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Age Group Topic Dribbling to Penetrate - Dribbling an Opponent

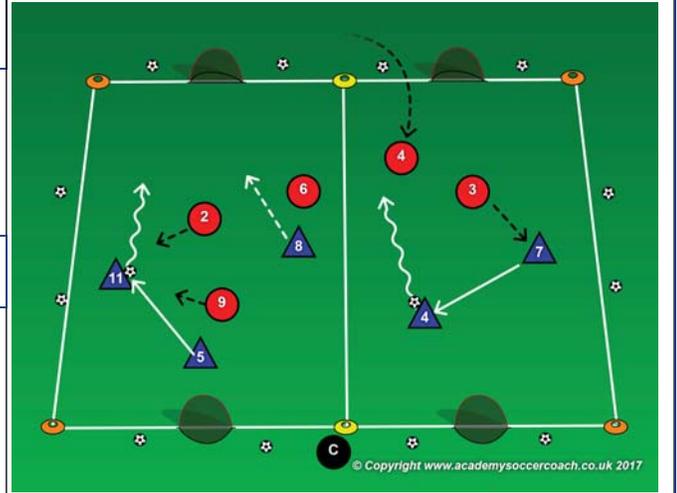
Who: #7, #9, and #11
What: Running with the ball to penetrate
Where: In the central and flank channels of the field
When: In possession of the ball and space to attack
Why: To penetrate the opponent's defense and create scoring opportunities

Play Up to a 3v3 Game Duration

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time Rest Intervals

1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to problems with dribbling to penetrate
3. **Is there repetition?** - Running with the ball - Dribbling into space
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement of dribbling/running with the ball



Practice Breakaway Game - 3v2, 3v3 and 4v4 Duration

In a half field with a regular goal and two counter goals on the mid line. Focus Players Team Blue: #7, #8, #9 and #11 -- Defending team Red: #1, #2, #3, and #4. -- Attackers try to score in the regular goal and the defenders in either counter goal. **Interval 1:** 3v2 -- **Interval 2:** 3v3 -- **Interval 3:** 4v4

Coaching Points Activity Time Rest Intervals

What? Technique - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.
When there is space to attack, how does the player dribble the ball quickly into that space? Long first touch and use the laces to go forward.

Play Scrimmage Duration

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #8, #9 and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8, and #9)

Coaching Points Activity Time Rest Intervals

What? Technique - Dribbling, Passing, Receiving and Shooting
When should players penetrate on the dribble? There is space to attack.
Where on the field is this likely to happen most often? In the flank channels.
Why do we run forward with the ball? To penetrate and score goals.





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Age Group

U10

Topic

Dribbling to Penetrate - Dribbling an Opponent

Who: #8 and #9

What: Dribbling, Receiving, Penetration and Improvisation

Where: In the attacking half

When: Confronted by one defender in the midfield or near the goal

Why: To penetrate the opponents defense and create goal scoring opportunities

Play

Up to a 3v3 Game

Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

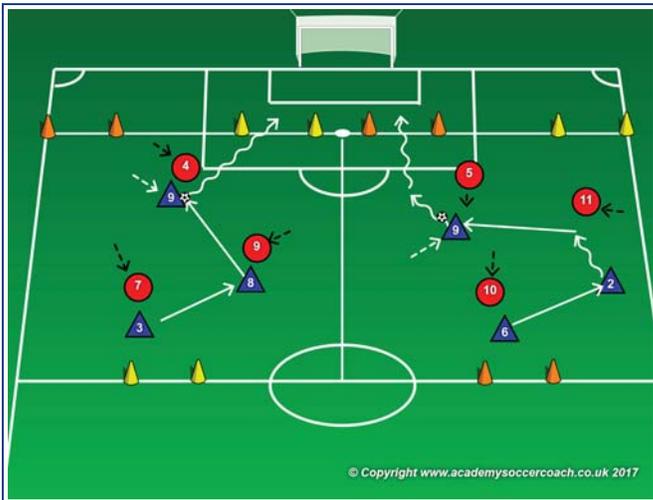
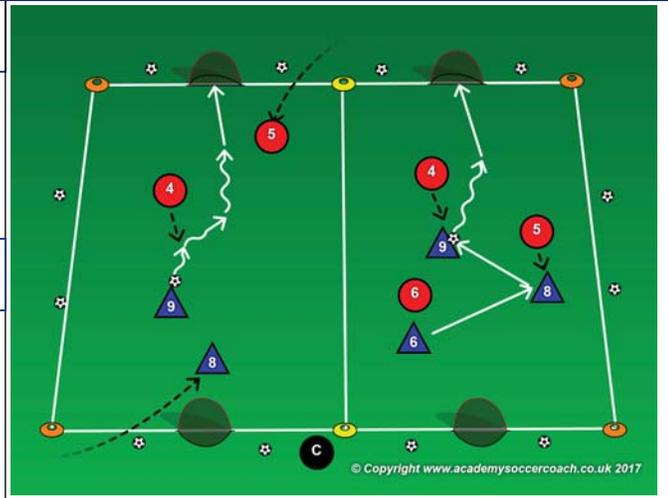
Coaching Points

