



CYA Week 4 Session 2: Individual small group attacking

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

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Description

Warm-Up (10 mins)

Organization:

1. - open space
2. - 12 players
3. - 6 balls (additional with coach)

Instructions:

1. - The player that starts with the ball, passes to a player that does not have a ball and semi-opposes them.
2. - The player receiving the ball, beats the player making the pass with fake or feint and accelerates into open space
3. - The player with the ball now looks for a new open player without a ball and repeats process.

Coaching Points:

1. - Engage defender with 1st or 2nd touch
2. - Timing and execution of fake or feint
3. - play at speed

Visual Cues:

1. - awareness of space
2. - attacker's 1st on the ball
3. - open player without a ball

Progressions:

- P-defender can now win the ball
R-defenders go at walking speed



Main Theme (15 mins)

Organization:

1. - 20 by 15 yard area
2. - 2 small goals
3. - 2 players (1 attacker, 1 defender)
4. - 1 ball per group

Instructions:

1. Game starts by players simultaneously receiving ball from GK.
2. Players must dribble up as quickly as they can and finish with a shot on goal
3. Whomever scores first, will receive 2 points.
4. Players must finish on goal before end zone.
5. Play for a set time period before rotating players.

Coaching Points:

1. - Create space to shoot with 1st touch
2. - use fake or feint
3. - take every opportunity to shoot

Visual Cues:

1. - awareness of space
2. - positioning on the field
3. - positioning of defending

Progressions:

- P-Add big goals and GK's
R-have attackers start with the ball



Finishing game (15 mins)

Organization:

1. - 30 by 20 yard area
2. - 6 players (2 GK's, 2 attackers, 2 defenders)
3. - 1 ball (additional on the outside)

Instructions:

1. - Players play 2 v 1 with GK's
2. - The GK starts the game by passing into their attacking player
3. - Each attacker attempts to score in their opponents goal
4. - If the ball goes out of bounds, restarts with opponents GK
5. - Play for a set time and rotate players

Coaching Points:

1. - commit defender
2. - observe body position of defender
3. - know when to hold, when to dribble, when to run with ball
4. - once defender is beaten, cut into space behind defender
5. - receive ball sideways on when back is to goal
6. - play at speed

Visual Cues:

1. - Gk has the ball
2. - position on the field once 1st attacker receives ball
3. - awareness of space

Progressions:

- P-allow attackers one free touch before defenders can tackle
R-play without GK's



Screen 4

2v2 Round Robin Tourney (20 min)

4 minute matches. Best record wins tourney. Players off are juggling.

Coaching Points:

Simple passing combinations ex: wallpass, overlapping runs

Decision making, when to pass, dribble or shoot

Quality & weight of pass

