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**GET TO GOAL – Developing Creative Attacking Play With Youth Soccer Players**

**Goal**

We want to prepare our players for the topic and the practice by using good technique making their “own” choices and having a “positive attitude” about going to goal. We want players to find better/more efficient ways to attack the goal in competitive environments while being creative. This will also focus on when to take a player on or when to pass. Players should be encouraged to be aggressive going towards goal.

After the players warm up and get many touches on the ball players should be prepared to have an attacking mentality. They must be able to make quick decisions with the ball under pressure and required to challenge themselves by thinking ahead as they approach confrontations with defenders. In these exercises it is important that players are required to use speed so they can replicate game like environments.



**Warm up**

Players will perform a variety of passes and movements within a grid and with their own team. They will also be asked to improvise and gradually change speed within the exercise. More difficult tasks will be asked of them such as combinations, etc.

**Coaching Points:**

- Proper technique dribble and pass
- Use various surfaces
- Adapt to the ball
- Try things that may affect games
- “play Positive”
- Coach Each other



**3 V 3 + 1 to Targets Possession Exercise (10 Minutes) –**

This provides a wide target and space awareness for dribbling and exploiting space keeping their head up so they can “play positive” whenever possible, choosing to shoot, pass, or create time. In this exercise players should understand when to dribble 1 v 1, when to pass, when to combine, when to dribble for possession, when to dribble for speed, when to shield and, what moves/feints work in each situation. Players should be encouraged to communicate and change roles constantly from attack to defense and from defense to attack.

**Coaching Points**

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Support - Body Position
- “Make Change Happen”
- Combination Play
- “Play Positive”
- Movement - Freeing yourself up
- Opportunistic
- Choices - Dribble, pass, or combine



**2 V 1 Response and Counter Exercise (10 Minutes) –**

This provides a wide target and space awareness for dribbling and exploiting space, choosing to shoot, pass, or create time. Pairs will start the balls attempt to get to goal through 1v1, combination passing. Once the ball is lost or shot, the player who shot or and one attackers must defend after shot or loss of possession the other player immediately becomes a starting pass for the next pair before they can go to goal. In this exercise players

should understand when to dribble 1 v 1 to goal, when to pass, when to combine, when to dribble for possession, when to dribble for speed, when to shield and, what moves/feints work in each situation. Players should be encouraged to communicate and change roles constantly from attack to defense and from defense to attack.

#### Coaching Points

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Shoot early
- Placement or power
- Movement - Freeing yourself up



#### **2 V 2 + Keeper - Attack and Response to Goal (10 Minutes)-**

This provides a wide target and space awareness for dribbling and exploiting space, choosing to shoot, pass, or create time. Coach will start the balls and the two attackers must defend after shot or loss of possession. There must be one pass by the two attackers before they can go to goal. In this exercise players should understand when/where/why to dribble 1 v 1 to goal, to pass, to combine, to dribble for possession, speed dribbling to capture space, to shield and, what moves/feints work in each situation. Players should be encouraged to communicate and change roles constantly from attack to defense and from defense to attack.

#### Coaching Points

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Shoot early
- Combination Play
- Placement or power
- Movement - Freeing yourself up
- Opportunistic
- Choices - Dribble, pass, or combine
- Body Position (to shoot)
- Field position – to be able to find the ball to shoot

Variations: 3v3



### **3 v 3 + 1 + Keepers to Large Goals 10 Minutes**

This game is played with three attackers playing against three defenders. The neutral player has freedom to create, improvise, and make change happen.

Coaches can apply some of the coaching points from the earlier session and include some of the principles of play (shape, support, improvisation, width, depth). Play the game with off-sides rule.

Focus on being able to see the goal, create opportunities for success, and always seeking goal scoring opportunities every time you have a chance to get to goal. Groups are almost always within shooting range so it is important for them to take on the opponent and seeking first look/first shot which is important with all attacking players. Remember to have the players to think ahead before they start their attack, communicate, and then use instincts when taking on an opponent (s) in the game.

Variation: 4 v 4 “coach the playmaker”

Sample Coaching Points (focus on a few) –

- Open the field early
- Get to goal – Can you create your own shots?
- Create numbers up – How can you do this? Make Change happen!!
- Proper Technique – Placement versus Power
- Preparation Touch
- Find the extra player
- Transition
- Seek first shooting opportunity
- Dribbling with controlled speed vs. dribbling for possession - Attack the front foot when the defender has committed if not before
- Movement - Freeing yourself up
- Opportunistic
- Dribble, pass, or combine
- Change attacking shape by constantly changing position of the ball
- Combination when possible



**Final Game 4v4 to Goals – 10 Minutes**  
**Cool Down – Review 5-10 minutes**