Activity Time 2.5 min

Rest 30 secs

Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to dribbling to beat an opponent
3. Is there repetition? - Dribbling past opponents
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement of dribbling past opponents



Practice

3v3

Duration 21 min

Make two grids 20Wx30L with two cone goals on one end and one cone goal on the opposite end. Focus Team (Blue): #'s 3, 8, 9 and Defending Team (Red): #'s 4, 9, 7 and 5, 10, 11. Scoring: Dribbling through the goals 10 points. Passing through the goal 1 point.

Coaching Points

Activity Time 6 min

Rest 1 min

Intervals 3

What? Technique - Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of Touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.

When do we take a defender on? We are confronted by a defender with space behind him or when we are near or inside the goal area.

Play

Scrimmage

Duration 30 min

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9) Defending team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points

Activity Time 12 min

Rest 3 min

Intervals 2

What? Technique - Dribbling, Receiving, and Shooting

Where on the field is this likely to happen most often? In the midfield and near the goal area.

Why do we dribble in the goal area? To penetrate and score goals.





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Age Group U10 **Topic** Dribbling to Set up a Pass

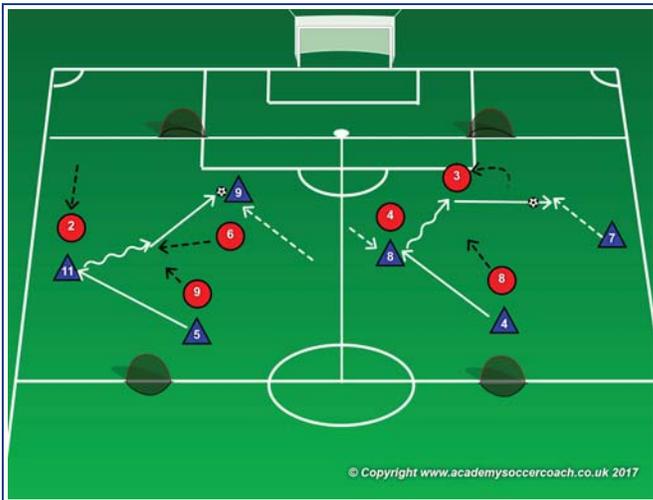
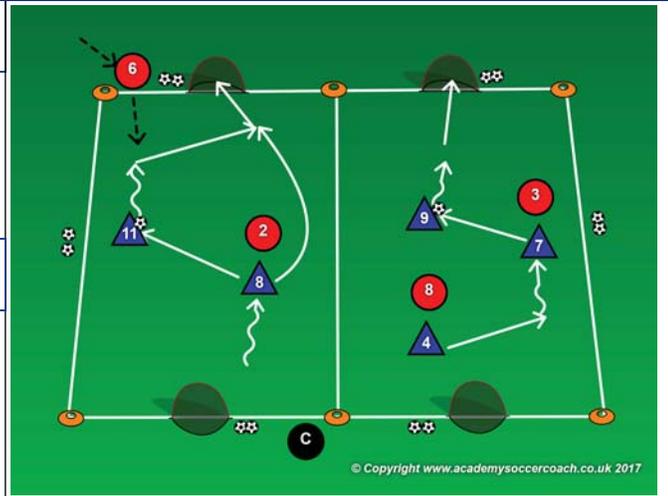
Who: #7, #8, #9, and #11
What: Dribbling, Passing and Receiving, Penetration, Support, Mobility and Improvisation
Where: In the central and flank channels of the attacking half
When: Dribbling at defenders near the opponent's box
Why: To improve penetration and create goal scoring opportunities

Play Up to a 3v3 Game **Duration** 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to dribbling to set a pass
3. Is there repetition? - Passing off the dribble
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for passing off the dribble



Practice 3v3 **Duration** 21 min

Make two grids 20Wx30L with small goals on each end line. Focus Team (Blue): #'s 5, 9, 11 and 4, 7, 8 - Defending Team (Red): #'s 2, 6, 9 and 3, 4, 8. Scoring: Any goal from a pass off the dribble is 10 points. Any other goal is 1 point.

Coaching Points Activity Time 6 min Rest 1 min Intervals 3

What? Technique of Dribbling to Set up a Pass: Keep the ball close, use the laces to go forward, Inside/Outside/ sole to change direction. Commit the opponent prior to making the pass, execute the pass with either the inside or the outside of the foot. **When do we pass off the dribble?** When we commit the defenders and have space in between to strike a pass.

Play Scrimmage **Duration** 30 min

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points Activity Time 12 min Rest 3 min Intervals 2

What? Technique - Dribbling, Receiving, and Shooting
Where on the field is this likely to happen most often? In the attacking half near the goal area.
Why do we dribble to set up a pass? To penetrate and score goals.





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Age Group U10 **Topic** Passing and Receiving 2

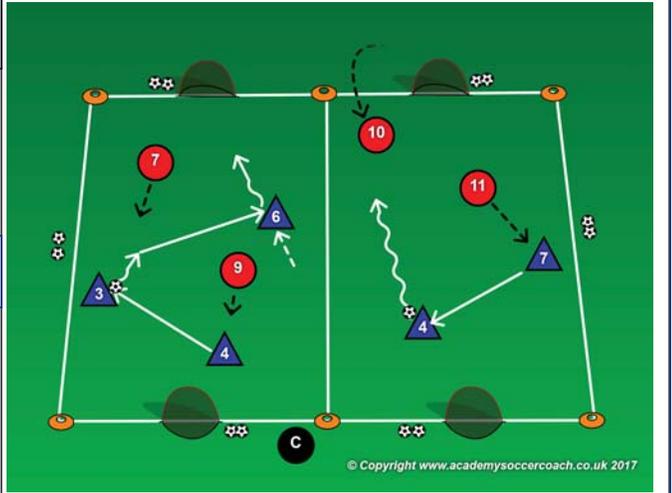
Who: #2, #3, #4, #6
What: Receiving, Directional first touch, Dribbling, Passing, Mobility, Width, Support and Penetration
Where: In the defending half of the field
When: In possession of the ball building up the attack
Why: To receive/redirect the ball forward to penetrate the opponent's defensive line

Play Up to a 3v3 Game **Duration** 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to receiving and redirecting the ball
3. Is there repetition? - Receiving and redirecting the ball forward
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for receiving and redirecting the ball



Practice 5v4 to Small Goals **Duration** 21 min

In a 30Wx25L field with a small goal at each end.
Focus Team Blue: #2, #3, #4, #6 and #8 -- Defending Team Red: #7, #9, #10 and #11. Play to score in the opponent's goal. Play Using the build up line.

Coaching Points Activity Time 6 min Rest 1 min Intervals 3

What? Technique - Receiving - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction (forward into space) and away from pressure. Look over the shoulder - **Passing:** Surface, Accuracy and Pace.

Play Scrimmage **Duration** 30 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply.
Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)
Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points Activity Time 12 min Rest 3 min Intervals 2

What? Technique - Receiving, Dribbling, Passing and Shooting
Where on the field is this likely to happen most often? In the defending and attacking flanks and central channels of the field.
Why do we redirect the ball forward? To take ball away from pressure or to penetrate the defending team's line.





