



Date: _____

Age Group: _____

Topic: _____

Learning Objectives: _____

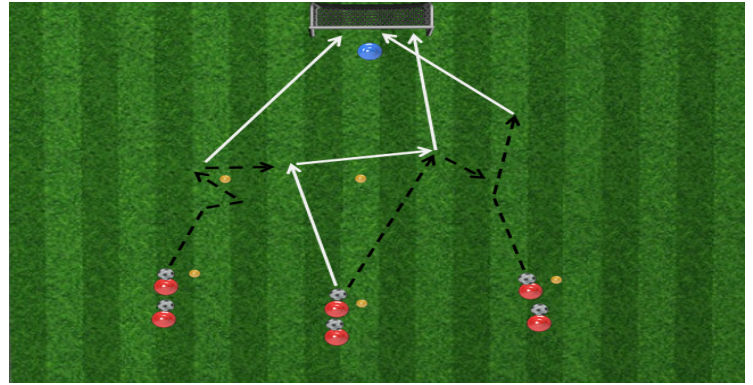
Shooting / Attacking

Attacking and Link up play

Attack, Assist, Defend #S72

How To: Set up 3 lines approximately 10 yards apart 35 yards from goal. Each player starts with a ball. The player furthest left approaches a cone and moves around it before shooting, then turns to play a give and go with the middle line. The middle line player takes a first time shot then becomes a defender and plays 1v1 against the player from the right line.

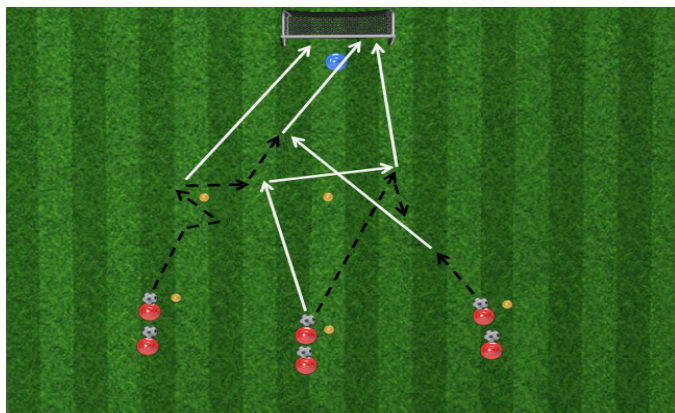
Coaching Points: Communication and movement. Be positive with taking chances, take a touch to set yourself for the shot if necessary, attack the defender at speed, aim for corners of the goal.



Attack, Assist, Support #S73

How To: Set up 3 lines approximately 10 yards apart 35 yards from goal. Each player starts with a ball. The player furthest left approaches a cone and moves around it before shooting, then turns to play a give and go with the middle line. The middle line player takes a first time shot then becomes a defender and plays against the player from the right line. The player from the left line stays in play to create a 2v1 attacking situation.

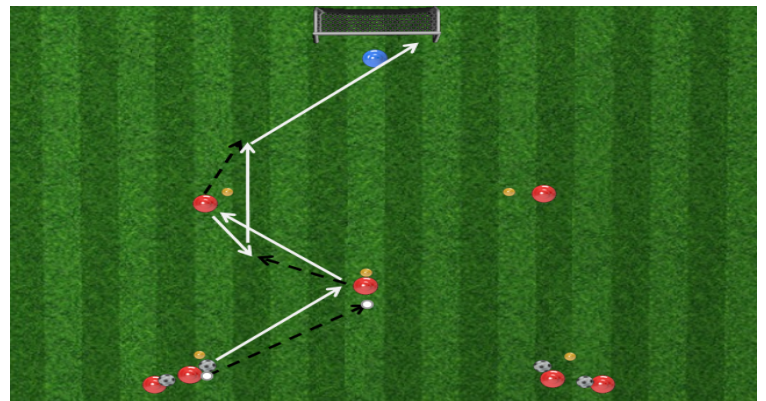
Coaching Points: Communication and movement. Be positive with taking chances, take a touch to set yourself for the shot if necessary, attack the defender at speed, aim for corners of the goal. Work opportunities at speed.



Attack and midfield understanding #S78

How To: Set up a 30-yard square approximately 20 yards from goal. Position a player on each cone. A player with a ball makes a pass into the player in the middle who turns and looks for an attacking player. A quick 1-2 pass is played releasing the attacker to take a shot on goal, pattern repeats from the other side.

Coaching Points: Accurate passing, quick movement, understanding and communication between players. Weight of pass, pick accuracy or power depending on the scenario when shooting.



Soccer Rugby #DR28

How To: Set up 2 even teams in a field, normal game rules apply, players can shoot from anywhere however passes to team mates can only be played backwards.

Coaching Points: Move to support your team mates and relieve pressure by creating space. If you have the ball, be positive and move into space, take players on when you can.

