

Objectives:

1. OFFENSIVE

- Session 1: Team's Need. Once again the coaching staff determined the need to work on weak areas of the team. This week the team's need session will focus on attacking in the attacking third against a posted defense in front of the attackers.
- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Session 1

Focus: Attacking numbers down in the attacking 1/3.

Players: 16 field players + 2 Goalkeepers.

Field: 1/2 Field.

Warm up

Brazilian warm up without the ball + Dynamic Stretches + Juggling BTB's (Brazilian Technical Balls).

Progression 1

2 teams of 8 or 9 players + 2 Goalkeepers. Forward vs defenders, 4v6.

Forwards go to goal and defenders go to small goals at half way line. All the forwards have numbers 1 thru 4, and each one have a ball. The defenders will play on a 3:3 formation. The coach will sign a number (1 thru 4) and the correspondent forward will then dribble or pass the ball, thus starting the game along with the other 3 forwards. If anyone scores or the ball goes out of bounds then the game is over and a new round will begin.



Coaching Points

- Work to beat a packed defense: penetration, dribble, combinations, crosses, early crosses, runs in the box, rebounds and shots from outside of the 18-yard box.

Per the example below, the coach order forward number 2 to start the game. Players 1,3,4 make runs off the ball to support #2.



Coaching Points

- Runners off the ball should overlap, criss-cross runs, combination and run in different channels.
- From the defense side, the focus is to remain compact with good shape. Channeling passing lanes.

When the game is finished a new round will start. The second group of forwards step up and the defenders rotate as well (A is out, B step to the front line and C steps to the second line).



Rotate the groups and roles.



Cool Down

- Round of Penalty Kicks.
- Stretches and jog.