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Age Group Topic

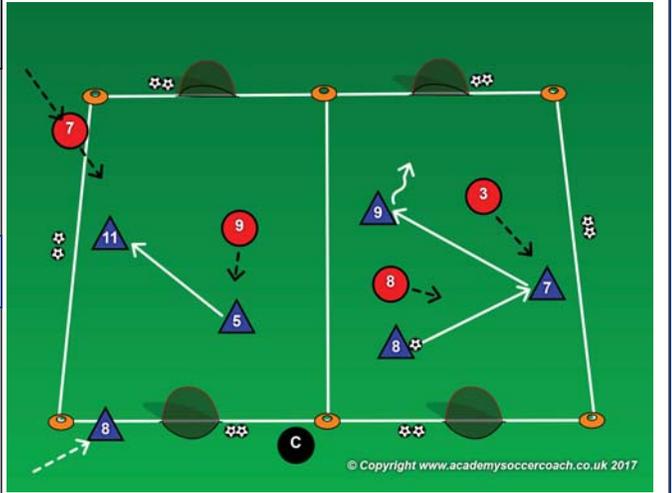
Who #7, #8, #9, and #11
What: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width
Where: In the midfield flanks and central channels
When: The team is building up the attack
Why: To penetrate the opponent's defense

Play Duration

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time Rest Intervals

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Passing and Receiving the ball
3. Is there repetition? - Passing and Receiving
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for passing and receiving the ball



Practice Duration

Make two grids 20Wx30L with small goals on each end line. Focus Team (Blue): #'s 5, 9, 11 and 4, 7, 8 - Defending Team (Red): #'s 2, 6, 8 and 3, 4, 9. Scoring: Any goal that has 3 or more consecutive passes is worth 10 points. -- **Interval 1 & 2: 3v3 game -- Interval 3: 6v6 to 4 goals game**

Coaching Points Activity Time Rest Intervals

What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.
When do we pass the ball forward? We have space to split defenders with the ball.

Play Duration

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goal. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points Activity Time Rest Intervals

What? Technique - Passing, Receiving, Dribbling and Shooting
Where on the field is this likely to happen most often? In the defending and attacking flanks central channels of the field.
Why do we pass the ball forward? To penetrate the defending team's line.





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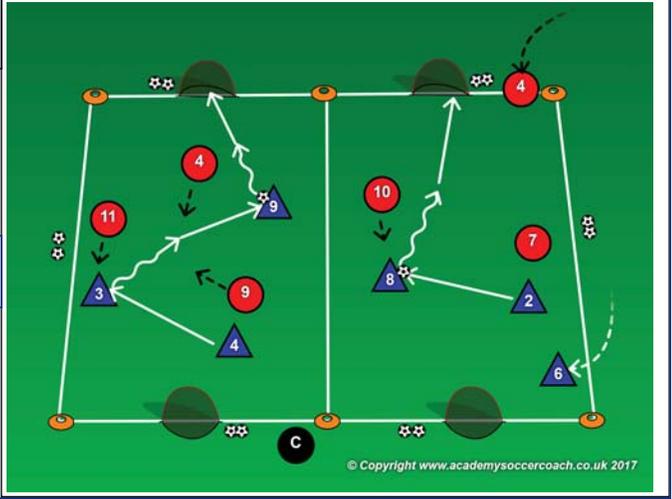
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Age Group	U10	Topic	Individual Attacking
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Who #6, #8 and #9
What: Dribbling, Passing, Receiving & Shooting to create scoring chances
Where: In the attacking third of the field (around and inside the box)
When: When in possession of the ball and in striking range of the goal
Why: Create more scoring chances when within striking range of the goal

Play	Up to a 3v3 Game	Duration	9 min
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Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.



