



**Gavin Pugh, Director**

Coach:

Team:

Topic: Improving the team's ability to get into the final third

Age:

Level:

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Two squads of 8, on separate fields</li> <li>Play 5v3 in a rectangle on each field</li> <li>Teams of 5 try to continually possess versus 3 persistent defenders</li> <li>If the defenders win t – can they keep it?</li> <li>Switch roles</li> </ul>	<ul style="list-style-type: none"> <li>Weight and accuracy of the passes</li> <li>Movement off the ball to create options away from pressure</li> <li>Team shape (width, length)</li> <li>Combination play</li> <li>Changing the point of attack</li> <li>Transition (defense to attack)</li> </ul>
<p>★</p> <p><b>Progression:</b> Once the ball is played to the forwards a midfielder can run into the end zone. Once the ball is played, one defender can run into the end zone also. A set number of passes must be made in the midfield before the final pass can be made.</p> <p><b>Progression:</b> One attacker and one defender enter end zone (3v2)</p>	<ul style="list-style-type: none"> <li>Play 6v4: play starts out with the Coach (star) – where a server plays the ball in to the attacking team (the squares)</li> <li>The attacking team possesses the ball until they can play it to one of the forwards (who are restricted to staying behind the dotted line of cones)</li> </ul> <p><b>Progression:</b> Once the ball is played to the forwards a midfielder can run into the end zone. Once the ball is played, one defender can run into the end zone also. A set number of passes must be made in the midfield before the final pass can be made.</p> <p><b>Progression:</b> One attacker and one defender enter end zone (3v2)</p>	<ul style="list-style-type: none"> <li>As above</li> <li>Recognizing opportunities to penetrate (pass, dribble if allowed) into the end zone quickly</li> <li>Ability to transition quickly</li> <li>Combination play of attackers</li> <li>Score quickly before a defender recovers</li> <li>Coach decision-making</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> <p><b>Progressions:</b> Add 2 more defenders progressively. Remove the line restriction.</p>	<ul style="list-style-type: none"> <li>Same game as above but now add counter goals for the defending team to attack once they win the ball</li> </ul> <p><b>Progressions:</b> Add 2 more defenders progressively. Remove the line restriction.</p>	<ul style="list-style-type: none"> <li>As above</li> <li>Improvisation (dribbling, after line restriction is moved)</li> <li>Decision-making</li> <li>Coach transition after losing the ball</li> <li>Coach transition after winning the ball</li> </ul>
<p><b>GAME – TWO GOALS</b></p>	<ul style="list-style-type: none"> <li>Play 8v8</li> <li>The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field</li> <li>Have the team you are coaching play a 2-4-2 against a 3-3-2</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Combination play – central combinations and flank combinations</li> <li>Changing the point of attack</li> <li>Coach shooting vs. finishing</li> <li>Improvisation (dribbling, disguised passes)</li> <li>Decision-making</li> </ul>