



05B/U14 - Create Scoring Chances - Change Speed/Direction with/Without the ball to beat opponent

Category: Tactical: Attacking principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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Positional Rondo (10 mins)

DESCRIPTION/ORGANIZATION:

Gk's or center backs at ends. Central mid player is magic in middle

Blue team try to win ball.

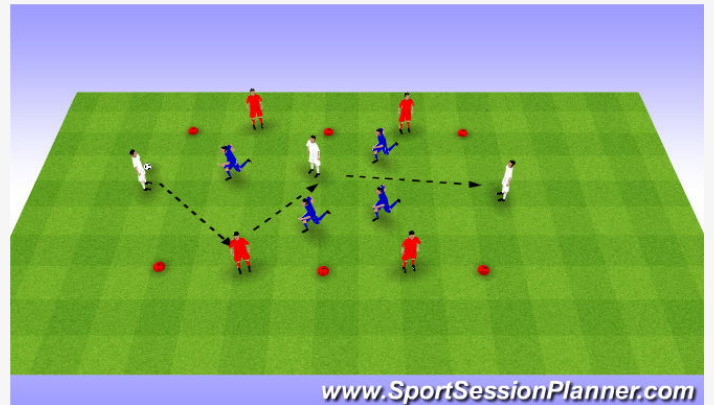
Red/Black try to connect 10 plasses.

If Blue Wins ball they must connect pass to target black and transition to outside spots as reds move into middle

COACHING POINTS:

Quickly connect pass to transition

Recognize when to play thru central player to break pressure vs playing around pressure



8v8 with wide zones (20 mins)

DESCRIPTION/ORGANIZATION:

Regular scrimmage

1 point per goal

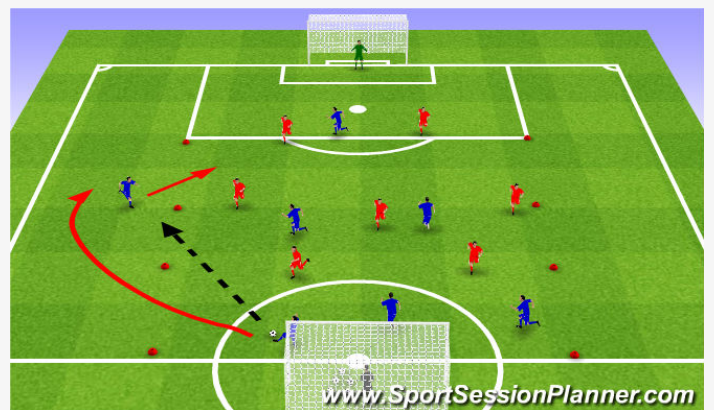
3 points if score from cross (within 3 touches of cross)

Any player can become the magic wide player - 2 touch in wide zone

COACHING POINTS:

Different movement when ball is played wide

Recognize when can go straight to goal vs going wide



Crossing Pattern A (10 mins)

DESCRIPTION/ORGANIZATION:

Half Field

A to B. B positive touch then delivers cross to A, C & D.

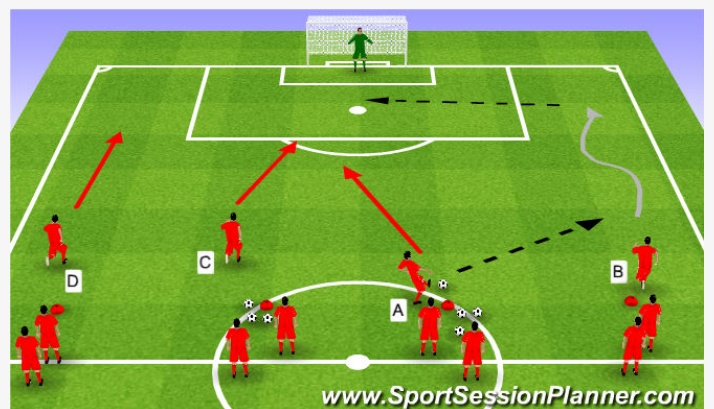
Next rotation starts with players in C line playing to D and repeating pattern on left side

COACHING POINTS:

Don't arrive too early into box

Create passing lane for wide player to aim for

Front post, PK spot, far post



Crossing Pattern B (10 mins)

DESCRIPTION/ORGANIZATION:

Half field

A to B, A overlaps B, B plays A into channel. B, C & D attack box

Rotate to left side

COACHING POINTS:

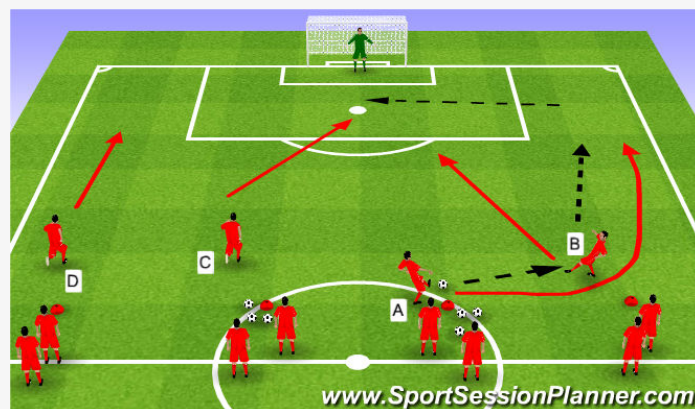
Communication thru the overlap

B taking touch to "commit defender" before playing overlapping run

Don't arrive too early into box

Create passing lane for wide player to aim for

Front post, PK spot, far post



Crossing Pattern C (10 mins)

DESCRIPTION/ORGANIZATION:

Half field

A to B, A overlaps B, B to C, C plays A into channel

A crosses to B, C & D

Rotate to left side

COACHING POINTS:

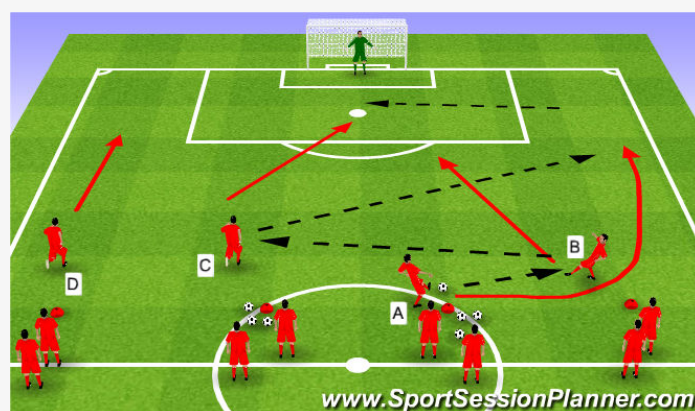
Communication thru the overlap

Movement of B to clear passing lane for C

Don't arrive too early into box

Create passing lane for wide player to aim for

Front post, PK spot, far post



final game (20 mins)

DESCRIPTION/ORGANIZATION:

8v8 Final game

COACHING POINTS:

