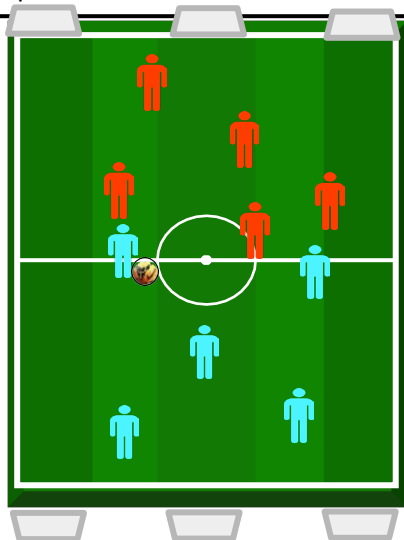


Principle of Play: Attacking

Session Objective: First touch – to face forward.

Key behaviors/habits: See the ball/see the target, punch the pass, scan your shoulder, receive back foot when possible



ORGANISATION

5v5

30x40m (for 5v5) adjust for more or less players

EQUIP: balls, bibs, cones, small goals x6 (cones can be used as a replacement),

RULES

1 point for a goal

2 points for a first touch forward and a goal

COACHING POINTS

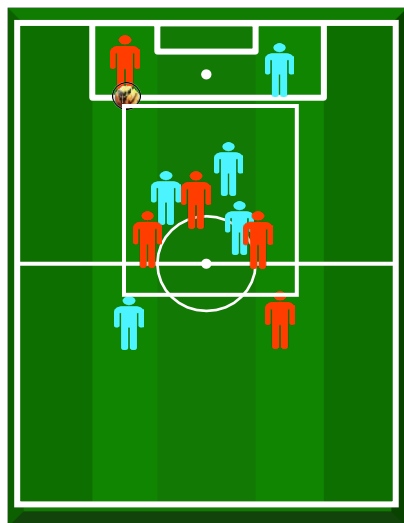
See the ball, see the target

Scan your shoulder before receiving

Receive on your back foot

Play forward within 1 touch

Keep the ball moving and out your feet for your next action



ORGANISATION

3v3 +4

15x15 square

Bouncers on either side but on opposite corners

RULES

You have to go from one of your team's bouncer to the other bouncer for 1 point

Change bouncers after a few minutes

If your team wins the ball, you now have to go to your team's bouncers

Bouncers cannot tackle each other or be tackled

COACHING POINTS

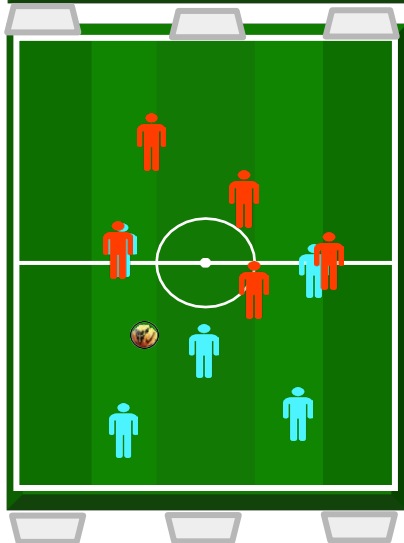
See the ball, see the target

Scan your shoulder before receiving

Receive on your back foot

Play forward within 1 touch

Keep the ball moving and out your feet for your next action



ORGANISATION

5v5

30x40m (for 5v5) adjust for more or less players

EQUIP: balls, bibs, cones, small goals x6 (cones can be used as a replacement),

RULES

Can score in any 3 goals

Normal game rules

COACHING POINTS

See the ball, see the target

Scan your shoulder before receiving

Receive on your back foot

Play forward within 1 touch

Keep the ball moving and out your feet for your next action