

EMPHASIS/THEME

Defending 1v1 technique, longer passes and moving through the thirds

TIME DESCRIPTION

0:00-0:05	Arrival scrimmage - ball must "fly" into goal (back of the net)
0:05-0:20	Warmup, keepaway, introduce new moves
0:20:0:30	1v1 defending progression - face on
0:30-0:45	4 player grid receive/pass
0:45-1:00	2v2+2+2 rondo
1:00-1:25	4v4 over the half line
1:25-end	GK progression



TEAM DATE SESSION TIME

7v7 Week of Aug 19 - 1

TOTAL SPACE LOAD SESSION DURATION

90 mins

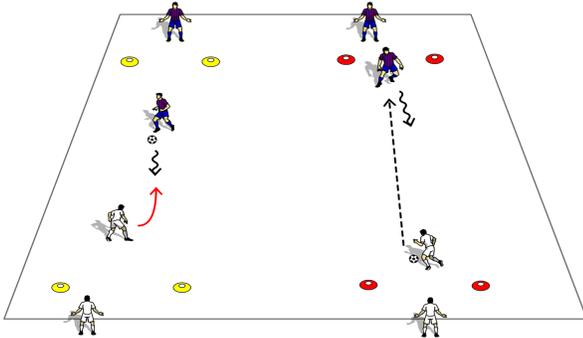
ACTIVITY 1 1v1 dribble to goal (defensive role)

SPACE	DURATION		EXPLANATION
	TOTAL	10 min	
	SETS/REPS		
	WORK		
15 yds			Focus on defensive role With passive attacker (slow dribble), work on retreating footwork, drop step Progress to touching ball, block tackles, and eventually have attacker take a more active role
COACHING POINTS			
Defender should be in shepherding attacker by making a curved run, engage at an angle rather than "flat" - eyes on attackers hips and midsection, use athletic stance - when attacker changes direction, defender should drop step and adjust angle to shepherd in opposite direction			
PROGRESSION			
See above Rotate players			

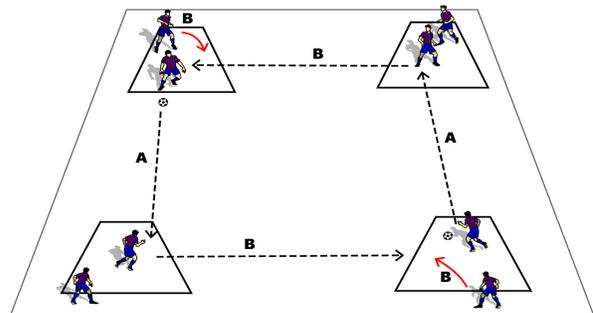
ACTIVITY 2 4 player grid receive/pass

SPACE	DURATION			EXPLANATION
	TOTAL	15 mins		
	SETS/REPS	3		
	WORK	4 mins		
20x20 yds (age appropriate)				Using grids or flags, players pass around the outside of a grid - purpose is to force players to pass over longer distances and receive, turn, and send a next pass
COACHING POINTS				
When receiving, use back foot, push to next target Receivers should be call, check away and back When passing, pick up head on 1st touch to find target then back to ball when making pass Use appropriate passing technique (laces for younger players) - require 2 touches to receive				
PROGRESSION				
Follow your pass				

Make into a timed game/competition



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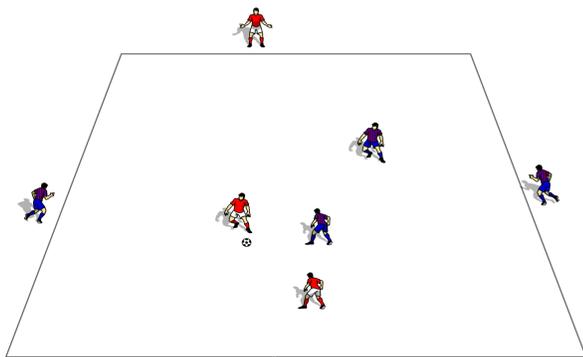
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ACTIVITY 3 2v2+2+2 rondo

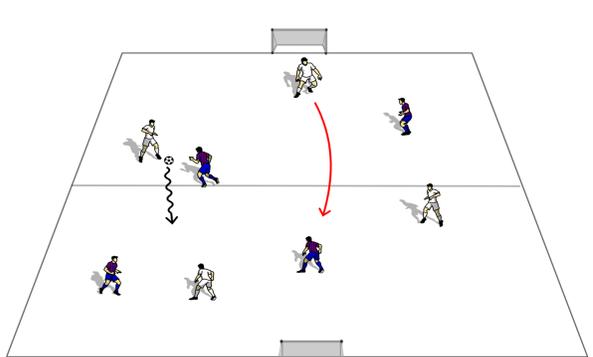
SPACE	DURATION		EXPLANATION
	TOTAL	10 min	
	SETS/REPS		
	WORK		
15-20 yds			2 teams - 3v3 inside, support outside Teams score point for end-to-end passes On receiving the ball on the outside players swaps with the passer
COACHING POINTS			
Look for movement of outside players for support 3rd man run from 2nd player in grid Open body positions on receive, play fwd if possible Def - avoid turn/split, try to press/delay			
PROGRESSION			
Limit attacker touch count			

ACTIVITY 4 4v4 over the half line game

SPACE	DURATION			EXPLANATION
	TOTAL	10 mins		
	SETS/REPS			
	WORK			
40x40 yds				Teams go even numbers (4v4) with a half line - the rule is that for a team to score, the entire team must be over the half line
COACHING POINTS				
Attackers - make quick decisions about whether to push into space or cycle the ball - decide whether to go around the defenders or through the middle - quickly create wide positions to force choices from defenders Defenders - try to press play if possible, stay compact				
PROGRESSION				
Limit touch count				



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