



03/U15 - Create Scoring Chances - Put yourself in position to score, Adjust Body Shape & Shoot

Category: Tactical: Attacking principles
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Chris Hurst, Albuquerque, United States of America

2v1 Transition (5 mins)

DESCRIPTION/ORGANIZATION:

Red team has ball 2v1 to end line opposite them.
Blue team try to win ball and dribble out of area on any side.
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to creat 2v1.
Defender stays on until they win the ball.

COACHING POINTS:

3 ways to win when you have the ball. (dribble, pass-dribble, combination)
Defender try to make it a 1v1. Then win personal battel



Technical - Barcelona Passing (15 mins)

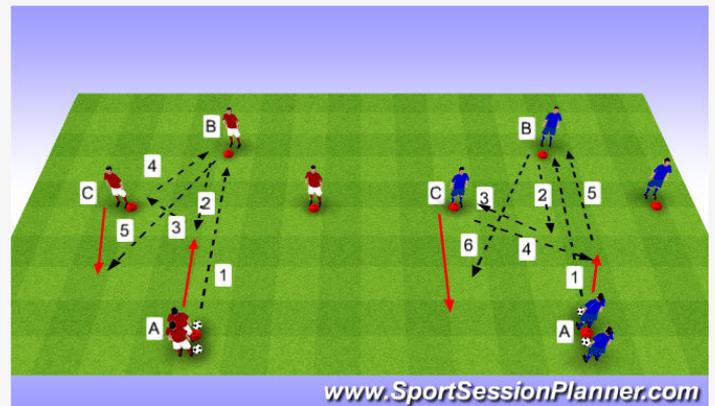
DESCRIPTION/ORGANIZATION:

1) A to B. B sets to A. A to C. C sets to B. B plays C into space. A goes to B's spot. B goes to C's Spot.
2) A to B. B sets to A. A to C. C to A. A to B. B plays C into space.
Same rotation of roles as above

Alternate sides to play both sides of Diamond

COACHING POINTS:

Movement to create space in tight area.
Timing of movement
Weight of pass and set
Movement of player C to stay in line of sight of A while running
Movement of B based on their first touch (smaller touch need to create more space)



5v5+5 (20 mins)

Box on Box 36x44 yds with the corners cut off for neutrals.
Two touch limit for neutral players.
GK's must distribute in own half only.
If you score, your own GK begins the next ball.

Coaching Points:

Speed/timing of runs once neutral has it



Part: Finishing (20 mins)

DESCRIPTION/ORGANIZATION:

Finishing in and around penalty box
Switch sides every few minutes to work both feet
A dribbles ball and stops it in box.
B takes touch outside of box, then finishes
Progression:
1 touch
Switch sides
A gets around flag and becomes defender

COACHING POINTS:

1st touch to side to move keeper
Pick spot, pass into net



5v5+5 (25 mins)

5v5+5

Winner stays on. If your team scores your gk starts with the ball.
Team off the field transitions on quickly.

