

DESCRIPTION

Set the players up on cones and have them work on some simple passing, progress to have them do so with one touch, then add in some combination play. Finally ask them to expand with a long ball.

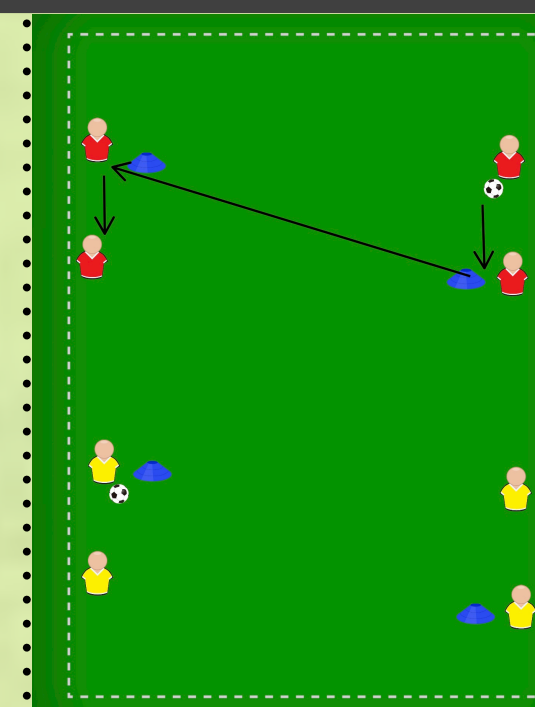
WARM UP

COACHING POINTS

FIRST COACHING POINT - LONG BALL

The anchor should play the long ball, they should be trying to play it slightly diagonally and directly to the receiver. To advance you can ask the receiver to cushion the ball for the arriving support players.

DIAGRAM



Set up 12x12 yard squares. Players in small groups within each square, designate one player to be the anchor (the diagram shows this drill going on twice; side-by-side). They play short passes within the square to each other always trying to face the square in front of them. When coach shouts expand they must play the ball to the anchor who plays a longer pass in to the opposite squares anchor. The passers then follow the ball, the anchor stays where they are. Encourage them to follow the long ball in a formation, showing some depth. One they get the concept you can add in a screening defender.

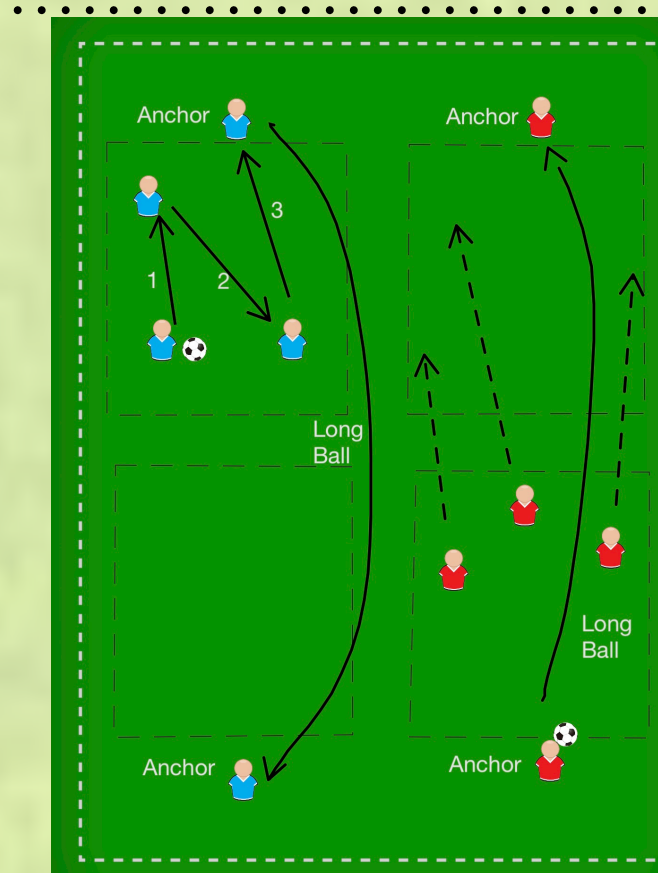
TECHNICAL

FIRST COACHING POINT - WORKING TOGETHER

Encourage the arriving players to make a triangle as they arrive to allow for easy passes from the new anchor

SECOND COACHING POINT - SET PASS

The pass back to the anchor for the long ball needs to be inviting and so that they can play it first time without trapping.

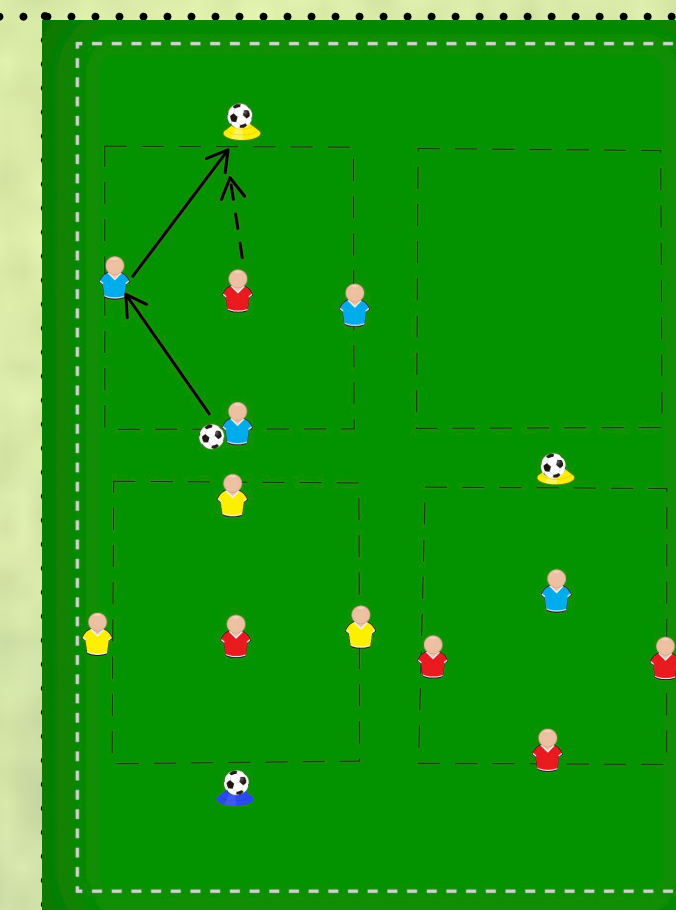


Similar set up but now replace the anchor with a target ball just outside of the area. One player in the square defending the target ball. The others are spaced around the outside trying to play passes and hit the target ball for a point. Switch the defending player every 60 seconds.

TACTICAL

FIRST COACHING POINT - PATIENCE

The defenders should get tired in a 3v1 situation, ask the passers to keep working the ball until the right opportunity to hit the target presents itself.



This will be a small sided game. One goal with a goalkeeper and one end zone. Divide the rest of the field in to boxes - only one player allowed in each box at a time. Divide your players in to two teams. Team one plays from the goalkeeper and must try to build out from the back, they score a point by getting it to their target player. Team two must try to regain the ball and try to score. Players are asked only to block passes/shots and cannot steal the ball.

GAME

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas

