



04 Burgundy / U14G - Create Scoring Chances - Changing Speed/Direction to Beat Opponent

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 27-Oct-2017 17:15h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Create Scoring Chances

Principle: Change Speed/Direction with or without the Ball to Beat Opponent

4v4+4 to Full Size Goal (WHOLE) (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:

- *Always looking for opportunities to score goals- aggressive goal scoring mentality
- *Open body shape to see the ball and goal
- *How can you change speeds with the ball to beat an opponent and create a scoring chance?
- *How can you change direction with the ball to create a scoring chance?
- *How could you change speed or direction without the ball to create a scoring chance?



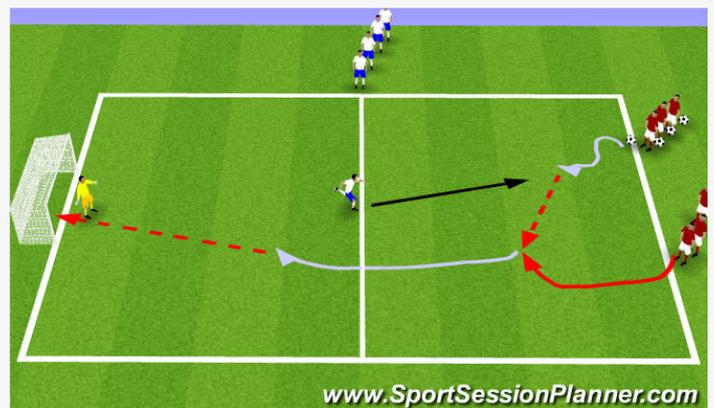
2v1 to Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Two equal sized teams. One team starts as attackers and opposing team as defender.
- *attacker dribbles on with teammate to create 2v1 to goal.
- *Play is dead if defender wins the ball or it goes out of play
- *Attacking players switch lines when they return
- *Each player defends once and then the teams switch roles
- *Team with most goals wins.

COACHING POINTS:

- *Always looking for opportunities to score goals- aggressive goal scoring mentality
- *How can you change speeds with the ball to beat an opponent and create a scoring chance?
 - using a hesitation dribble (slow and go) to set up and beat defender
 - taking an explosive touch to get in behind the defender and putting them on your back to get to goal (off the dribble or a pass)
 - explosively attacking the defender on the dribble to commit them to you and create a 2v1
- *How can you change direction with the ball to create a scoring chance?
 - get a defender moving at speed to prevent you from beating them to a spot and then cutting them to get past them or a shot, attacking one area to draw defender on the dribble in order to pass to teammate for scoring chance in another area
- *How could you change speed or direction without the ball to create a scoring chance?
 - make a well-timed aggressive diagonal, overlapping or flat run to receive ball behind the defense
 - make an aggressive run to draw defender to you to free up teammate for a scoring chance
 - make a quick move to make defender commit to you and then change direction to get ball into the space that is opened up to create a scoring chance
 - movement to create 2v1 opportunities with teammate (give-and-go, overlap, etc)



2v2 to Full Size Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 to full size goal - attackers score to goal, defenders score by passing ball to player between cones
*when ball is scored by the attacking or defending team, or the ball goes out of bounds, the defending team goes off, the attacker become the defenders and the next 2 players in line immediately fly on as attackers with the ball

Variation: attackers stay on if they score and go at the same defenders - make it take it

COACHING POINTS:

- *Always looking for opportunities to score goals- aggressive goal scoring mentality
- *How can you change speeds with the ball to beat an opponent and create a scoring chance?
 - using a hesitation dribble (slow and go) to set up and beat defender
 - taking an explosive touch to get in behind the defender and putting them on your back to get to goal (off the dribble or a pass)
 - explosively attacking the defender on the dribble to commit them to you and create a 2v1
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- *How could you change speed or direction without the ball to create a scoring chance?
 - make a well-timed aggressive diagonal, overlapping or flat run to receive ball behind the defense
 - make an aggressive run to draw defender to you to free up teammate for a scoring chance
 - make a quick move to make defender commit to you and then change direction to get ball into the space that is opened up to create a scoring chance
 - movement to create 2v1 opportunities with teammate (give-and-go, overlap, etc)



2v2 + 1/2 Finishing Activity (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

2v2 + 1/2 to 2 Full-Size Goals on 30 x 36 yard field
*Coach has two teams next to him/her in pairs at the midfield line on one sideline

*1 or 2 neutral players are in field of play

*When coach puts ball in play, the two pairs of players in the front of the lines sprint on to play 2v2+1/2 *if ball goes out of play - coach immediately plays in new ball and new group of 2 pairs enter to play

*if goal scored - attackers grab ball and attack opposite, D must change

COACHING POINTS:

- *Using changes of speed/direction to create goal scoring chances as coached in earlier activities
- *Goal scoring mentality
- *Rapid transition when ball goes out of play or goal is scored - emphasis on players staying switched on

