

# U 1 3 +

## W E E K 7 A N D 8 - A T T A C K

### REINFORCEMENTS

- Really good pass with inside of the foot - Good pace!
- Can you show everyone how you received that, that was great!
- Well done "Timmy"! Way to get as wide as you can when the GK got the ball.
- Good work getting that defender to come closer by dribbling. You really opened up space for your teammate!
- Way to take that space with big touches!
- When the defender took the pass away, you dribbled by!

### COACHING POINTS

- Dribbling
  - Small touches in tight space, big touch with space
  - If you have space, dribble
  - Dribble to bring a defender to create space for teammate
- Passing
  - Inside of the foot - heel down and toe up, ankle locked
  - Pass to foot that should receive the ball
- Receiving
  - Receive with body open to field
  - Take first touch to space

### QUESTIONS

- If we have space, what should we try to do? Dribble
- Can we take a big touch if we have space? Yes
- How do you know if you have space? Head up/Look
- What foot should you receive with if you have space? Furthest foot
- Should you face the sideline or the field when you receive it? Field
- What can you do to bring the defender closer? Dribble at them
- Why bring the defender closer? Space for teammate
- If you don't have the ball, where is space? Wide, high, back, angle
- What foot of your teammates should you pass to? Receive into space
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves is central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

### NOTES

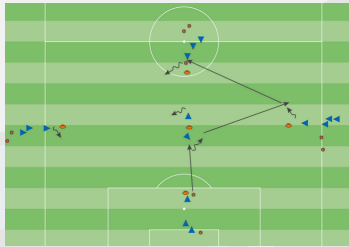
- Use Activation-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

### STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Where to go
- Shape - width/depth
- Sustained focus
- Working in groups of 3-4

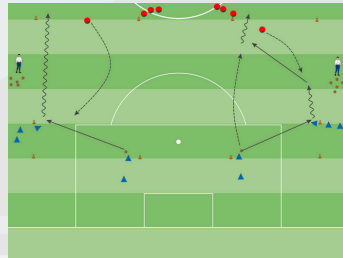
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## Diamond Passing



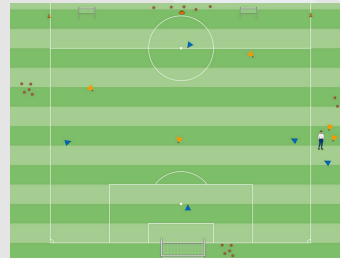
- Four cones in a diamond with one cone central - 15 yards
- Use field of play to assess spacing - 4/5 to 2,3, and 6 passing
- Inside of foot passing and receiving
- Movement away from space off the ball for play receiving
- Touch into space, then pass second touch
- Follow pass
- First Variation:
  - Right foot for outside diamond players
  - Left foot for inside diamond players
  - Then switch and go opposite way

## 2v1 to End Lines



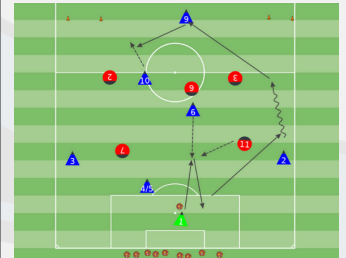
- 12 x 18 yard grid
- Attacking player plays ball in
- “As soon as ball is played” defensive player tries to win it
- Score by dribbling across end line - both teams
- Explore big touches - space or when opponent is beat
- Small touches - small space or when defender is close
- Where is defender? Is there space?
- Free player - can they receive it?

## 4v3 + K



- Appropriate size for development level
- 4 defending larger goal (no GK)
- 3 defending small counter goals
- Coach can play ball and can use kick ins
- Should be more free play with little to no stoppage
- Where is the space? Is there a teammate with space? How many defenders? How many on your team?
- Height, width, depth
- Free player
  - Can we find the free player?
  - Does the free player have space?

## 6v5 + K



- 6v5 to one large goal and two counter goals
- Balance starting the ball at keeper and free play
- Focus should be on finding the free player to take the 2v1 and 4v3 into a more game-like environment
- Focus on width, height and depth in support
- Focus on moving when ball is moving
  - How can I support as the ball is moving?

## Week 1 Guide

Activation (15 minutes) - 2v1 (20 minutes) - 4v3 (20 minutes) - Play (20 minutes)

## Week 2 Guide

Activation (15 minutes) - 4v3 (20 minutes) - 6v5 (20 minutes) - Play (20 minutes)

## Standards

- Passing - Inside of foot (heel down/toe up and ankle locked)
- Receiving across body (heel down/toe up and ankle locked - to a space)
- Is there a space we can use instep (laces to open a driven pass)
- Find/Create space - Dribble to commit defender, create space off the ball, find width/height/depth, GK is an option to create space and bring defenders
- Reading defensive shape - Where is the space, how can we get there?

## Focuses

- Intensity - Is it realistic and game-like?
- Set the standard above - Coach the correct technical components (heel down/toe up), coach players to receiving across body
- Fast rotations - don't freeze to coach, pull kids individually and get them back in quickly
- Expect high quality passes on the ground with pace - Move the ball quicker
- For ALL players off the ball, continually “scan” - Scanning is a technical function - where are the defenders, where are my teammates, where is the space?