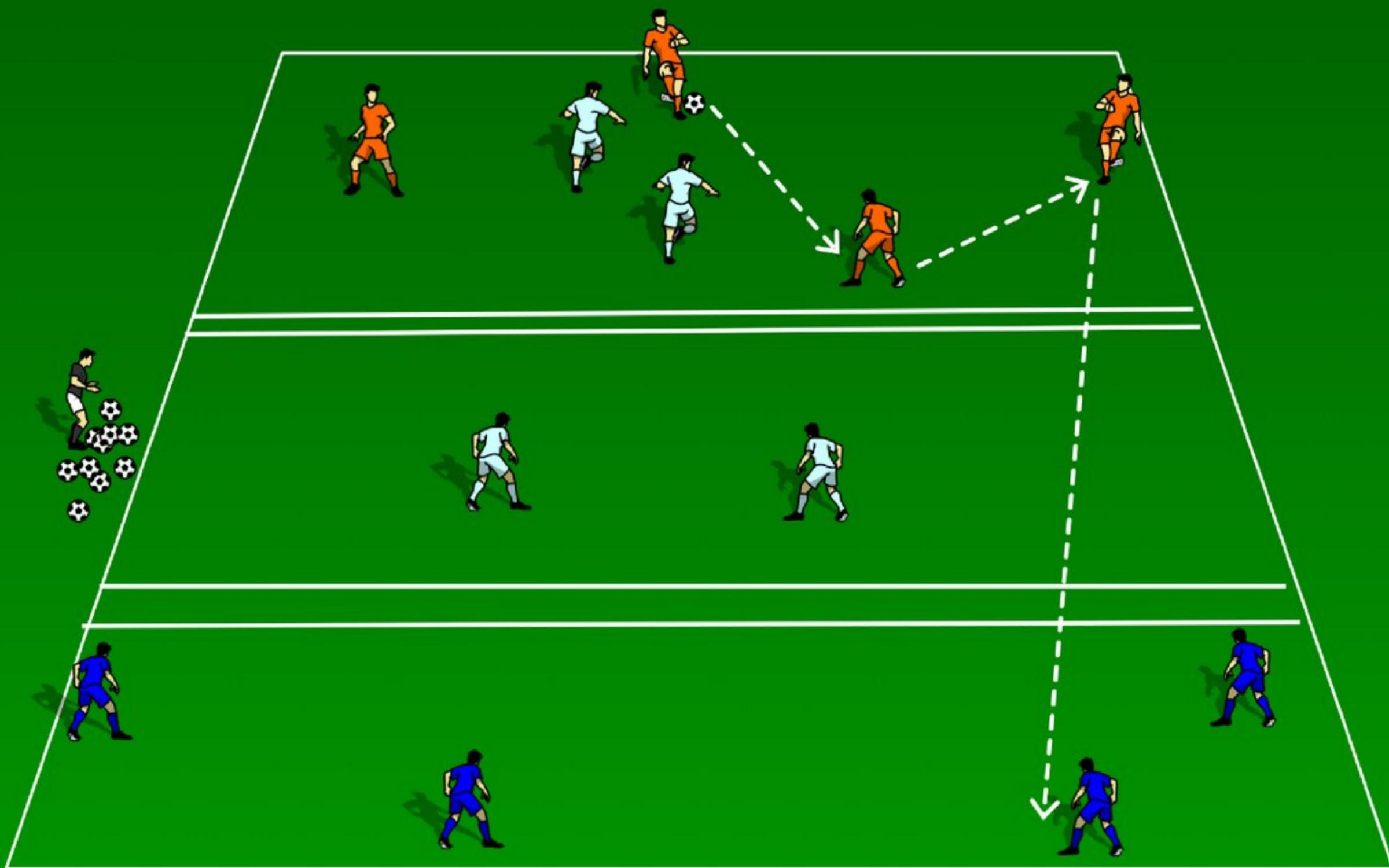


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Field 30x50 (age dependent)

7 vs. 4. Ball begins with #s up keeper. Opposing 3 field players must pressure immediately (supported by 3 subs to tag in and out with)

Objective is to identify the speed of play and vision of the possession team to play out and go to goal



