



Rio Rapids - 01 Girls Session - Attacking Through Wide Areas

Category: Tactical: Switching play
Skill: U18

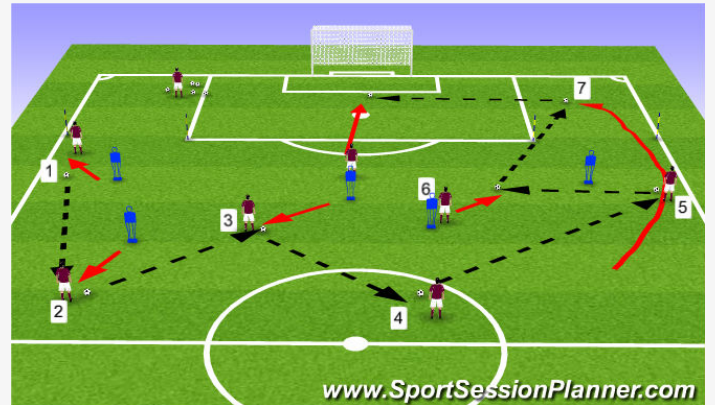
Pro-Club: Colorado Rapids Soccer Club
Danny Stone, Denver, United States of America

WARM UP (15 mins)

WARM UP

Functional passing to gates and goals.

2 or 3 different sequences followed by open play. Rotate players and use both sides of the field.



WHOLE (15 mins)

WHOLE

9v9 + Neutral to target zones and goals.

1st Stage- Find a team mate on the run into the zone/dribble the ball into the zone and secure control. (1 point)

Progression 1- Find a team mate on the run into the zone/dribble the ball into the zone and secure control or, score into small central goal. (2 points)

Progression 2- Find a team mate on the run into the zone/dribble the ball into the zone and secure control (1 point), score into the small central goal (2 points) or, find runners into the zone and square a pass into supporting player to score.



PART (15 mins)

PART

5v3 to gates with transition to target player.

1 point for a pass or dribble through the wide gates.

3 points for a pass or a dribble through the central gate.



WHOLE (15 mins)

WHOLE

9v8 + Neutral to gates and small goals.

1st Stage- Find a team mate on the run between gates/dribble the ball between gates and secure control. (1 point)

Progression 1- Find a team mate on the run between gates/dribble the ball between gates and secure control or, score into small central goal. (2 points)

Progression 2- Find a team mate on the run into the zone/dribble the ball into the zone and secure control (1 point), score into the small central goal (2 points) or, find runners into the zone and square a pass into supporting player to score.

