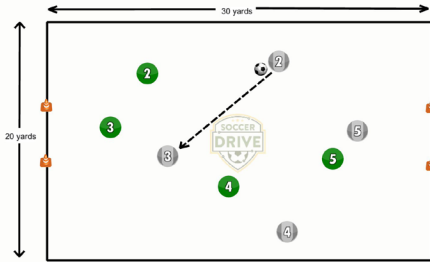




MOVEMENT OF TWO FORWARDS IN ATTACK

AGE LEVEL: U12 TIME: 60 MINUTES



4 VS. 4 PLAY

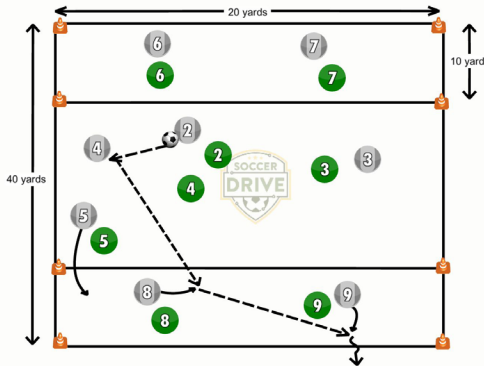
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



ENDZONE COMBINATIONS

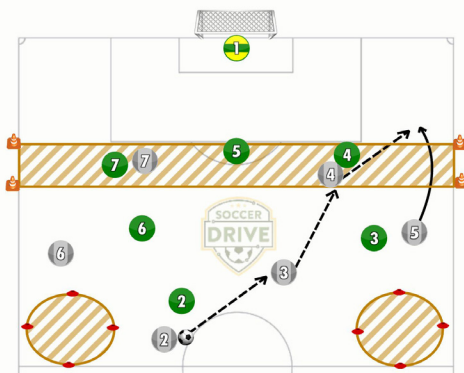
TIME 15 minutes

SETUP

- » Field is 40x20 yards, with a 10x20yd endzone on each end.
- » Play 4v4 in center grid, and 2v2 in each endzone.
- » Each team attacks one direction. Score by dribbling ball over endline on endzone.
- » Players in center can cross into endzone only after a ball has been played to one of the forwards in it.
- » Defenders in that endzone try to break apart passes and tackle.
- » Forwards can dribble over endline themselves to score, pass to each other to dribble over endline, or pass to a midfielder who can dribble over.
- » Play restarts with defenders playing from their endzone.

COACHING POINTS

- » Forwards need to be mobile when team has the ball. Look to make movements that unbalance the defenders and force them to chase you.
- » Timing of runs. If forwards make their runs into space too early, the defender will catch them by the time they get the ball. Communication is important to get timing right in movement, and the pass.
- » Creativity.
- » Unbalancing movements. Forwards should think about making two runs: one to fool the defender, and a second run into the space where they want the ball. Must sell the first run!



ENDZONE COMBINATIONS TO GOAL

TIME 15 minutes

SETUP

- » Play 7v6. Defending team plays a 1-3-3. Attacking team plays a 4-2.
- » Place a 15 yard endzone starting from the top of the penalty box. - Forwards play 3v2 in endzone. Rest of the players play 4v3 in field.
- » Attacking team has to connect with a forward before they can enter the endzone and go to goal.
- » Once ball is playing to a forward, anyone can cross endzone to go to goal.
- » If defending team gets the ball, they try and dribble into target zones in corners of field.

COACHING POINTS

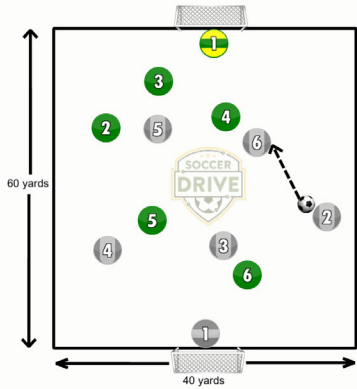
- » Same as activity before.
- » Timing and creativity of runs is most important. Look to unbalance defenders to get space for yourself.
- » Midfielders need to support forwards after playing to them. Make movements off ball into space. Be aggressive!
- » Combinations. How can overlaps, third-person runs, and wall passes help break down the defenders?
- » Communication!

PROGRESSION

- » Remove endzone and play with no restrictions.



MOVEMENT OF TWO FORWARDS IN ATTACK



6 VS. 6 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

COACHING POINTS

- » None! Just sit back and let them play. Can expand field for numbers.

END OF PRACTICE QUESTIONS:

- » Why do forwards need to make two runs? (one run is to get the defender off-balance, and the second run is into space where you want the ball).
- » Why is the timing of a forwards run important? (if you make your run too early, the defender will catch you by the time you get the ball. Too late, and the space you want to move into will be gone).
- » How can the midfielders help forwards get into the final 3rd of the field? (by supporting/making aggressive runs off the forwards).
- » The faster those movements are made, the more options the forwards have to play them the ball. Be aggressive in the attack and take risks!