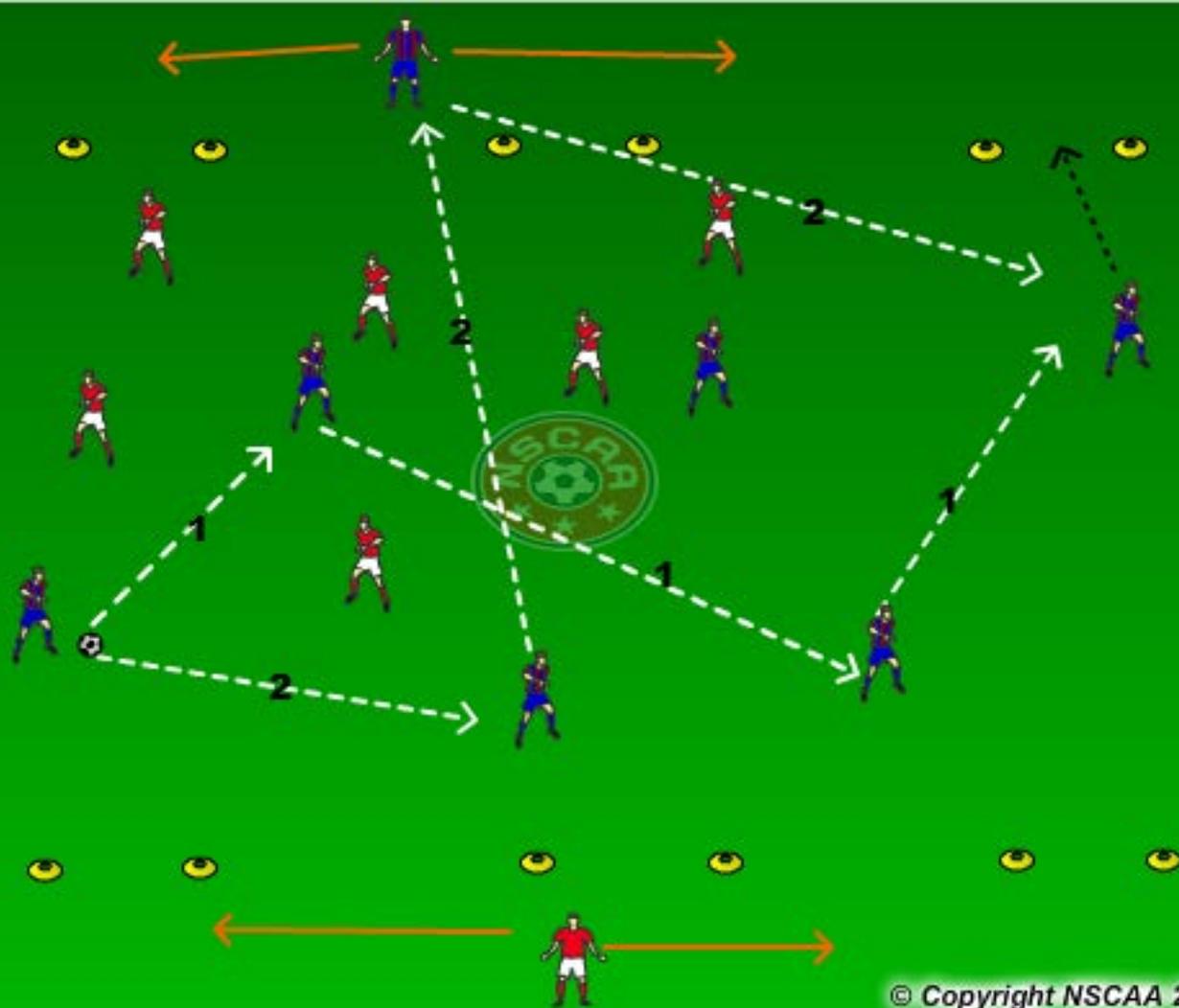
ORGANIZATION 4vs. 2 in rectangle with another team of 4 the target to play to. • In addition to the 2, 2 teammates are ready to intercept the switching pass and/or go pressure the other team of 4 should they win it. • When the ball is turned over the coach plays the ball to the team of 4 that remains in possession while the other two teams switch roles.

COACHING POINTS Possession with a purpose to possess and find split passes and then to play a longer pass across space. Driven and flighted balls are required and should be technically addressed. • Head up to possess in the small space and see the longer ball. • Off the ball adopt positions to receive that will stretch the opponent and allow for immediate team possession and ball circulation.



ORGANIZATION 25 x 40 4vs. 4 to 4 goals (with 4 "boppers" for the team in possession) • Option: require each possession to include a "bopper" • Play 2-4 minute sets.

COACHING POINTS Be prepared to use the 4 man advantage. • Each team in possession has depth, length and width in support. • Create combinations that set up final positive forward movement off the ball, achieving 1/2s or 3rd man runs and GOALS.



