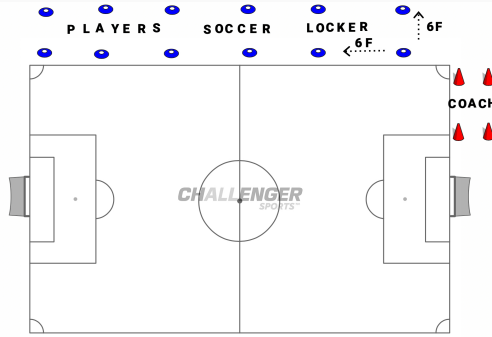

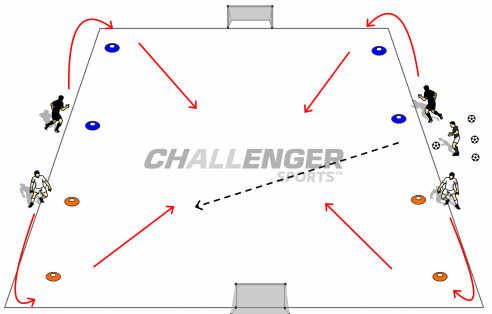
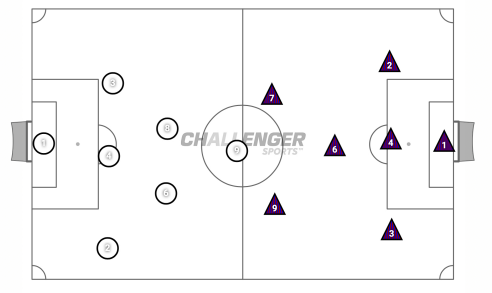


Topic: Attacking

Objective: Improve players speed, dribbling, passing and combination play.

Field Set Up	1	Organization:	14 Player Max	Coaching Points	Progressions
 <p>© Challenger Sports 2020</p>	<p>Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up!</p>		N/A	N/A	
Dynamic Warm up	2	Organization:	14 Player Max	Coaching Points	10 Minutes
 <p>© Challenger Sports 2020</p>	<p>20x20 Area</p> <p>Soccer balls are placed randomly within the grid.</p> <p>Players start jogging, running backwards, side shuffles, high knees, skipping</p> <p>On the coaches call players move towards a free soccer ball and perform a skill or turn.</p> <p>Progress to dribbling with the ball and adding in a couple of defenders.</p>		<p>Use of both and different parts of the foot when dribbling (Inside, outside, laces, sole)</p> <p>Awareness of other players</p> <p>Head up when dribbling</p> <p>Find space</p> <p>Recognize whether bigger touches or smaller touches can be used</p>		
Technical Practice	3	Organization:	14 Player Max	Coaching Points	20 Minutes
 <p>© Challenger Sports 2020</p>	<p>30x2. 2v2</p> <p>Divide players into two groups. With the middle cone as the starting point. Coaches signal players to sprint to the opposite end cones and onto the pitch.</p> <p>Coach gives the ball to the first player on the pitch</p> <p>Players play 2v2 until one team scores or the ball goes out of play</p>		<p>Change of direction, turn quickly in a small space.</p> <p>Quick decision making.</p> <p>Help your teammate out by moving into space when attacking</p> <p>Quick transition in both attack and defence</p> <p>Head up to see where the space is</p>		
Scrimmage	4	Organization:	14 Player Max	Coaching Points	30 Minutes
 <p>© Challenger Sports 2020</p>	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>		<p>Can you encourage positivity?</p> <p>Can you let players make their own decisions?</p> <p>Set targets</p> <p>N/A</p>		