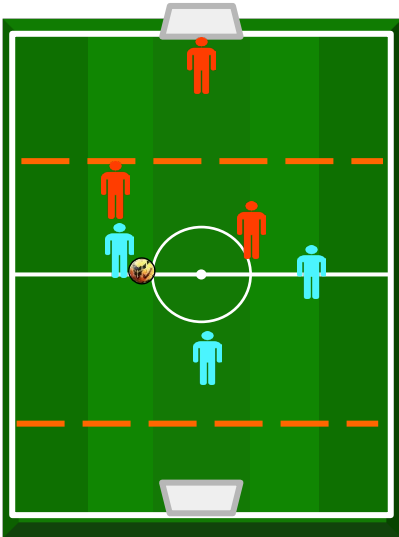


Principle of Play: Attacking

Session Objective: Running with the ball – Driving into space

Key behaviors/habits: Identify space, keep the ball moving with your first touch, change speed whilst moving



ORGANISATION

3v3 – 5v5 (could have 2x games running for more players)

25x35m (for 3v3) extend for more players to allow adequate space to run in to 2x 10m end zones

RULES

1 point for a goal

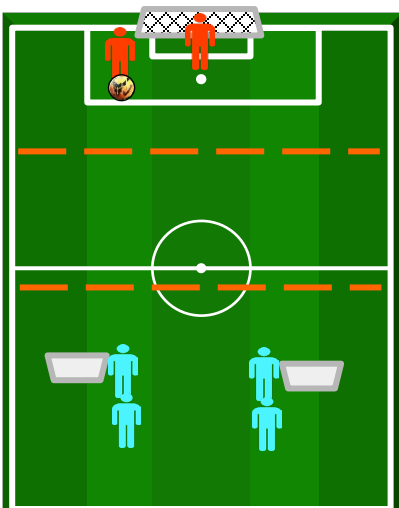
2 points for running into end zone and scoring within the end zone

COACHING POINTS

Can you get your head up when you are dribbling

Can you receive the ball into space

Identify where the space is and explode into it



ORGANISATION

15x 30

2v1 to goal with goalkeeper

Ball can start with attackers or can be passed out by the defender to the attacker

Rotate the attackers and defenders and GK if required.

2x 10m end zone

RULES

1 goal if blue score in the big goal AND/OR orange win the ball and score in the 2x small goals

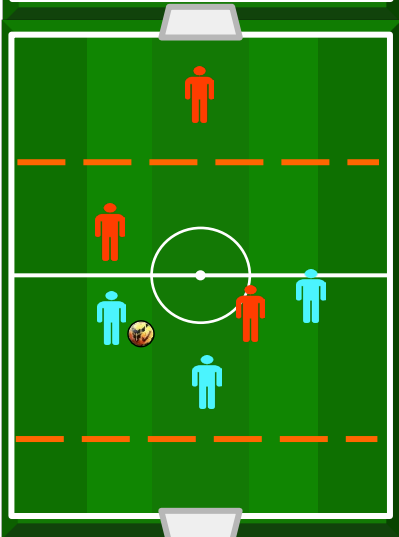
2 goals if the blue score in the end zone AND/OR the orange win the ball and drive into the blue end zone and score

COACHING POINTS

Can you get your head up when you are dribbling, identify the defender, space and the goal

Can you receive the ball into space

Identify where the space is and explode into it



ORGANISATION

3v3 – 5v5 (could have 2x games running for more players)

25x35m (for 3v3) extend for more players to allow adequate space to run in to

2x 10m end zones

RULES

Normal Rules

COACHING POINTS

Can you get your head up when you are dribbling

Can you receive the ball into space

Identify where the space is and explode into it