

## Dynamic Shape Activity

**Category:** Tactical: Attacking principles

**Difficulty:** Moderate

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### Description

#### Screen 1 (15 mins)

Set up a 30 x 30 grid or can make bigger depending on the age of the players. Set up 2 goals in each corner of the grid.

Each team will have 2 lines on one side and one line on the other side with opposite color in the middle. The ball will be started on the command of the coach as in this example it would be "Red".

The red player will check in and look for a supporting player to go and attack one of the two goals. Players will have to dribble through gate to count as a goal. Once the play is over players will switch lines and coach will yell out the next group which will repeat the same process.

Players will quickly form the triangle and have players in good supporting position. If the other team wins the ball they can also score. Game will continue until someone scores and players will quickly jog off the field.

Focus should be:

- Communication
- Proper Angle of Support
- Good first touch
- Accuracy and Weight of Pass