Coaching Points	Activity Time	2.5 min	Rest	30 secs	Intervals	3
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1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to Dribbling and Passing the ball
3. **Is there repetition?** - Dribbling and Passing
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement for Dribbling and Passing the ball



Practice	4v5 to Small Goals	Duration	21 min
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In a 30Wx30L grid with a regular goal and a small counter goal.
 Focus Team (Blue): #'s 4, 6, 8 and 9 - Defending Team (Red): #'s 1, 4, 5 and 8, and 9. Scoring: Blue team scores in the Regular goal and the Red team in the counter goal.

Coaching Points	Activity Time	6 min	Rest	1 min	Intervals	3
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What? Technique of Dribbling: To beat an opponent. Running with the ball..
Passing: Non kicking foot pointed to the target, striking foot ankle locked and toe pointing up, strike the ball through the middle. **Receiving:** body behind the ball, eyes on the ball at instant of reception, cushion and redirect the ball out of trouble or into space. **Shooting:** Head down, preparation touch, standing foot next to the ball, strike with the laces or the inside of the foot.

Play	Scrimmage	Duration	30 min
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Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goal! All FIFA Laws apply.
 Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)
 Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points	Activity Time	12 min	Rest	3 min	Intervals	2
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What? Technique - Passing, Receiving, Dribbling and Shooting
Where on the field is this likely to happen most often? In the attacking half of the field.
Why do we pass, dribble or shoot the ball forward? To penetrate the defending team's line and create scoring opportunities.





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Age Group	U10	Topic	Individual Defending
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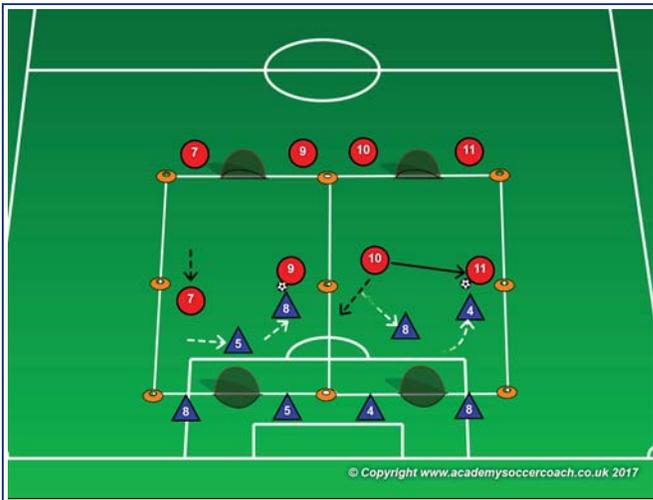
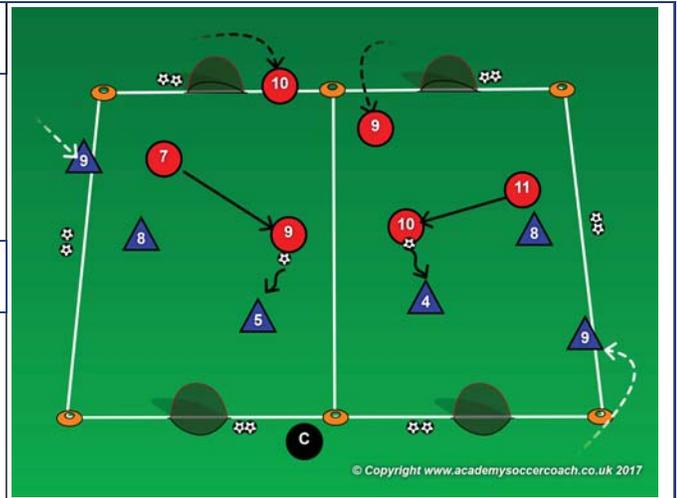
Who: #4, #5, and #8
What: Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Pressure, Delay and Control and Restraint
Where: In the central channels of the defending half of field
When: The opponent is in possession of the ball near to our own goal area
Why: To deny penetration and shooting opportunities

Play	Up to a 3v3 Game	Duration	9 min
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Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points	Activity Time	2.5 min	Rest	30 secs	Intervals	3
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1. **Is the activity organized?** - Cones, scrimmage vests, balls, goals, field and players
2. **Is it reality based (is it soccer?)** - Related to Dribbling and Passing the ball
3. **Is there repetition?** - Dribbling and Passing
4. **Is it challenging?** Check if the players seem engaged, frustrated or bored
5. **Is there coaching?** - Positive reinforcement for pressing and tackling the ball



Practice	2v2 to Small Goals	Duration	24 min
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Make two 15Wx20L grids with small goals at each end.
Focus Team (Blue): #'s 4, 5 and 6 - **Attacking Team (Red):** #'s 7 and 9 plus 10 and 11. Scoring: Both teams score in the opponent's small goal.

