

Attacking Session Incorporating the Goalkeepers – Ending in Set-Piece Game

Warm Up Phase 1:

Set Up:

10 Red, 10 Yellow and 2-4 goalkeepers are positioned on a half-pitch as shown below in Diagram (a).

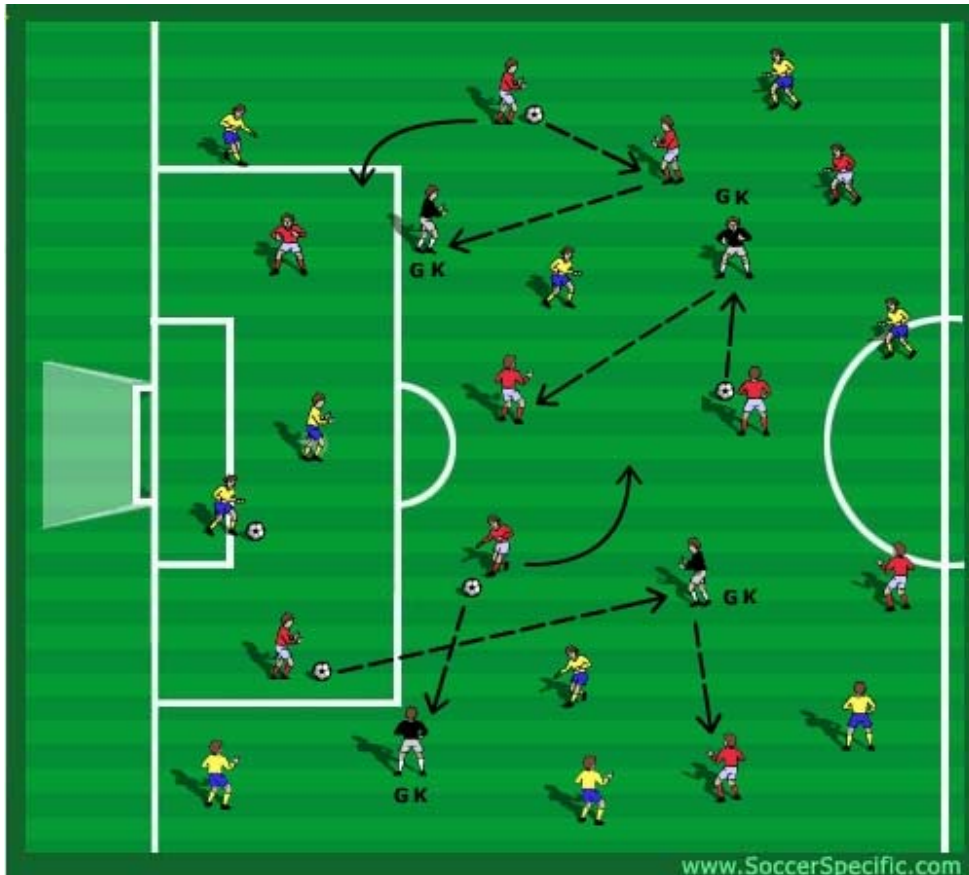


Diagram (a)

Explanation:

All players move freely throughout the playing area – passing and moving. Players must pass to any goalkeeper when the opportunity arises. Goalkeepers must use their feet during this phase.

Progressions:

Passes along the ground – goalkeepers must use their hands to pick up the ball before rolling out to another player.

Passes must be driven up into the goalkeepers hands.

Total Time – 8-10 minutes.

Coaching Points:

- Vary the service into the goalkeepers to allow a wide range of handling, passing etc.

- Communication between all players.
- Sharp, crisp passing.

Warm Up Phase 2:

Set Up:

Players are organized in a circle with goalkeepers positioned in the middle as shown in Diagram (b) below.

