



Improve confidence around the Goal box

Category: Tactical: Attacking principles

Difficulty: Difficult

Am-Club: Omaha FC
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Screen 1 (15 mins)

Set up: Partners,

- a) Passing back and forth on the ground - One touch, Two touch, speed passing
- b) Passing in the air for Volleys - One touch, Headers, chest volleys, and so on



Screen 2 (15 mins)

Set Up: 3 fields, full size goals based on age groups,

- A) 1v1 breakaways - End to End
 - B) 2v1s combinations - Numbers Up
 - c) 3v2 Counter Attacks - Transition
- CPs: A
- 1) Ball Mastery
 - 2) Change of pace, Change of direction
 - 3) Space awareness
 - 4) Angle for shot
 - 5) Type of Shot
 - 6) Rebounds
 - 7) Transition
- CPs: B & C
- 1) Ball Mastery
 - 2) Change of pace, Change of direction
 - 3) Space awareness
 - 4) Supporting Angles
 - 5) Build up play
 - 6) Combinations
 - 7) Movement off the ball
 - 8) Transition
 - 9) Counter Attack, numbers down



Screen 3 (30 mins)

Set Up: Correct size goals based on age, u13s and older field size will be 18 yards wide by 36 yards long, game can be 6v6 up to 9v9, Keepers involved

Game: Either keeper starts with the ball, game objective is to set up ANY player for quick shots, Keepers can also shoot directly at goal. If a Goal is scored the keeper from the scoring team starts the next play,

CPs:

- 1) Speed of thought
- 2) Speed of play
- 3) Direct play
- 4) Competitive environment
- 5) Space and angle awareness
- 6) Transition
- 7) Shooting & Finishing demands
- 8) Fitness
- 9) Fun



Screen 4 (30 mins)

Set Up: Two teams of 8 or 9 players, Keeper stays in Goal, Two counter goals if you have them.

Game is called Dutch, Both teams start with 5 Soccer balls/Attacks, Red team is Attacking large Goal, if Red score two of their 5 Attacks they will have 7 Attacks in the next round, If Blue can counter to either the Starting line or score in the counter goals they add their number to their next round, (Do not have both options at the same time, you can rotate if needed) Players must manage game by setting soccer balls after each round.

Special note, Any player can start the next Attack from any of the soccer balls, players can use decoy plays, no two soccer balls can be in play at any one time.

CPs:

- 1) Game management
- 2) Speed of play
- 3) Desire to shoot - all angles
- 4) Transition
- 5) Combinations
- 6) Space awareness