Coaching Points	Activity Time	2 min	Rest	2 min	Intervals	6
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What? Technique of Defending - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block).
Who should pressure the player with the ball? The defender closer to the attacker with the ball should pressure.

Play	Scrimmage	Duration	26 min
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Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply.
Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)
Defending TAam Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points	Activity Time	11 min	Rest	2 min	Intervals	2
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What? Technique: Speed-Angle of approach, Body shape, Footwork, Tackling
Where on the field is this likely to happen most often? Defending half of the field.
Why do we pressure, and delay? To stop penetration and prevent scoring opportunities.





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Age Group

U10

Topic

Group Defending

Who: #2, #3, #4 and #6

What: Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Pressure, Delay, Control & Restraint and Cover

Where: In the central and flank channels of defending half of field

When: The opponent is in possession and close to our goal area

Why: To deny penetration and shooting opportunities

Play

Up to a 3v3 Game

Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.



Coaching Points

Activity Time 2.5 min

Rest 30 secs

Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Dribbling and Passing the ball
3. Is there repetition? - Pressing, covering and tackling
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for pressing, covering and tackling



Practice

5v4 to Regular and Small Goals

Duration 21 min

In a half field with a regular goal and a small goal.

Focus Team (Blue): #'s 1, 2, 3, 4 and 6 - Attacking Team (Red): #'s 7, 9, 10 and 11. Scoring: Blue Team scores in the small goal, the Red Team scores in the regular goal.

Coaching Points

Activity Time 5 min

Rest 2 min

Intervals 3

What? Technique of Defending - Speed and Angle of approach, Pressing distance, Body shape, Foot work, Covering angle and distance, Tackling.

Who should pressure and cover the player with the ball? The defenders closer to the attacker with the ball should pressure and the defender immediately behind him should provide cover.

Play

Scrimmage

Duration 26 min

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply.

Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

Coaching Points

Activity Time 11 min

Rest 2 min

Intervals 2

What? Technique: Angles and distance of pressure and cover, tackling.

Where on the field is this likely to happen most often? In the flanks and central channels of the Defending half of the field.

Why do we pressure, and cover? To stop penetration and prevent scoring opportunities.





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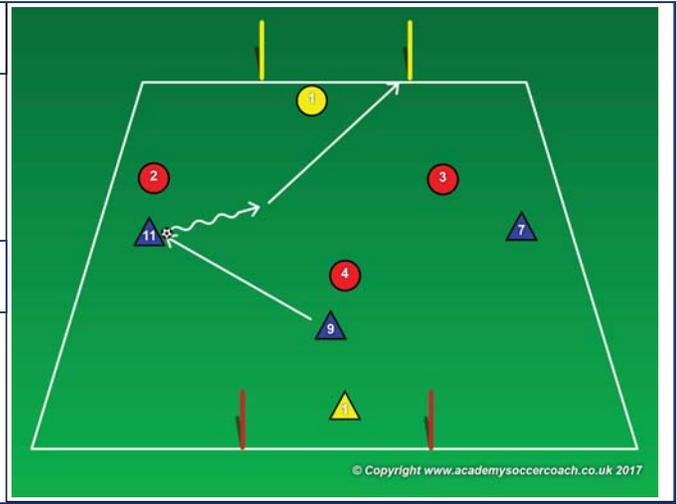
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Age Group	U10	Topic	Shooting
Who: #7, #9, #10 and #11			
What: Shooting, Receiving, Penetration and Improvisation			
Where: In the attacking half of the field near the opponent's goal area			
When: There is a shooting window			
Why: To develop an aggressive scoring mentality			

Play Up to a 4v4 Game Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, or 4v4 start the second game on the next field.