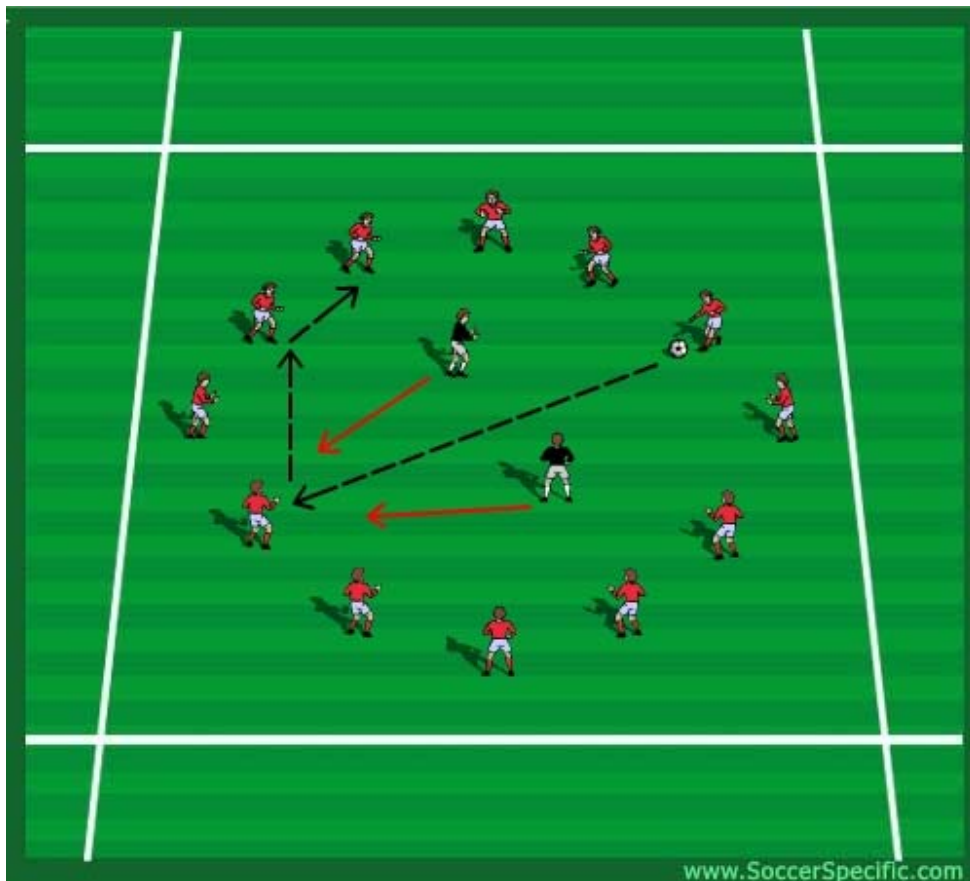


Diagram (b)

Explanation:

Players must attempt to maintain possession of the ball while the goalkeepers attempt to intercept their passes. Goalkeepers are encouraged to go to ground to intercept passes – as in a breakaway situation.

NOTE: Activity is tiring for goalkeepers – play for short periods and then allow a period of stretching for all players.

Total Time – 8-10 minutes.

Coaching Points:

- Field players – sharp, crisp passing, attempt to “split” the goalkeepers with passes.

- Goalkeepers - attempt to narrow the angles to increase the chances of intercepting a pass.
- Work together to increase chance of success.
- Communication with other goalkeeper.
- Technical execution of “breakaway” saves.

Activity #1:

Set Up:

Players are split into 2 groups and positioned as shown in Diagram (c) below. Goals are placed approximately 40-50 yards apart as shown. A supply of balls is placed next to each goal.

