



[CYA] Week 1-Session #2: Attacking

Category: Tactical: Attacking principles
Difficulty: Moderate

RYAN QUINN, FAIRFAX STATION, United States of America
Individual-Young Member

Description

2v2 to 2 goals (15 mins)

Organization

- 8-10 players
- see diagram for set-up and equipment
- area approx. 15x20 yards

Activity

-On coaches signal "GO" players run around their net, with coach passing ball in to first team, to play 2v2. Players can score in either goal at the opposition end, if defender wins the ball they transition to attack opposite net.

Coaching Points

- when to pass/when to dribble,
- suck defender in,
- movement with and without the ball
- weight and accuracy of passing
- simple combinations
- decision-making
- communication



SSG (15 mins)

Organization

- 8-9 Players
- See diagram for equipment and set-up
- area approx. 25x20

Activity

-4v4 SSG - regular rules (i.e. retreat line, dribble/kick ins). If odd number add a "Neutral": to play with both teams.

Kick ins or dribble in to restart play

Coaching Points

- Quick decision-making
- Good communication
- Good tempo to the play



1vs1 to 2vs1 to 3vs1 (15 mins)

Set up

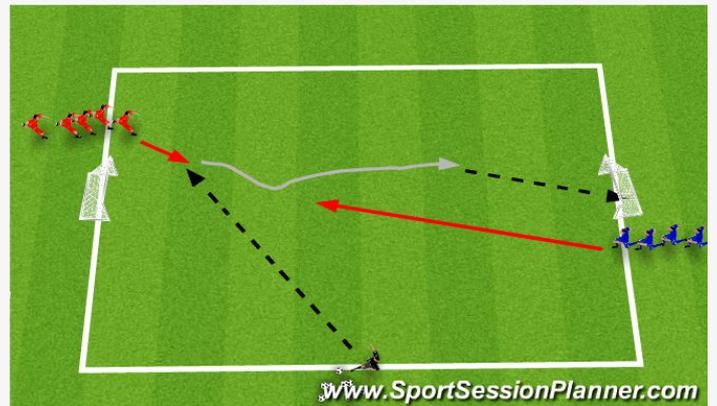
- 15x20 yards
- coach serves balls in
- 2 teams of 4 or 5

Activity

- coach passes ball to the white team and red players come out and defend
 - white players are trying to score on the goal 1vs1. If the white team scores a goal, that players must sprint back to his goal.
 - The coach plays another pass to the white team and this time another white player joins in to make it a 2vs1.
 - again if the white team scores a goal both players sprint back to end line, coach plays a pass to white team and a 3rd white player joins to create a 3vs1.
 - max is 3vs1, restart back at 1vs1
 - if at any time the ball goes out of bounds the coach plays a pass into the red team to start a 1vs1.
- if the defending wins the ball they now become the attacking team

Coaching points

- attack with speed
- fakes and feints
- when to pass/when to dribble,
- suck defender in,
- movement with and without the ball
- weight and accuracy of passing
- simple combinations
- decision-making
- communication



Screen 4

Shooting Activity(10 min)

ORGANIZATION

- *1-2 lines alternating shots each starting with a target player 15-20 yds from goal.
- * One group will be shooting Right footed and the other with their Left.
- * Switch lines after 5 minutes

ACTIVITY

- 1) Pass into your target player above goal
- 2) Target lays ball off to be shot 1st time
- 3) Shooter becomes next target player