Coaching Points Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Shooting the ball
3. Is there repetition? - Shooting
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for Shooting



Practice 4v5 to Regular and Two Counter Goals Duration 21 min

In a 24Wx30L field with a regular goal and 2 small counter goals. Focus Team (Blue): #'s 7, 9, 10 and 11 - Defending Team (Red): #'s 1, 2, 3, 4, and 6. Scoring: Blue Team scores in the regular goal and the Red Team in either of the counter goals.

Coaching Points Activity Time 5 min Rest 2 min Intervals 3

What? Technique of Shooting: Touch outside the body, Position of the non-kicking foot, Head up to frame the goal, Head down to strike, Surface of the foot to strike the ball with, surface of the ball, follow through. Receiving: Body position, surface selections of the foot and ball, fist touch direction/distance

Play Scrimmage Duration 26 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)



Coaching Points Activity Time 11 min Rest 2 min Intervals 2

What? Technique: Shooting, Receiving and Dribbling

Where on the field is this likely to happen most often? Near and/or inside the opponent's goal area.

When should we shoot? We have a gap between defenders or space.

Why do we shoot? To score more goals.



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Age Group

U10

Topic

Crossing and Finishing

Who: #7 and #11

Where: Attacking half of the field

What: Crossing(Low crosses), Passing, Receiving, Shooting (Finishing)

When: In possession of the ball when the defense is compact centrally

Why: To penetrate the defense and create scoring opportunities

Play

Up to a 4v4 Game

Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, or 4v4 start the second game on the next field.

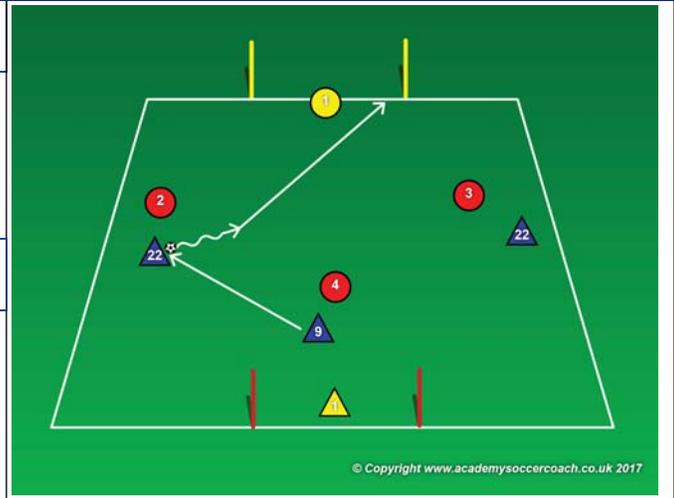
Coaching Points

Activity Time 2.5 min

Rest 30 secs

Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to crossing and finishing
3. Is there repetition? - Low crosses and finishing
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for low crosses and finishing



Practice 4v5 to Regular and Two Counter Goals

Duration 21 min

In a half field with a regular goal and 2 small counter goals.

Focus Team (Blue): #'s 7, 9, 10 and 11 - Defending Team (Red): #'s 1, 2, 3, 4, and 6. Scoring: Blue Team scores in the regular goal and the Red Team in either of the counter goals.

Coaching Points

Activity Time 5 min

Rest 2 min

Intervals 3

What? Technique of **Crossing**: Angle of approach, Head up to locate the target, Head down to strike the ball, Accuracy and Pace and type of low crosses: Early or Late - **Receiving**: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance of the preparation touch - **Dribbling and Running with the ball** - **Finishing**

Play

Scrimmage

Duration 26 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

Coaching Points

Activity Time 11 min

Rest 2 min

Intervals 2

- What? **Technique**: Crossing, Finishing, Receiving and Dribbling.
- Where on the field is this likely to happen most often? From the final third flanks into the central channel of the goal area.
- When should we cross? Winger can pass a low ball in front to a runner.
- Why do we shoot? To create a scoring opportunity to score more goals.

