

EUSC Coaches Training

Changing the point of Attack

Warm-ups options

Coaching points: a) proper technique for striking a long ball (driven and lofted);

b) Receiving techniques for flighted balls – chest, thigh, trap bounce

- 1) 5 to 10 yard passes in a 30x40 grid, followed by 20 to 30 yard passes in grid
- 2) 5 ft one touch, progress to 10yd 2 touch, to 20 yd 2 touch, to 30 to 40 yd lofted or driven balls.
- 3) Short, short, long passing with group of 3 players

Small sided games

- 1) Break the field into three channels....players must pass the ball from one channel to another across the field before they can go to goal. Several variations possible

- 2) Outside channels as low pressure areas with one player from each team....play the ball in and out of the channel. There are a lot of variations based on constraints you create:
 - a. Two touch in channel, ball driven to far side of the field
 - b. Two touch in channel, ball drive to far post
 - c. Two touch in channel playing the ball back to central players
 - d. Allow channel player to run up the side line and cross the ball

- 3) 3 teams – 3 grids.....5v2 in outer grids, objective is to get 5 passes and cross to other outer grid.

4) Attacking from the flanks – change the point of attack by crossing in front of the goal