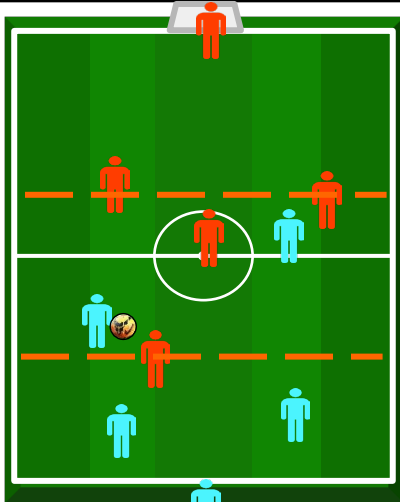


Principle of Play: Attacking

Session Objective: Striking the ball – Killer pass

Key behaviors/habits: Identify space behind, look to run beyond when a team mate can pass forward, concentrate on your ball speed



ORGANISATION

4v4+ GK's

25x45m (split into thirds)

EQUIP: balls, bibs, cones, larger goals x2 (can use poles)

RULES

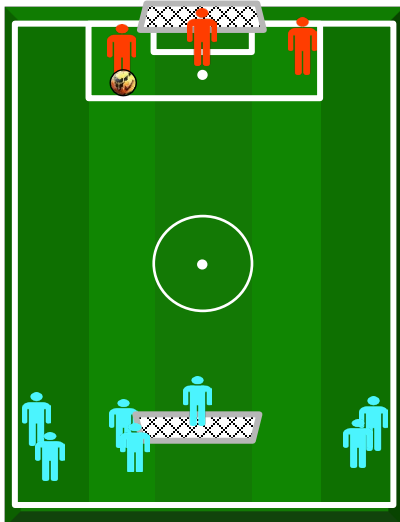
You cannot defend in your own defensive third until the ball goes in there (this is to keep enough space in behind to play the killer pass in to)

1 point normal goal

2 points goal from killer pass (3 points for first time finish off killer pass)

COACHING POINTS

Identify space in behind and gaps through the defensive team to pass through, around or over
Lock your ankle, strike through the center of the ball, consider your ball speed
Help your team mates by running in behind, when they can pass forward



ORGANISATION

3v2 to goal with goalkeeper

Ball starts with the red defenders. They dribble to the 'defending line' and pass into an attacker
Blue attackers score in the red big goal

Red have to try and win the ball and score in the blue big goal

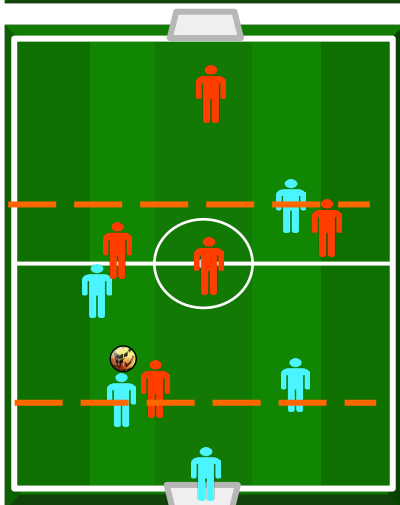
Rotate the attackers and defenders and the 2x GK's.

RULES

Defenders can't defend beyond the defending line until the ball goes beyond it

COACHING POINTS

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