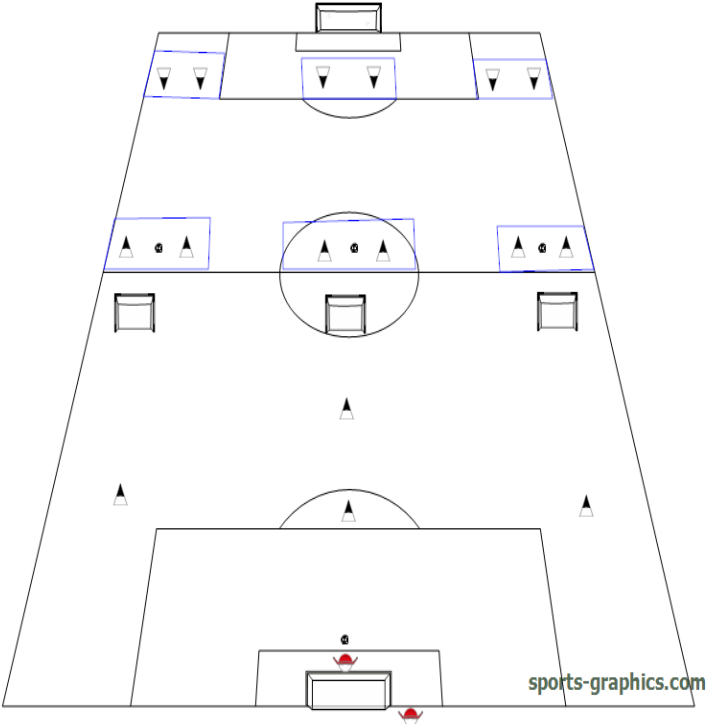


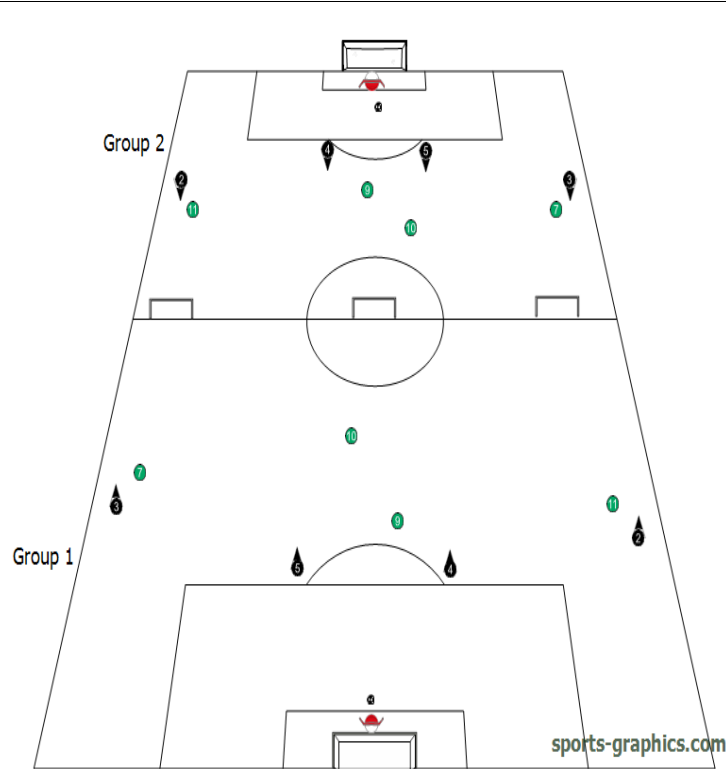
Activity Name	Description	Diagram	Coaching Points
1 Technical Warm-up Activity			
<p>Distribution Technical:</p> <ol style="list-style-type: none"> <li>1. Bowl</li> <li>2. Overarm throw</li> <li>3. Goal kick</li> <li>4. Sidewinder</li> <li>5. Drop kick</li> <li>6. Punt</li> <li>7. Free kick</li> </ol> <p>Distribution Tactical:</p> <ol style="list-style-type: none"> <li>1. Short pass to back line – opponents dropped off</li> <li>2. Medium pass to midfield – opponents at halfway line</li> <li>3. Long pass to front line – opponents stepped up</li> <li>4. Punt over the top – opponents pressing/caught up high</li> </ol>	<p>On one half have both keepers alternate turns in one goal. Set up three small counterattack goals on the halfway line. Play with four field players – 2, 5, 3 &amp; 6. The GK bowls out the ball to 2, 5 or 3 who then interposes among themselves and 6 to build up to pass into a counter goal.</p> <p>The remaining field players practice long passes in the other half of the field. Set up 10 x 15 grids in the flank and center channels at the halfway line and level with the top of the penalty area. The players work on instep drives to play long passes.</p>		<p>GK. – Q.: Why would you want to extend your throwing hand toward your target? A.: To improve the accuracy and power of my throw.</p> <p>FP. – Q.: Why should you strike the ball with your instep? A.: To get a straight line flight of the ball?</p>

### 2 Small Sided Activity

5 vs. 4; 1 regulation goal, 3 counterattack goals; 4 balls per side of the field

Two groups of players on each half of the field. Start with distribution by the goalkeeper. Play through the half to the goals on the halfway line. A ball over the touchline is played in with a throw. Play corners and goal kicks. Any ball over the halfway line then restarts with the goalkeeper.

Generally the goalkeeper should throw to the side opposite from which the attack was made, as this side will be less congested.



GK. – Q.: Why should you usually bowl the ball out first to an outside back?

A.: So that it causes the opponents to shift all the way across the field. That creates width.

Q.: How does that help us build up our attack?

A.: It creates gaps between their forwards and midfielders where we can hit diagonal passes. That switches the point of attack.

FP. – Q.: Why should you keep the ball moving quickly?

A.: To keep our opponents from being able to group defend around the ball. That gives us mobility and penetration.

3 Expanded Small Sided Activity			
<p>7 vs. 7; 2 regulation goals; play on 2/3 of the field</p>	<p>Play on 2/3 of an age appropriate field. Play throw-ins, corner kicks and goal kicks as normal as well as free kicks. Work with the goalkeepers to recognize their attacking options immediately once they have the ball. Distribution Checklist:</p> <ol style="list-style-type: none"> <li>1. Bowl or short throw to build up to create a cohesive attack</li> <li>2. Long throw or kick to take advantage of a counterattack opportunity</li> </ol>		<p>GK. – Q.: How do you decide to distribute short or long? A.: based on the positions of the opponents and the options that I have with my teammates. Where it's harder for the opponents to give immediate chase. FP. – Q.: How do you help to create attacking options for your goalkeeper? A.: Flair out as soon as he gets the ball to open up the field. That gives us width.</p>
4 Match Activity			
<p>9 vs. 9 full field (65 x 35 yds. or larger)</p> <p><b>Principles of Attack</b></p> <ul style="list-style-type: none"> <li>~ Penetration</li> <li>~ Depth – support (angle and distance)</li> <li>~ Mobility – unbalancing (off-the-ball runs)</li> <li>~ Width – switch the point of attack</li> <li>~ Improvisation</li> <li>~ Finishing</li> </ul>	<p>Play full field by the laws of the game for the age group. Once the goalkeeper has possession look in this order:</p> <ol style="list-style-type: none"> <li>1. Forwards</li> <li>2. Midfielders</li> <li>3. Backs</li> </ol> <p>While we want to build out of the back third when possible we also don't want to give away fast break chances.</p>		<p>Q.: Where should our team look to start our attack? A.: Where the opponents have poor cover and maybe little chance to apply pressure right away. Where we can get width and maybe depth.</p>