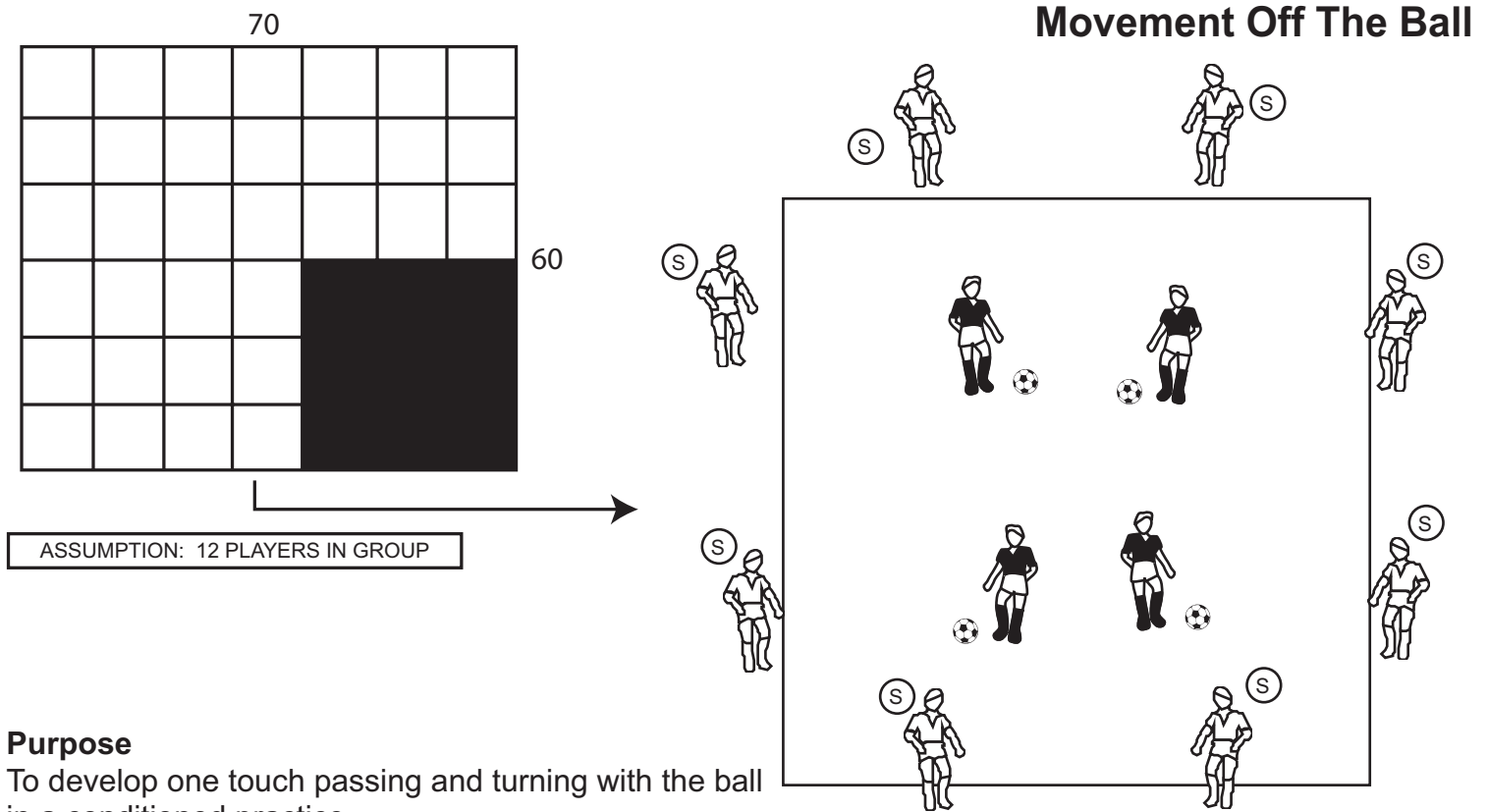


TEAMS.COACHING SESSION - Creating Space As A Team



Purpose

To develop one touch passing and turning with the ball in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

Game Objective

The Dark players pass the ball to a server on the outside of the area. The server plays the ball back to the Dark player. Dark player turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass;" Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto; "Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

