



U17-U19 Passing & Finishing (1) - J. Sells

Category: Technical: Attacking skills

Difficulty: Difficult

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

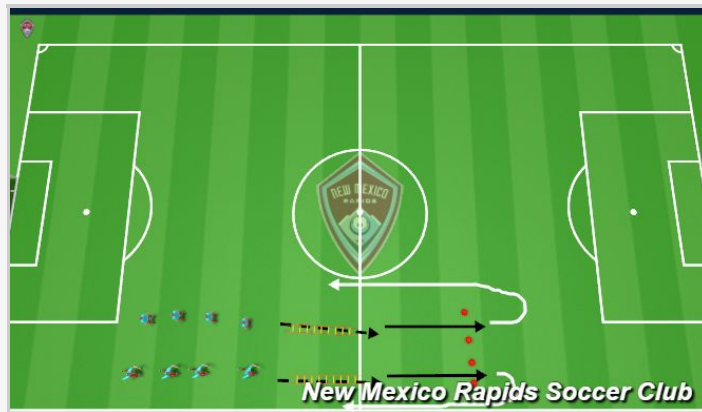
Activation: Agility Ladder (15 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



4v4+4 (25 mins)

DESCRIPTION/ORGANIZATION:

4v4+4. in 16x16 (approx - adjust for success/challenge)

Bumpers play for team in possession.

10 passes and losing team becomes bumpers.

Black/White team stay in middle until either team completes 10 passes.

COACHING POINTS:

- * Spacing - Movement to support is not always to check to.
 - Play off shoulders in space behind defenders.
- * Bumpers receiving ball across body to allow more options.
- * Central players recognize when to play way face or turn/play across body
- * When to pass around/thru/over pressure.



Flying Changes 1v2 - 4v3 Goal w/ GK's (30 mins)

DESCRIPTION/ORGANIZATION:

Players work on Technical Functions related to small-sided play to Goals w/ GK's. In a (2v1 -) 4v3 scenario. Players focusing on quick transitions, communication and attacking and defensive principles of play. Once attackers attack, they are off and new defender comes on. Once defender concedes a shot (chance) they receive ball from their end line and player that plays to them joins to create a 4v3 the other way.

Variations:

Attacking goal (in 3v2 scenario is worth 1 Goal)

Defensive goal (in 2v3 scenario is worth 3 Goals)

Games played to 7 points.

*Can coach multiple topics within this game, communication and players being turned on!



DESCRIPTION/ORGANIZATION

Teams play 4v3 / 3v2 in two zones to goals with GK's. Variation: Team with 4 attackers has to get three (3) passes prior to scoring. Attention! If the ball goes off the field the coach plays a new one in. Players are free to move anywhere on the field of play.

*Variation:

- 3 consecutive passes before you can score in either goal
- 1 touch finishes only (advanced).
- Short competitive matches.

Coaching Points:

- Shape
- Technical Quality
- Defensive transition and pressing.
- Speed of Play
- Ect...

