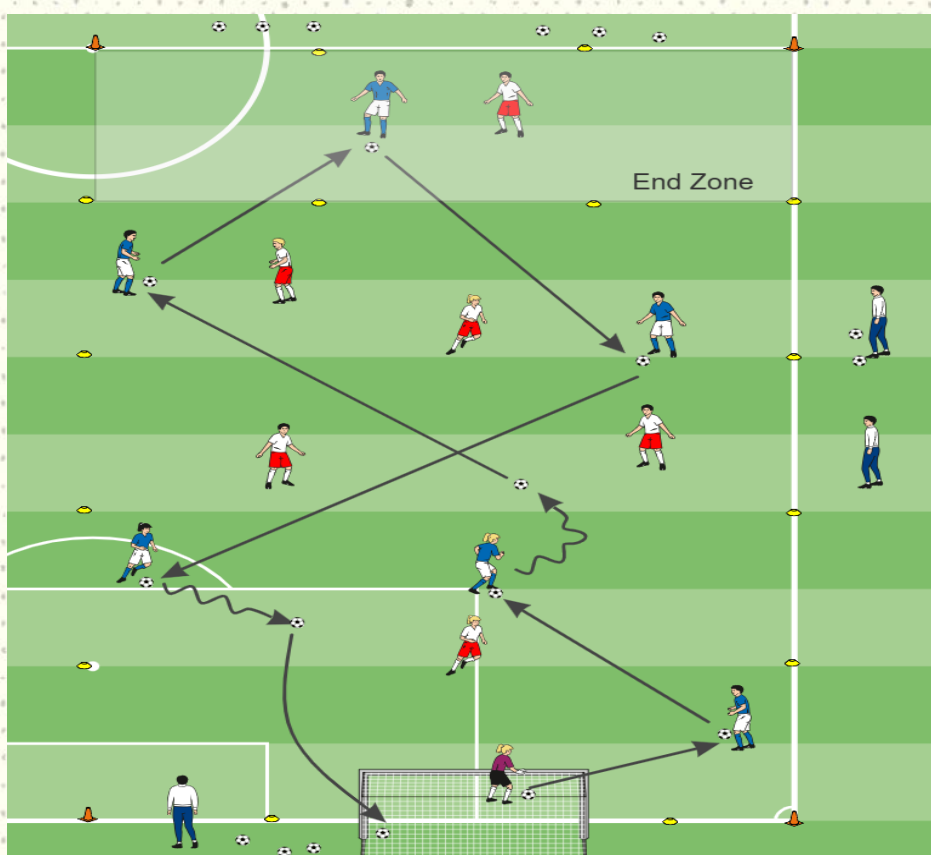
Must pass to a teammate through the gates to score!

KEYWORDS

Width Depth, Back, Scan, Space, Drive, Check Away, Time Runs

PHASE 3 – Modified Game | 20 MINS

8 MINUTES PLAY | 1.5 MINUTE REST



AREA: 35 Yards Wide, 50 Long with 10 Yard Endzone

DESCRIPTION: Ball starts with GK. Blue attempts to build to a target player in the endzone for 1 point. White attempts to steal the ball and attack goal. However, if/when Blue finds target player they now switch to attack big goal! Play does NOT stop, target player immediately receives ball and attacks big goal. NO DEFENDING IN END ZONE. 2 points for scoring on goal! Switch the team who start the build at half!

CHALLENGE

Too Easy – Remove target player from End Zone.

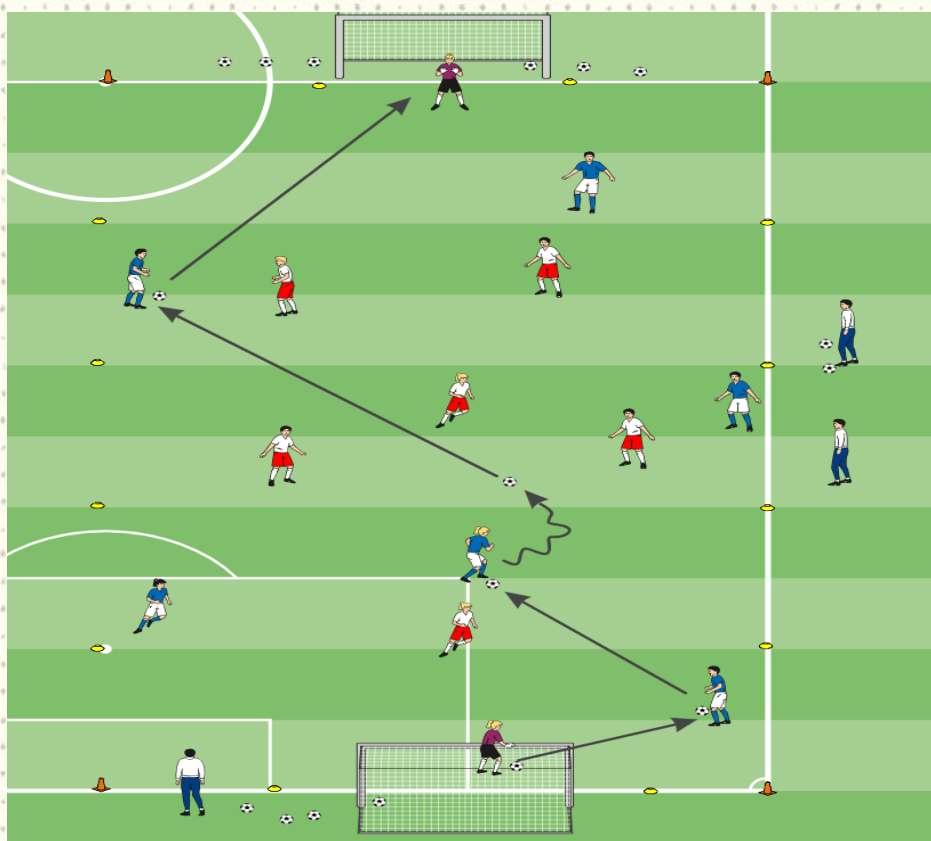
Too Difficult – take 1 player off team attaching big goal!

KEYWORDS

Width Depth, Back, Scan, Space, Drive, Check Away, Time Runs

PHASE 4 – GAME | 26 MINS

12 MINUTES PLAY | 2 MINUTE REST



AREA: Your Full Training Area!

DESCRIPTION

Split into 2 Teams and play as close to 11v11 as possible

SCORING

1 point for scoring in respective goals.

KEYWORDS

Width, Depth, Back, Scan, Space, Drive, Check Away, Time Runs