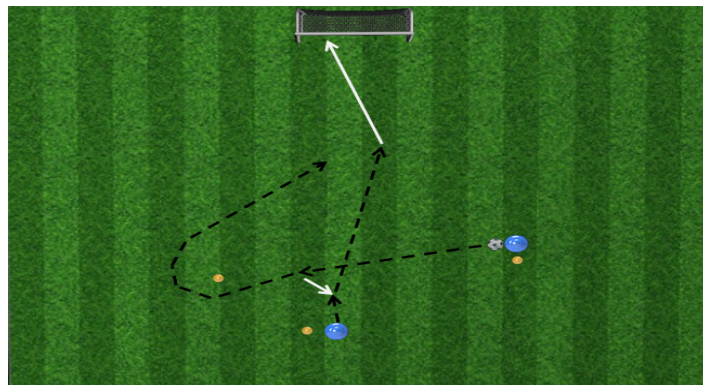


Layoff and Pressure #S32

How to: Set up 3 cones 30 yards from goal as shown. The defender dribbles the ball in field and lays the ball into the path of the striker, the defender must round the next cone before trying to stop the attacker. The attacker can collect the ball immediately and move towards goal and take a shot.

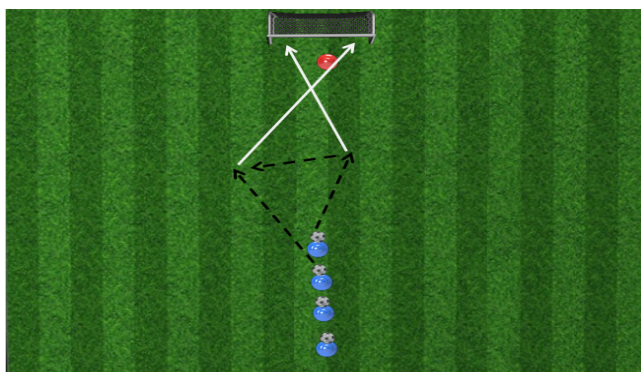
Coaching Points: Move away from pressure, move into the space quickly and get a shot in on goal when possible. Keep ahead of the defender, if the defender gets close, cut across the line of the defender to slow their progress.



1v1 Quick Recoveries #S56

How to: Create a start line 25 yards from goal, set up more areas to accommodate more players. The first player moves towards goal and takes a shot, after they shoot the next player in line can start the attack, the player who shot immediately becomes the defender against the next player.

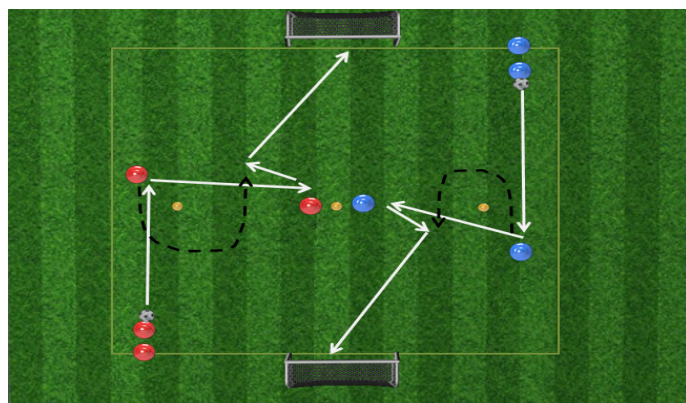
Coaching Points: basic shooting technique, create a shooting angle and shoot across goal. Attack quickly to take advantage of poor defender positioning, move away from pressure and take the chance on goal when space is available.



Combination Shooting Rotations #S71

How to: 30 x 45-yard area played length ways with a goal at either end, set up a cone approx. 20 yards from goal and a cone in the middle of the field as shown. First player makes a pass down the line and follows their pass, the player receiving the ball makes a pass in field and collects a layoff from the middle player before taking a shot on goal. Each player moves to the next position.

Coaching Points: Accurate passing, quick movement, understanding and communication between players. Weight of pass. Shooting technique and shot accuracy.



Side Line Soccer #S50

How to: Line 2 teams up on the sides of the field and number each player of each team. Coach calls numbers, for example 1 & 2, at that point those players from each team must run around the cone near them and score into the opposite goal. Normal game rules apply when the ball is in play. Players in field attempt to score points for their team.

Coaching Points: Focus and listening skills, speed, teamwork and communication. Encourage team mates in play. Work as a team and take chances when possible.