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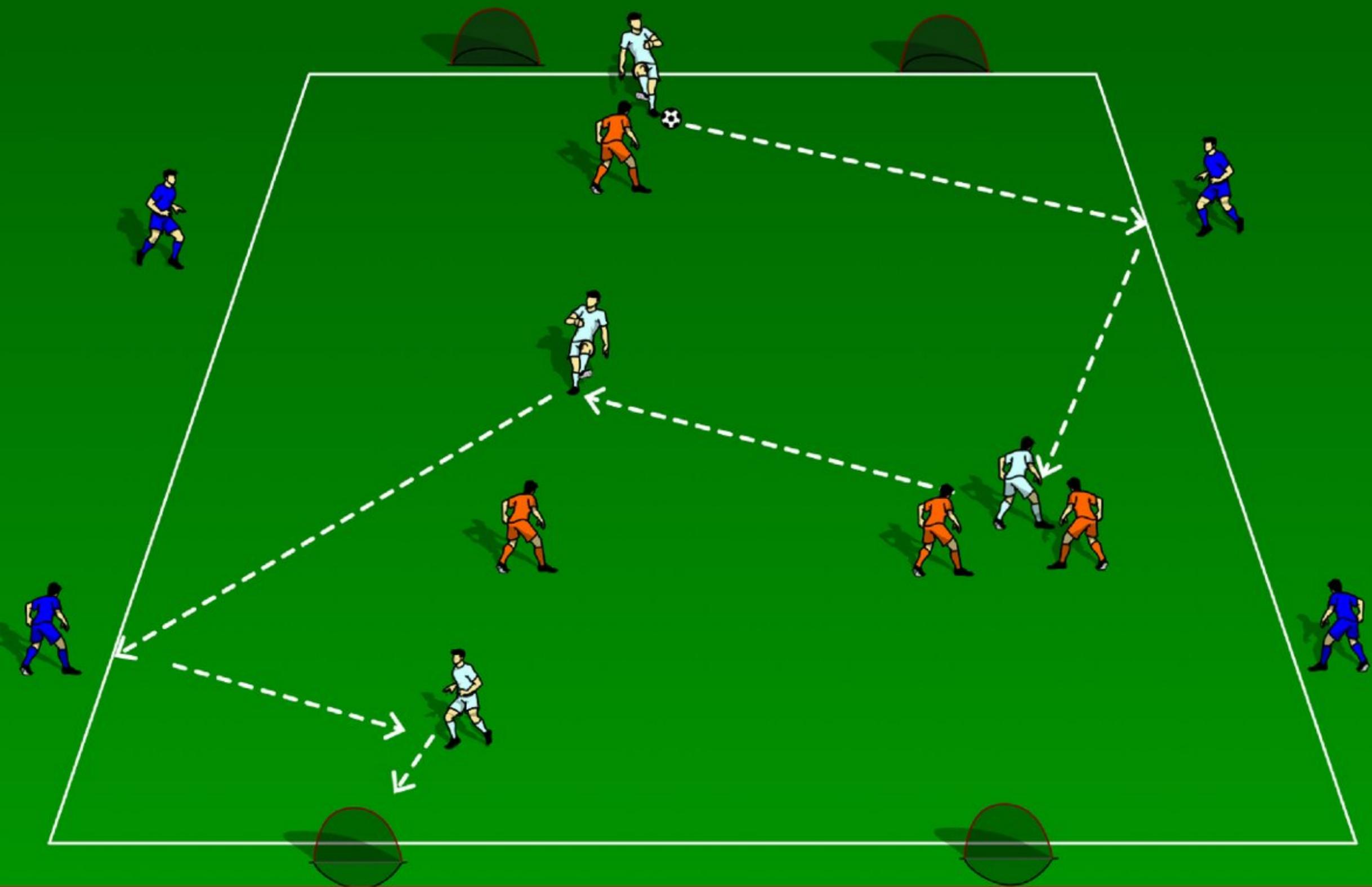
6 Goal game with/without target players

Score by pass or dribble through small goals

Look for changing the point of attack away from defensive pressure

Sequence 1 (without target) ball moves out of pressure to open man

Sequence 2 (with target) ball is played forward to target to achieve switch



ORGANIZATION 25 x 40 4vs. 4 to 4 goals (with 4 "boppers" for the team in possession) • Option: require each possession to include a "bopper" • Play 2-4 minute sets.

