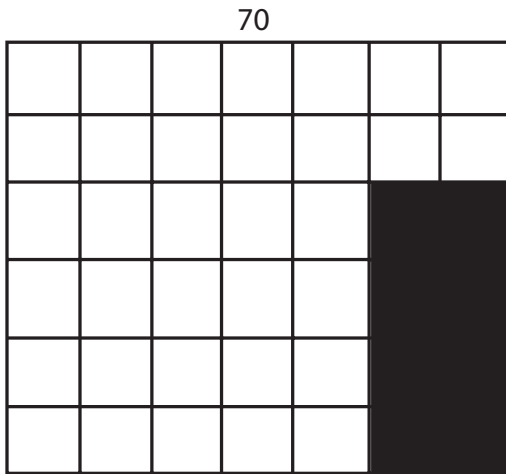
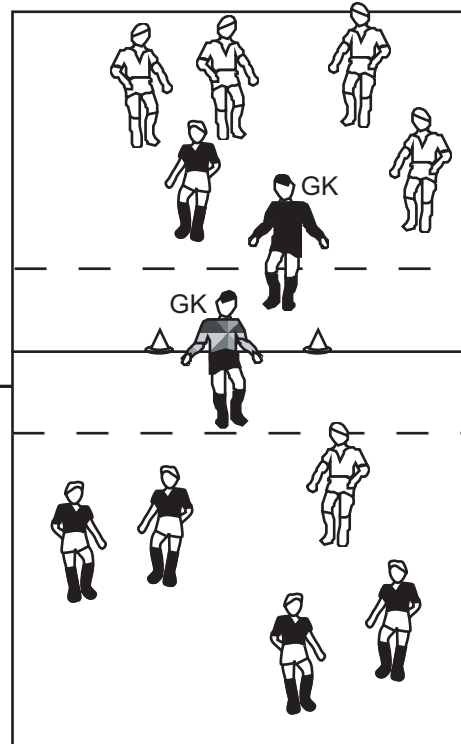


TEAMS.A.T.T.A.C.K. - Support Play

Shoot On Sight



ASSUMPTION: 12 PLAYERS IN GROUP



Purpose

To develop quick shooting in and around the penalty area.

Organization

Set out a 20 x 40 yards with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on either side of the goal line.

Game Objective

The attacking players in possession attempt to get a shot on goal by beating the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Repeat in the opposite direction from the other side of the goal after saves, goals and missed shots. Score 1 point for each goal scored. First team to score 10 points, wins.

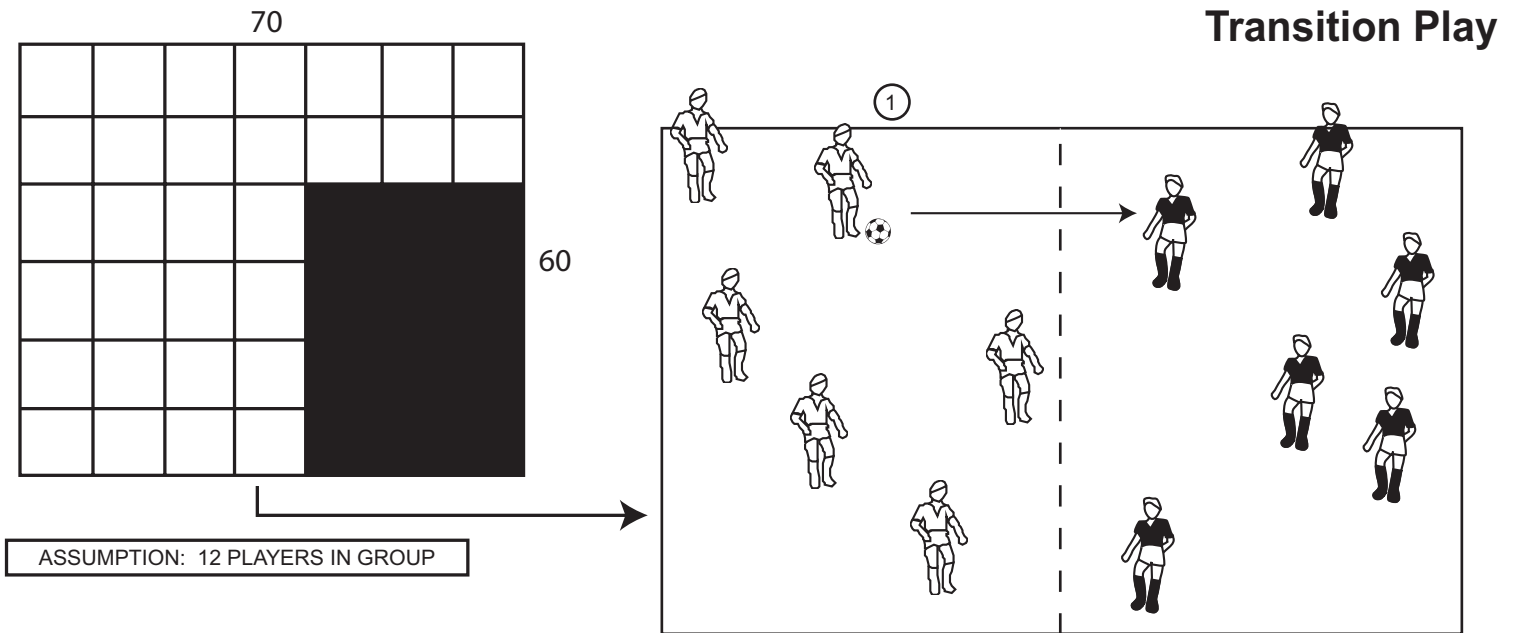
Progressions

1. Play 3 v 2 in the end areas.
2. All throw ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Shoot through and around defenders.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then make a pass that allows a 1st time shot by someone else.

TEAMS TRAINING SESSION - Support Play



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

The Light team has possession of the ball. Light player #1 passes the ball into the opposing area. The Light team sends three players into the opposing area to defend. A goal is scored when the Dark team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Points

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.