

Coach: Willie McNab

22 February 2020

Team/Age Group: Youth

Movement & Finishing in the final 3rd

Notes

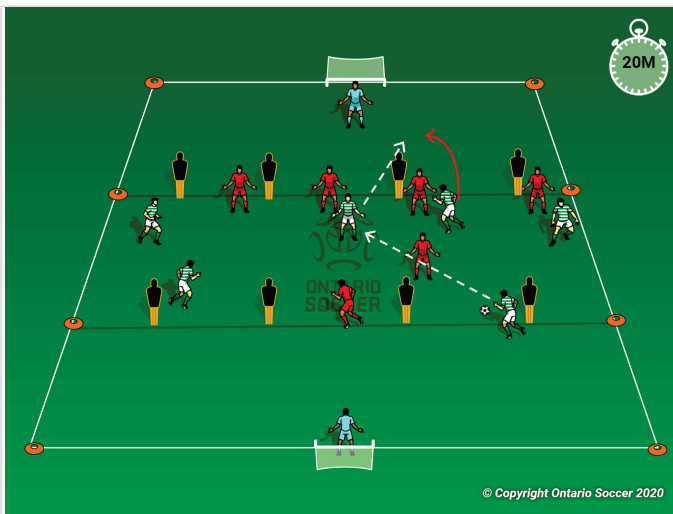


Discovery Phase

Set Up: Width of the penalty area and 50 yards long with 2 goals and 4 mannequins placed across the middle of the area. 2 players in the middle as shown and the rest of the player split between the 2 corners with a supply of footballs.

Instructions: The first player from each corner group will dribble onto the field and then look to play a straight pass between the FB and CB for the striker to make a diagonal run onto the ball to finish. Players move one place up and the practice restarts. **Option 2:** Striker peels off the shoulder to receive a diagonal ball for a straight run. **Option 3:** Place a Number 10 in the middle of the pitch and they receive a pass from the corner player and they drive at the mannequins. The striker then peels off to the side to receive the pass and finish.

Considerations: Ball Carrier: Timing of run/pass, Weight/Disguise of pas, Timing of movement (offside),

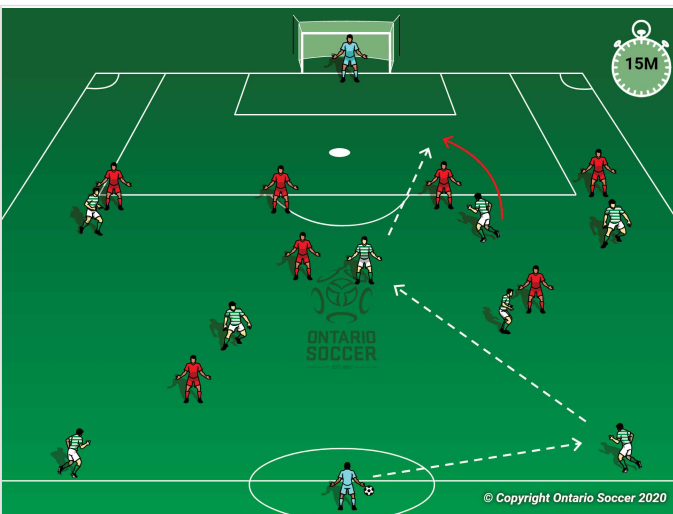


Game Related

Set Up: 3 areas with the 2 end zones being 25 yards and the middle area being 50 yards and width of penalty area (possibly slightly smaller). 4 mannequins placed across the top of the end zones with soccer balls in behind them. GK in each goal.

Instructions: Play 7v7 in the main area with the idea of keeping possession until the opportunity arises to play in a runner into the end zone to finish (off sides apply). Initially allow only 1 attacker and 1 defender in the end zones but then progress to 2 or 3 players from each team. Play restarts from a player taking a ball from behind the mannequin.

Considerations: 1. Patience during the build up. 2. Forward runs and passes. 3. Decoy runs. 4. Killer/Disguised passes. 5. Composure in the final 3rd. 6. Organisation to the counter.



Phase of Play

Set Up: Key team set up 2-2-3-1 v 1-4-2 (8v7) with a feeder on the halfway line with a supply of soccer balls.

Instructions: Play half field game with the attacking team aiming to break into the final 3rd to finish and the defending team looking to win possession and build up over the halfway line.

Considerations: Reinforcement of points worked on previously in the session.