



Coach

NSCAA Coaching Academy

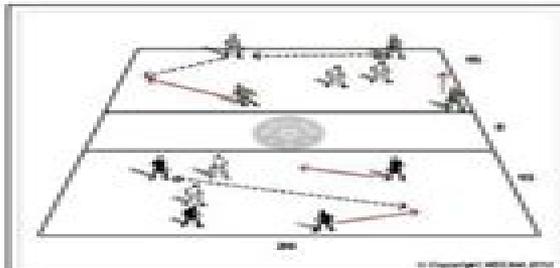
Session date

1 Sep 2012

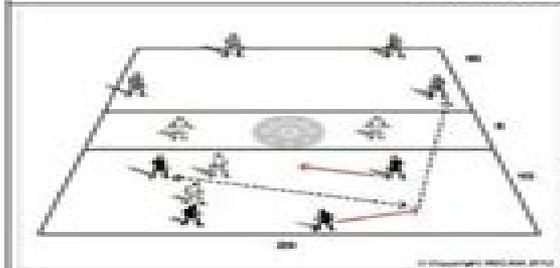
Time available

75

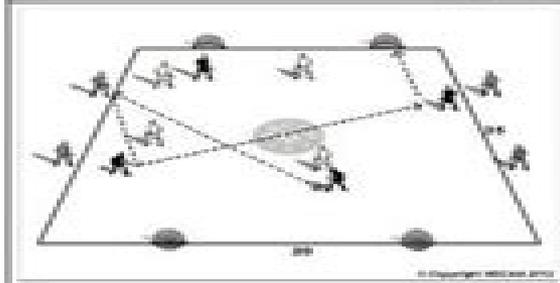
Topic

Attacking Principles
Possession and PenetrationTechnical / Tactical Tactical / Technical 

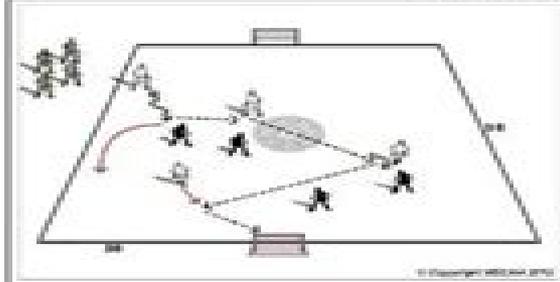
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WARM-UP

Organization

4 vs. 2 keep away
15x 20 yard space
Switch defenders if possession group lose it out of the grid
Maintain a space between each working group
Develop to a two touch activity

Key Coaching Points

3 roles
-player in possession (penetration)
-players in immediate support right and left (support)
-players looking for the split (unbalance)
Players to consistently shift position relative to the defenders
Play to foot away from the opponent
In receiving keep hips and shoulders open to all three teammates
Move the ball to move opponents to create the chance to split and turn opponents around

ACTIVITY 1

Organization

4 vs. 2 in a three team activity
20x25 yard space with the 3 zones
If a 4 successfully completes a # of passes or a split they try to play to another group of 4 in another space
If the ball is won by the 2 defenders or intercepted by the 2 in the neutral zone the teams transition roles

Key Coaching Points

Reinforce the coaching points in the Warm-Up
Have head up and awareness of the option to transition ball to the other grid
Take a look before receiving the ball
Choose the technical option, driven ball, chip etc to get the ball through or over the middle area
Team of 4 away from the action should take up position to receive the long ball and be able to get in to the 4 vs. 2

ACTIVITY 2

Organization

4 vs. 4 (+4) to 4 small goals
20x35 yard space
The 4 players on the outside play one touch with which ever team is in possession

(Diagrammed here the top left "neutral" player supports a combination of passes resulting in a switch of play)

Key Coaching Points

2 goals to attack allows for decisions to be made
4 neutral players support and give combination opportunity
Keep the ball moving to move the opponents and "open" one goal to score
Maintain possession using the advantage of the "neutral" players

GAME

Organization

4 vs. 4 (one team of 4 on deck)
20x35 yard space
Play mini games of 3-8 minutes or first to 2 goals
Have "off" team chase balls to keep action continuous

(Diagrammed here the ball carrier sets up a give and go. The receiver of the first pass elects to keep the switch going to a the left sided player who sets up a shooting opportunity for the forward player)

Key Coaching Points

Player in possession looks to penetrate by a shot, a dribble or a pass
Closest players to the ball look to support to maintain possession and set up combinations
Players not involved around the ball move in to wide or advanced positions to stretch the opponent

Soccer Practice Plans For Effective Training

J Dewey



Soccer Practice Plans For Effective Training:

Decoding **Soccer Practice Plans For Effective Training**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Soccer Practice Plans For Effective Training**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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