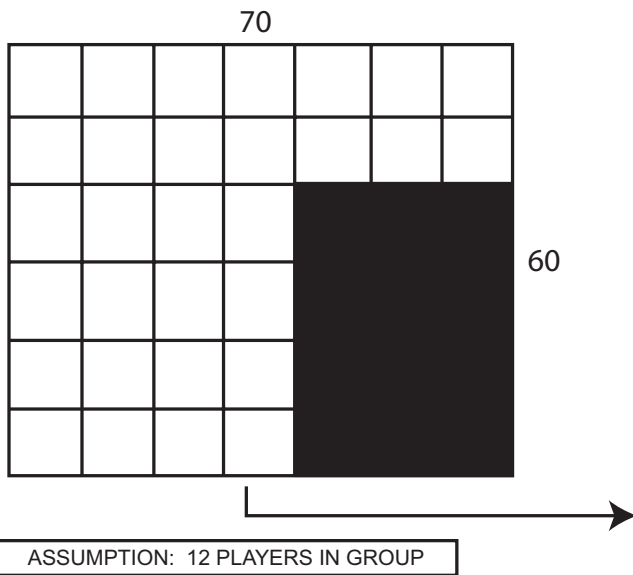
Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

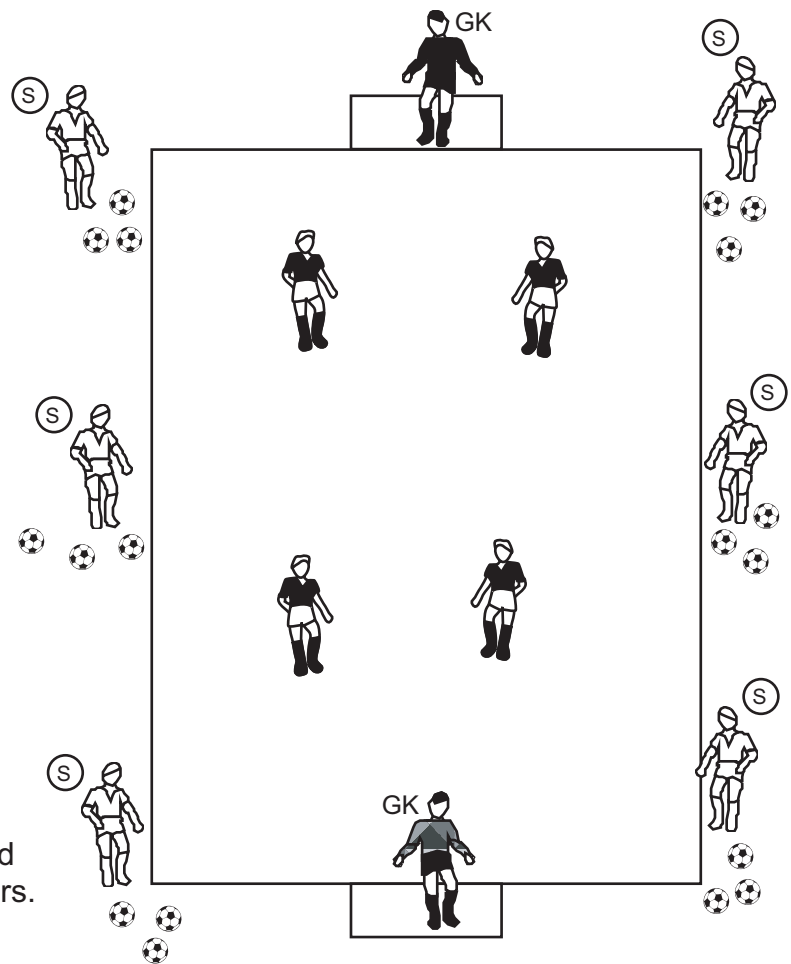
Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

TEAMS.A.T.T.A.C.K. - Creating Space As A Team



1 Touch Play In Front Of Goal



Purpose

One touch play in and around the penalty area.

Organization

Set out a 30 x 40 yard area with goals at each end line. Play 2 goalkeepers, 6 servers and 4 attackers. The servers should have a supply of balls.

Game Objective

One of the servers plays the ball into the Dark team. The receiving player must play the ball to 1 of his teammates in the area with his first touch. This is repeated with all players inside the area until all have touched the ball. Score 3 points for a goal, 2 points for a shot on target and 1 point for a close miss.

Progressions

1. 2 of the servers become defenders. Receiving players have 2 touches.

Key Coaching Points

1. Assess the quality of finishing.
2. Receive the ball sideways on.
3. Can you make an angled pass for the player to run onto?
4. Communication between players.