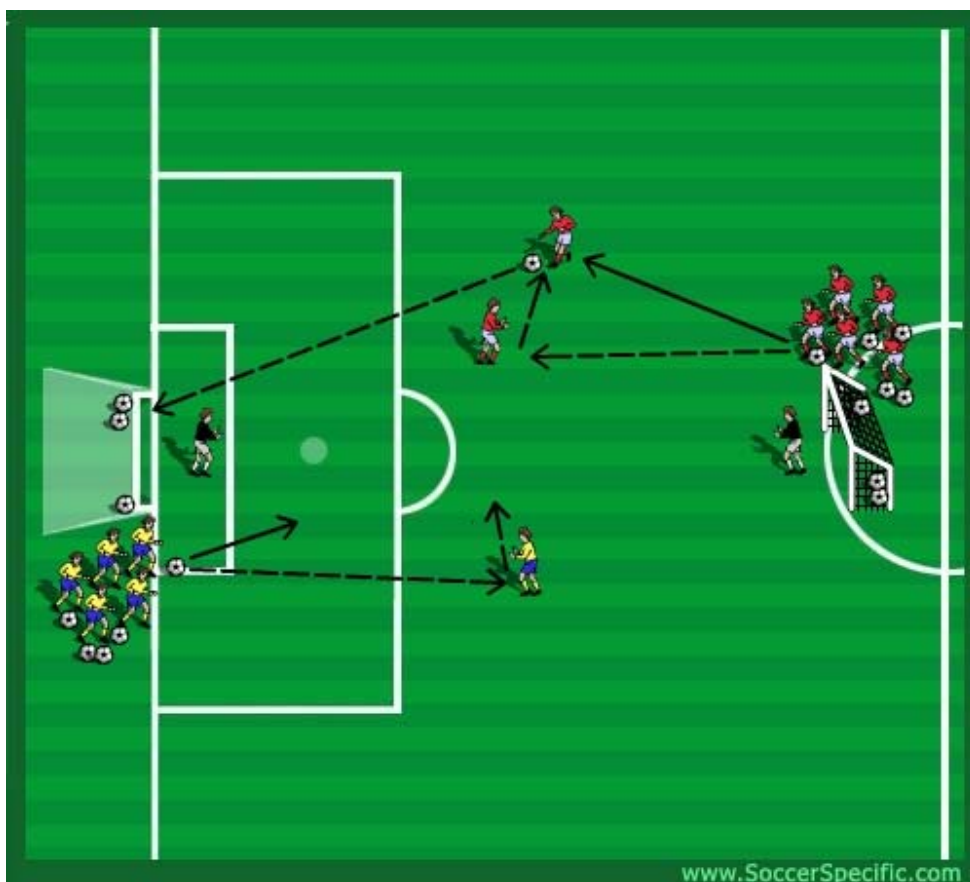


Diagram (c)

Explanation:

Both teams perform the sequence at the same time. The first player in line passes a ball to the target player. The target player must lay the ball off for a strike on goal. After the shot, the shooter becomes the next target player. Play is continuous for a designated period of time.

Progressions:

Target player must lay the ball off outside to create a more difficult shooting angle.

Total Time – 10-12 minutes.

Coaching Points:

- Angles – “get set” early to save shots.
- Technical execution – handling, shot-stopping etc.
- Field players - quality of passing, lay-offs and strikes on goal.

Activity #2:

Set Up:

Players are positioned at 4 stations as shown below in Diagram (d).

NOTE: Phase 3 of this activity is illustrated in the following diagram.

