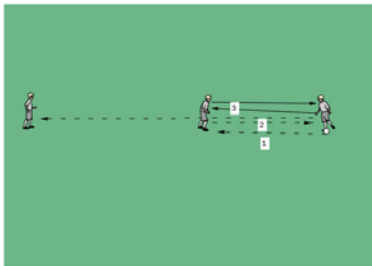




Topic: Changing the Point of Attack (U12 and up)

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-Up (10 minutes) Short-short-long	<p>Three players in a line. Player on end, passes ball to player in middle who passes back. End player now passes long to other end player. Player that passes ball long to opposite end player now goes to middle and repeats the sequence.</p> <p>Make it a competition: See which group can do it the fastest.</p>		<p>Technique of short and long passing</p> <p>When passing long, don't let your kicking foot hit the ground.</p>
2			
First Activity Four Square	<p>3v3 or 4v4 +2 players. Make four squares near the middle of the field. Teams play keep away and can use the 2 neutral players to help score. A point is scored when a team connects three passes in a row in one square.</p>		<p>Keep the ball moving.</p> <p>Play quickly and simple. Rhythm.</p> <p>Make sure you are spread out as a team.</p> <p>Shape-2 players supporting the player with the ball, 1 looking to split, the other player(s) are away.</p>
3			
Second Activity Bonus Game	<p>Two teams of 5-6 players with one neutral player. There are 5 small goals placed on the field. The normal game is played two goals but a bonus point is scored when a team passes through one of the small goals to a teammate.</p>		<p>Sometimes pass short, Sometimes long.</p> <p>Shape in attack.</p> <p>When ball is played back, that is a great time to expand.</p>
4			
Game (20-25 minutes) Play 8v8 to goals.		