

Coach: Stephen Bird

Team: U14-U19

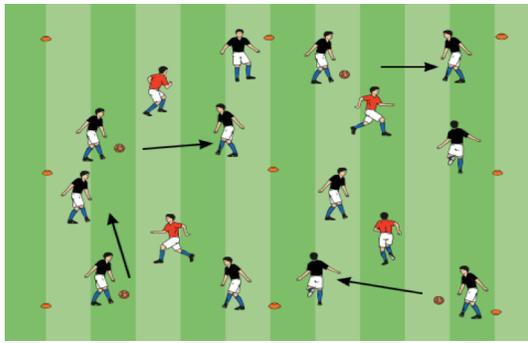
Topic: Attacking in the final third

Week: One



A Lifetime of Soccer

What: Decision making in the final third



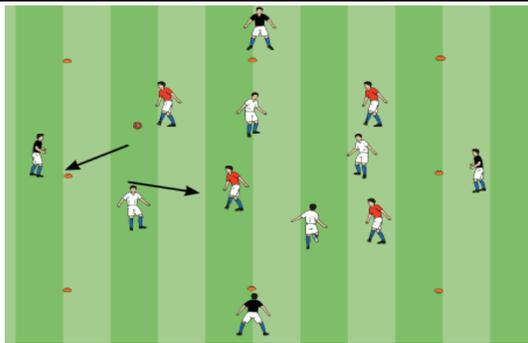
Warm Up

Work: 10-12 Mins

Players are grouped into teams of 4. One player will be defender in the middle. Defender will try and win the ball and swap with the person who lost the ball.

If a player passes through the defenders legs, defender will stay in for an extra round.

Organization: 12 x 12 squares. Can make smaller/bigger depending on the level of your players



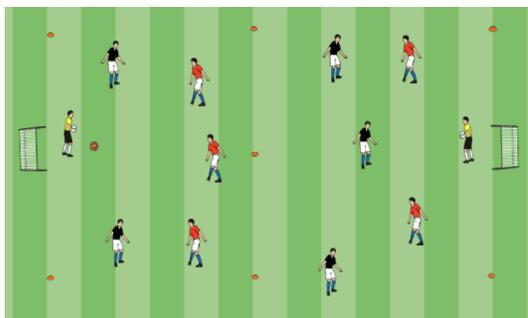
Technical

Work: 10-12 Mins

4 v 4 with 4-bounce players spread out evenly on the outside. Players will attempt to keep the ball by passing in the middle or by using the bounce players. First team to 10 passes = 1 point. First team to 10 points wins.

Progression- Bounce players only have one touch to get the ball back in.

Organization: Remove the middle cone to make the area bigger.



Skill:

Work: 10-12 Mins

Field is split into two halves. 3 v 2 on each side. Players will stay on there side. Players attempt to transfer the ball over to their attacking side and play 3 v 2.

Progression- Players can dribble across the halfway line and make it 4 v 2. One player from the opposite can follow.

Organization: Make sure games are short and have multiple games going at the same time.



Scrimmage

Work: 10-12 Mins

Key Coaching points:

- Can we brave on the ball?
- Does the player on the ball look to be positive?
- What type of decisions can we make on the ball?
- Players off the ball are moving into new areas.

Organization: Have balls to the side of the field to play the balls in quickly. Keep the game going.