



# 01G & 04G Erwin - Create Scoring Chances - Create Space for Yourself Away from Defenders

Category: Tactical: Attacking principles

Difficulty: Moderate | Start Time: 14-Feb-2018 16:15h

Am-Club: Rio Rapids Soccer Club  
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## Description

Phase: Create Scoring Chances

Principle: Create Space for Yourself Away from Defenders

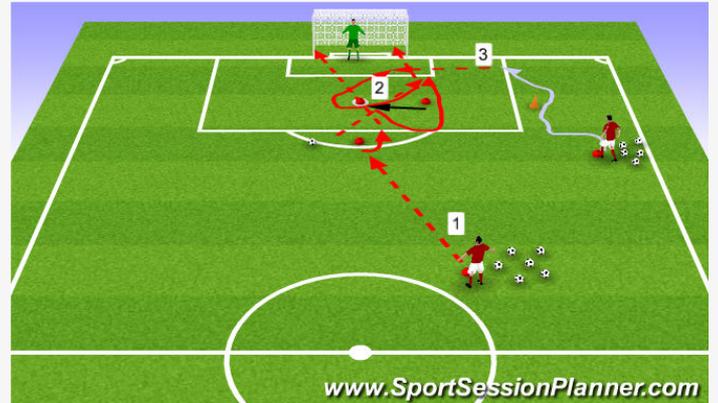
### Finishing Sequence (PART-TECH) (20 mins)

#### DESCRIPTION/ORGANIZATION:

Technical finishing activity with emphasis on movement to create space away from defenders. Pass 1 to forward posted at top of box for turn and shot, once shot is taken player grabs ball next to cone to play pass 2. Run for pass 2 is in to PK spot, spin out around other cone to receive slotted pass for two touch finish. As soon as pass 2 shot is taken, wide players takes off on dribble to beat wide cone a deliver service. Finisher from pass 2 makes run around pk spot and back to near post. Passer 1 takes ball to top of box after pass, follow pass.

#### COACHING POINTS:

Mentality. Finishing execution. Type of Runs. First away from where you want to get the ball. Change of speed and direction.



### 4v4+4 to Full Size Goal (PART-TACT) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Field size - 2 penalty boxes

\*4v4+4 with perimeter players limited to 2-touch

\*Yellow team attacking goal to start with white bumpers/outside players available to support play

\*When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense

\*Make it - take it

\*Coach plays ball into attacking team whenever goal is scored or ball goes out of play

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

#### COACHING POINTS:

\*Prepare your body to shoot - open body shape to see the ball and goal

\*Prepare the ball to shoot - receive across your body and take your first touch away from pressure and into the best position to shoot (proper distance from body to strike but not too far)

\*Movement to create space to receive the ball and shoot

-change speed: explosive and unexpected movement to get into an open space

-change direction: 1st movement away from where you want to get the ball and then exploit space

-using body contact: nudge or post defender to create space to score

-blind spot: starting position in the blind spot of the defender so that they lose sight of you



## 11v11 in half field (WHOLE) (25 mins)

### DESCRIPTION/ORGANIZATION:

11v11 in a half field. 4-4-2 v 4-3-3

### COACHING POINTS:

Mentality. Finishing execution. Type of Runs. First away from where you want to get the ball. Change of speed and direction.



## Restart Competition (30 mins)

### DESCRIPTION/ORGANIZATION:

Each team alternates attacking and defending the following restarts:

- 1) 3 corner kicks each side of field (total of 6)
- 2) 3 direct free kicks from shooting distance
- 3) 3 indirect free kicks from shooting distance
- 4) 2 free kicks from wide areas

Ball must be cleared beyond a 30 yard line to end play

Scoring:

3 points if goal scored untouched by a defender (GK does not count)

2 points if goal scored before ball is cleared

1 point if shot on goal forces GK or defender to save

### COACHING POINTS:

Each coach works with their team to ensure proper restart plan implemented