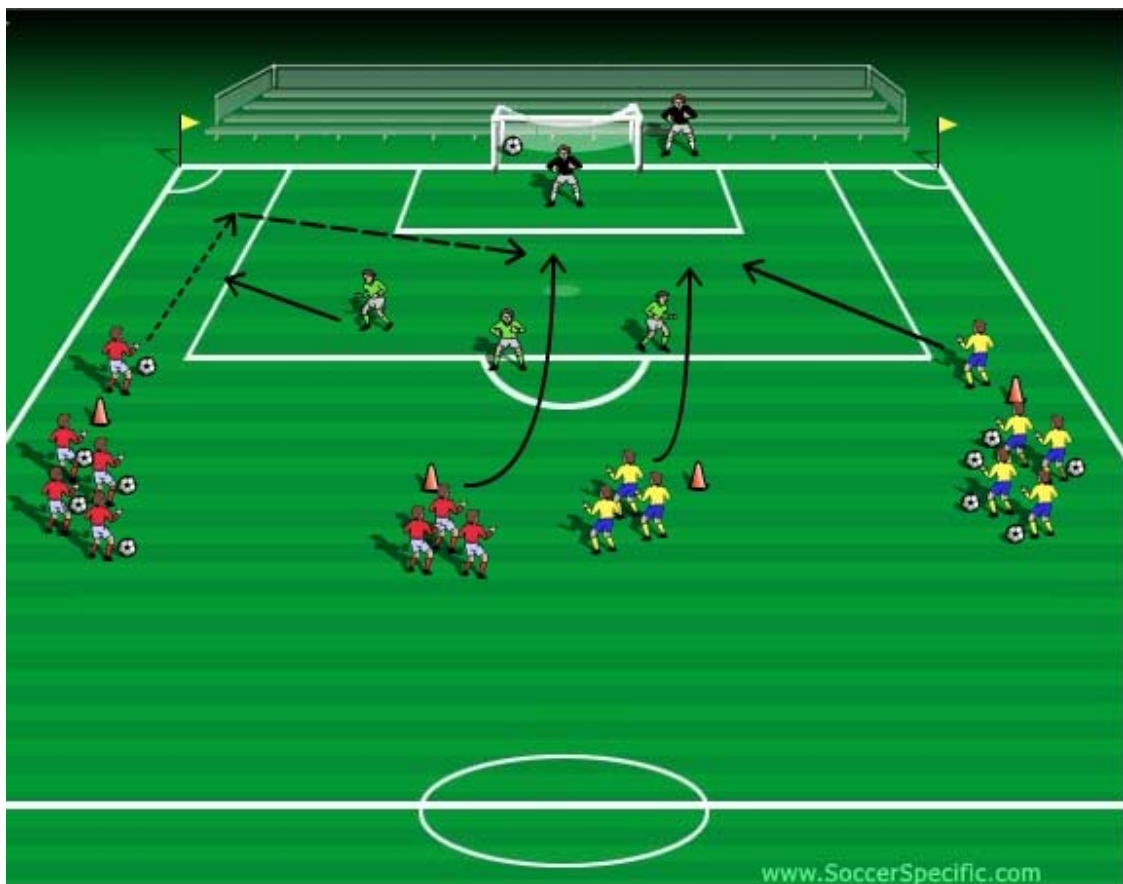


Diagram (d)

Phase 1 – Wide player dribbles down the line and serves to 2 central players running into the box unopposed (no defenders)

Phase 2 – Wide player dribbles down the line and serves to 3 attacking players (2 central and opposite wide player). Two defenders are positioned inside the box.

Phase 3 – Wide player dribbles down the line and serves to 3 attacking players (2 central and opposite wide player) Three defenders have been introduced as shown in Diagram (d). One defender *MUST* put pressure on the wide player crossing the ball.

Total Time – 10-12 minutes.

Coaching Points:

- Quality of service from wide players – attempt to “miss out” the goalkeeper.
- Finishing from attacking players.
- Communication between goalkeeper and defenders.
- Goalkeepers - deal with "traffic" in box.
- Goalkeeper - starting position based on where the service is coming from.

Activity #3:

Set Up:

A 6v6 with goalkeepers and channel players is organized on a half-pitch as shown below in Diagram (e).



Diagram (e)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal.

Channel players are encouraged to deliver crosses into the box at the earliest opportunity.

Possible Restriction – all players including goalkeeper must touch ball before an attack can begin.

Total Time – 10-12 minutes.

Coaching Points:

- Quality of service from wide players.
- Quality of build-up play to create opportunities to attack.
- Goalkeepers – technical execution of dealing with crosses, shots etc.
- Goalkeepers - find the deepest target possible when distributing.

Activity #4:

Set Up:

An 11v11 is organized on a full pitch as shown in Diagram (f) below. *NOTE:* For illustration purposes only half the pitch is diagrammed. Team formations – 4-4-2 vs 3-4-3.



Diagram (f)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Throughout the run of play the coach will randomly award each team:

- 5 corner kicks
- 5 free kicks.

- 2 penalty kicks.

A goal from the run-of-play is worth 1 point. A goal from a set-piece is worth 2 points.

Total Time – 20 minutes.

Coaching Points:

- Organization on all set-pieces – get ready quickly!
- Emphasis on all previous coaching points/principles.