COACHING POINTS Be prepared to use the 4 man advantage. • Each team in possession has width in support. • Players on the inside should be aware of spacing to keep "boppers" viable. • Create combinations that set up final positive forward movement off the ball, achieving 1/2s or 3rd man runs and GOALS.

75x55



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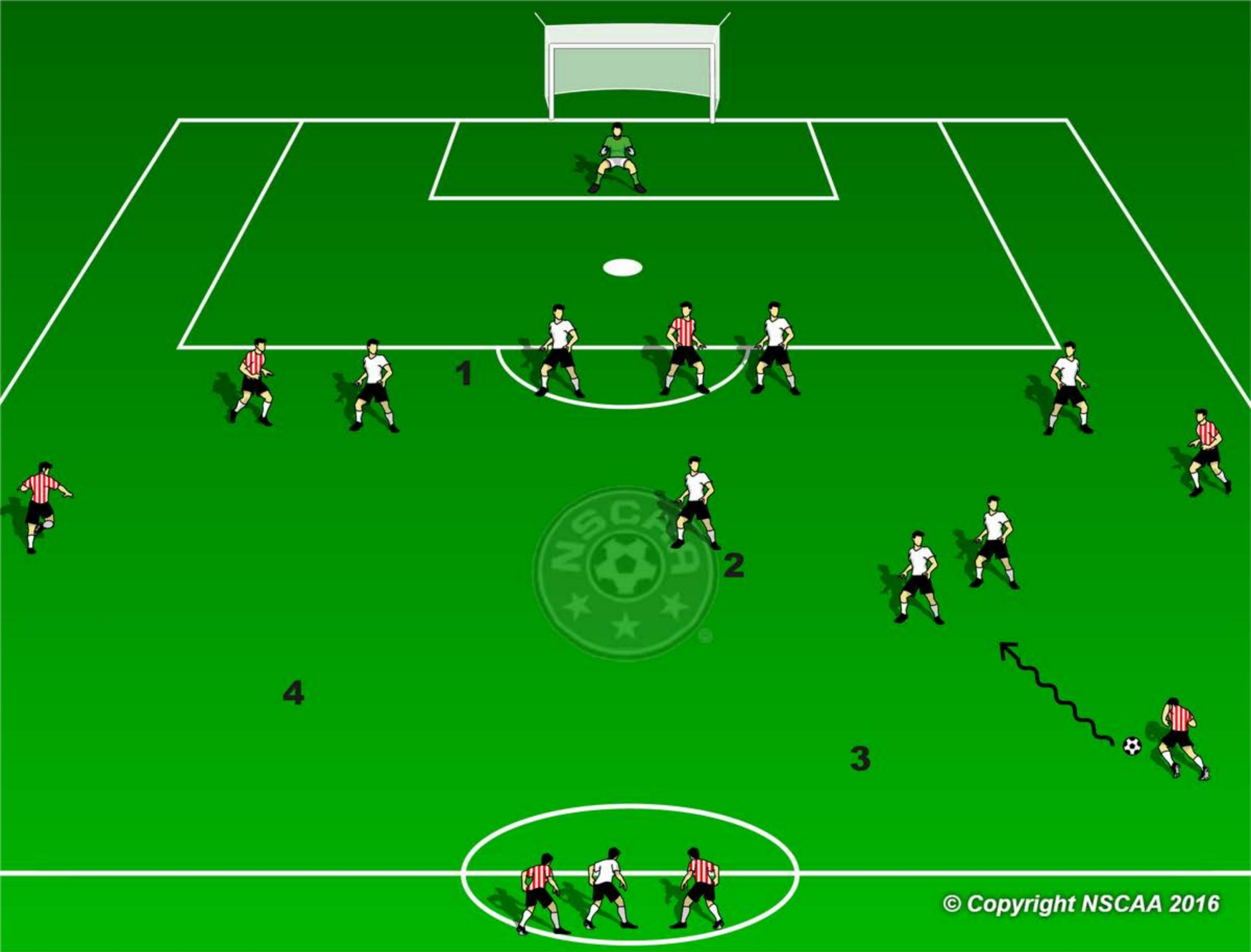
Start with a 3 vs.3 + 1 in an area in the center of the field. After 3 passes an exit pass is played to one of two wide attackers who go to goal along with a striker, they are opposed by two defenders. Each reset introduce a ball into the center. Progress with allowing midfielders to support/recover.

75x55



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Start with a 3 vs.3 + 1 in an area in the center of the field. After 3 passes an exit pass is played to one of two wide attackers who go to goal along with a striker, they are opposed by two defenders. Each reset introduce a ball into the center. Progress with allowing midfielders to support/recover.

