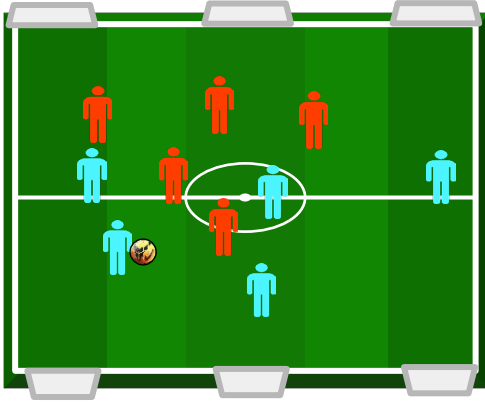


LET.THE.KIDS.PLAY

Principle of Play: Attacking

Session Objective: First touch – to switch play

Key behaviors/habits: See the ball/ see the target, scan your shoulder before you receive, receive back foot where possible, keep the ball moving with your first touch.



ORGANISATION

5v5

40x25m (wider than longer to promote playing wide)

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

RULES

Players can score in any of the 3 goals

Defenders are encouraged to defend ball side and central goals as a priority

COACHING POINTS

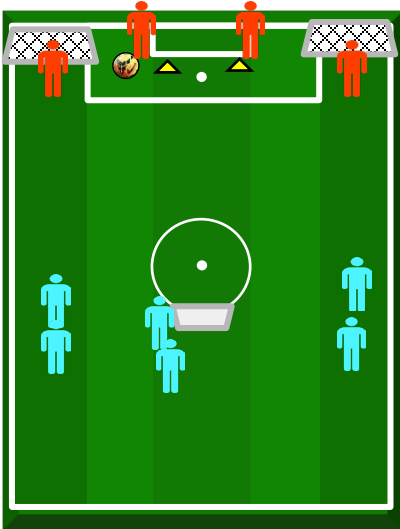
See the ball, see your team mate or the goal (target)

Scan your shoulder before receiving the ball

Receive furthest foot away from the ball and keep the ball moving with your first touch

Set for second action to switch the play

Supporting underneath or ahead of the ball



ORGANISATION

3v2 + 2 GK's

30x25

2x larger goals (or poles), 2 cones for central gate, balls, bibs, cones

RULES

2x orange defenders dribble out and pass the ball to the 3x blue attackers

Attackers can score in either of the 2 goals OR dribble through the central gate

If the orange win the ball, they have to score in the blues central goal

Rotate players around. You could play without GK's into smaller goals if you don't have enough players

COACHING POINTS

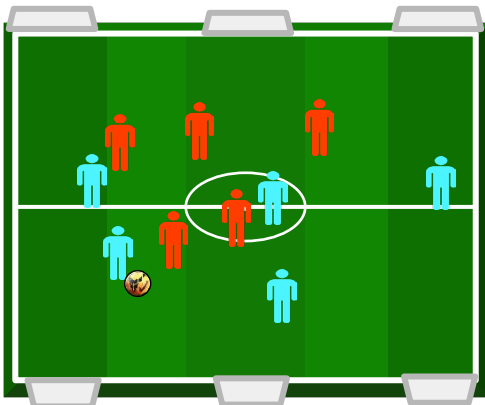
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