

Support and Shooting Activity

Category: Functional: Midfielder

Difficulty: Moderate

Am-Club: Illinois Youth Soccer Association
Rick Flores, Illinois, United States of America

Screen 1

2 v 2 plus 1 in a 40 x 40 grid with 2 goals.

Coach dictates the tempo of the activity by distributing ball to one side as the other side steps in to pressure and win the ball to shoot on their respective goal. The neutral player will always be on the attacking team to provide support and to have numbers up in the attack for more scoring opportunities.

Once goal is scored or ball goes out of bounce players will jog to the outside quickly so that the next group can participate.

Players should take the space or use their supporting player who is the neutral as well as the GK if they want to restart the passing sequence. If given the opportunity to shoot do they take advantage of shot by having a good prep touch, body position with plant foot, locked ankle, body over the ball and follow through with their shot.