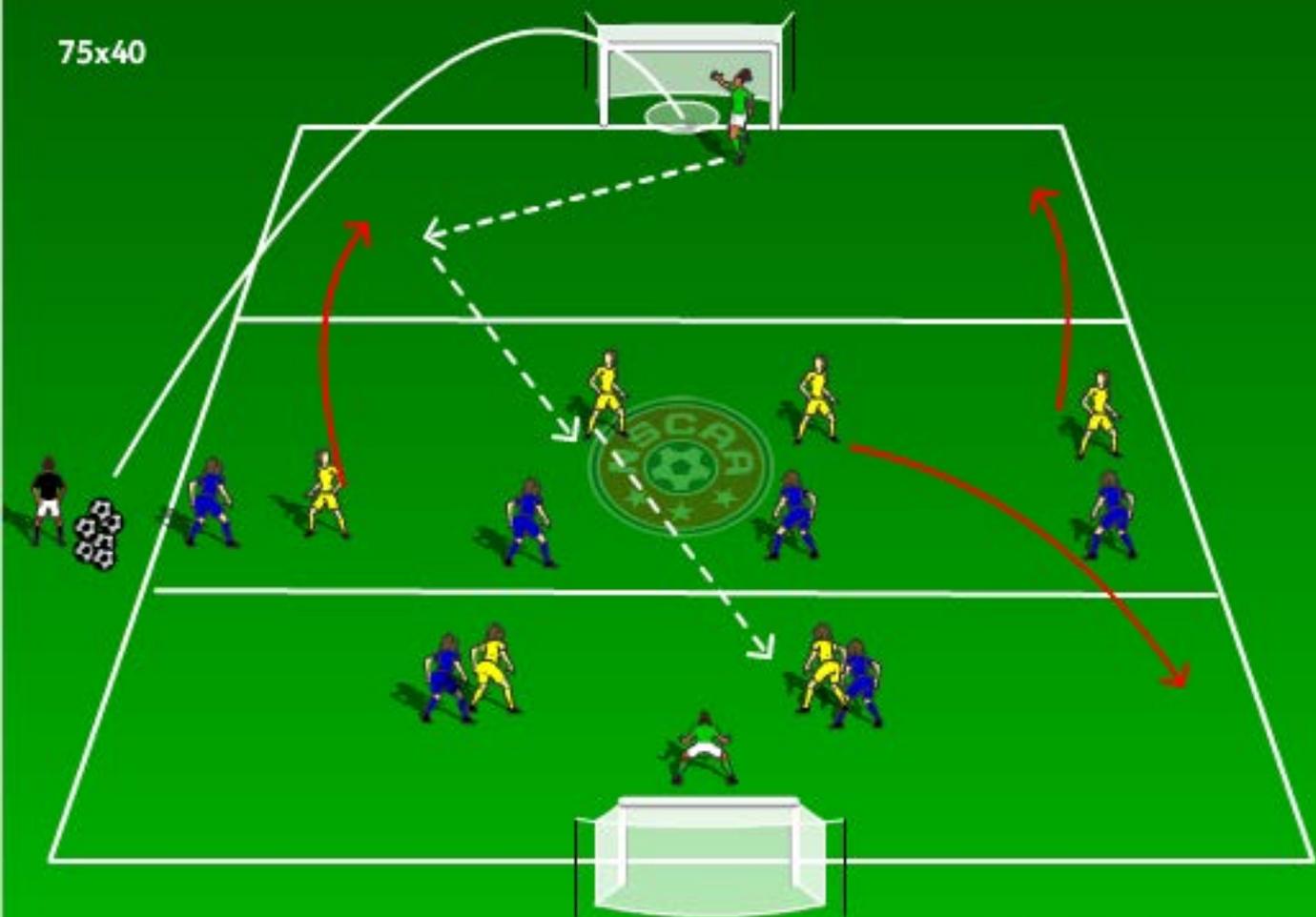


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Spot the Player: in a 9v9. Once the ball carrier has committed the two players at the end of the dribble where would he prefer to have a teammate positioned?

- 1. As a striker
- 2. As a center mid
- 3. As a deep center mid to the right side.
- 4. As a deep center mid to the left side

75x40



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7vs. 7 attack: Coach serves to yellow keeper. Yellow players may check back to develop attack and blue cannot press. Yellow can play through midfield or direct into final 3rd. One yellow may support the attackers. Blue have one counter attack if they win then restart with coach and players in start 3rds.