



PLAYING FORWARD WITH A PURPOSE

Date: Apr 06, 2016 | Team: SoccerSpecific | Duration: 35 minutes



Setup: 10 Players split into two teams of 5 players. a 5-10m end zone is created at each end with 2 mini goals placed as shown.

Instructions: EMPHASIS: PLAYING FORWARD WITH A PURPOSE:

One player from each team (A) remains unopposed in the end-zone - play starts with either of these players each time.

Player (A) passes to any of his teammates inside the playing area - Player (A) remains involved as a support player - this creates a 5v4 advantage for the team in possession. Teams are encouraged to make forward penetrating passes (avoid side-to-side possession) Team in possession can score in either of their opponents mini-goals. If a goal is scored possession remains with the same team with another pass from (A); on any missed attempt on goal, play starts with the opposite (A). Play is continuous. 2-3 x 3-4min.

Coaching Points: Playing area is long/narrow to encourage vertical forward passes. Body position to receive and immediately look to play forward. Various passing techniques to play forward; one-touch, receive half-turned and play forward, layoff short for next ball forward. Speed, Direction and Timing of movements to receive passes.

1 ⌚ 3 x 3 min ↗ As shown



Setup: 10 Players split into two teams of 5 players. a 5-10m end zone is created with 3 gates (sticks) at each end

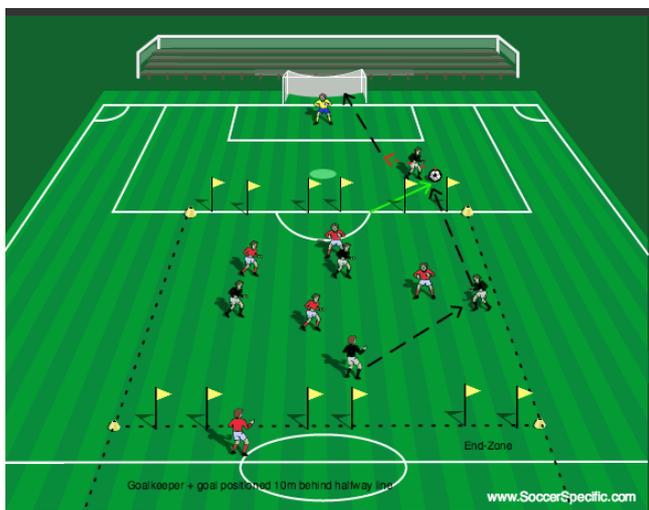
Instructions: EMPHASIS: PLAYING FORWARD WITH A PURPOSE:

The end-zone players (A) are neutral and play for the team in possession - play starts with either of these players each time.

Player (A) passes to any of his teammates inside the playing area - Player (A) remains involved as a support player, while the opposite (A) becomes the TARGET player - this creates a 6v4 advantage for the team in possession. Teams are encouraged to make forward penetrating passes (avoid side-to-side possession) Team in possession can score through any of their opponents gates - TARGET player (A) must receive the pass successfully through the gate. If a goal is scored possession remains with the same team with another pass from (A); on any missed attempt on goal or ball out-of-play, the next ball starts with the opposite (A). Play is continuous. 2-3 x 3-4min.

Coaching Points: Body position to receive and immediately look to play forward. Various passing techniques to play forward; one-touch, receive half-turned and play forward, layoff short for next ball forward. Speed, Direction and Timing of movements to receive passes.

2 ⌚ 3 x 3 min ↗ As shown



Setup: 12 Players (10 + 2 Goalkeepers) split into two teams of 6 players; a 5-10m end-zone is created with 3 gates (sticks) at each end. Goalkeepers are positioned in full-size goals.

Instructions: EMPHASIS: PLAYING FORWARD WITH A PURPOSE:

The end-zone players (A) are Strikers / Forward players. Play starts with a pass from either Goalkeeper to their teammates in the central playing area.

Striker (A) acts as the TARGET player - this creates a 5v4 advantage in the central area for the team in possession. Teams are encouraged to make forward penetrating passes to the Striker as early as possible (avoid side-to-side possession)

Objective is to pass to Striker through any of the gates; Striker must turn immediately an attempt to score. If a goal is scored possession remains with the same team with another pass their Goalkeeper; on any missed attempt on goal or ball out-of-play, the next ball starts with the opposite Goalkeeper. Play is continuous. 2x5-6min.

Coaching Points: Body position to receive and immediately look to play forward. Striker turn immediately and go to goal. Various passing techniques to play forward; one-touch, receive half-turned and play forward, layoff short for next ball forward.

3 ⌚ 2 x 6 min ↗ As shown

