



# 06 Burgundy / U14G - Create Scoring Chances / Change Speed/Direction to Beat Opponent

**Category:** Tactical: Attacking principles

**Difficulty:** Beginner | Start Time: 21-Oct-2019 17:15h

Am-Club: Rio Rapids Soccer Club  
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## Description

Phase: Create Scoring Chances

Principle: Change Speed/Direction with or Without the Ball to Beat Opponent

### 5v5+5 to Full Size Goal (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Field size - two penalty boxes

\*5v5+5 with perimeter players limited to 2-touch

\*Yellow team attacking goal to start with white bumpers/outside players available to support play

\*When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense

\*Make it - take it

\*Coach plays ball into attacking team whenever goal is scored or ball goes out of play

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

#### COACHING POINTS:

\*Always looking for opportunities to score goals- aggressive goal scoring mentality

\*Open body shape to see the ball and goal

\*How can you change speeds with the ball to beat an opponent and create a scoring chance?

\*How can you change direction with the ball to create a scoring chance?

\*How could you change speed or direction without the ball to create a scoring chance?



### Cruyff Turn to Finish (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*1 passes to 2

\*2 receives pass and dribbles at speed laterally across the top of the penalty box

\*in middle of goal the dribble changes speed and direction with Cruyff turn to get off shot - defender falls for it by stopping on turn

Player rotation: passer goes to line of players waiting behind attacker/defender, waiting player becomes dribbler, dribbler becomes defender, defender becomes GK, GK becomes passer

#### COACHING POINTS:

\*Receive ball with foot away from defender

\*Dribble at speed to get defender moving rapidly trying to block your path to goal

\*Rapidly change speed and direction with Cruyff turn in front of goal to lose defender and create room to get off shot

\*Be sure to protect the ball from the defender with your body on the turn

\*Get feet and body properly prepared to take shot quickly before defender can react to turn

\*Identify location and movement of goalkeeper to determine location for shot



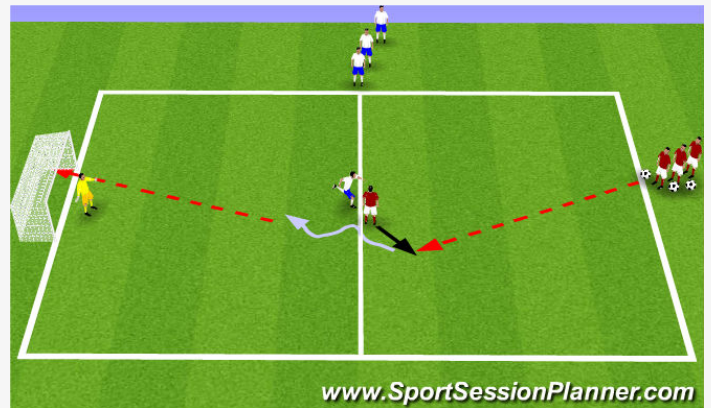
## 1v1 to Goal (PART) (20 mins)

### DESCRIPTION/ORGANIZATION:

- \*Two equal sized teams. One team starts as attackers and opposing team as defender.
- \*1 attacker and 1 defender start at top of penalty box (which serves as offside line until ball is in play)
- \*Attacker finds a way to get open to receive pass and then plays 1v1 to goal
- \*Play is dead if defender wins the ball or it goes out of play
- \*Passer becomes attacker and attacker goes to passing line
- \*Each player defends once and then the teams switch roles
- \*Team with most goals wins.

### COACHING POINTS:

- \*Always looking for opportunities to score goals- aggressive goal scoring mentality
- \*How could you change speed or direction without the ball to create a scoring chance?
  - make a well-timed aggressive diagonal, overlapping or flat run to receive ball behind the defense
  - make a quick move to make defender commit to you and then change direction to get ball into the space that is opened up to create a scoring chance
- \*How can you change speeds with the ball to beat an opponent and create a scoring chance?
  - using a hesitation dribble (slow and go) to set up and beat defender
  - use a move to wrong foot and get in behind the defender and putting them on your back to get to goal (off the dribble or a pass)
- \*How can you change direction with the ball to create a scoring chance?
  - get a defender moving at speed to prevent you from beating them to a spot and then cutting them to get past them or a shot



## 7v7 & GKs to Full-Size Goals (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

- 44 yd wide x 55 yd long field
- 7v7 to 2 full-size goals with GK's
- Each team in 3-1-3 shape

### COACHING POINTS:

- \*Always looking for opportunities to score goals- aggressive goal scoring mentality
- \*Open body shape to see the ball and goal
- \*How can you change speeds with the ball to beat an opponent and create a scoring chance?
- \*How can you change direction with the ball to create a scoring chance?
- \*How could you change speed or direction without the ball to create a scoring chance?

