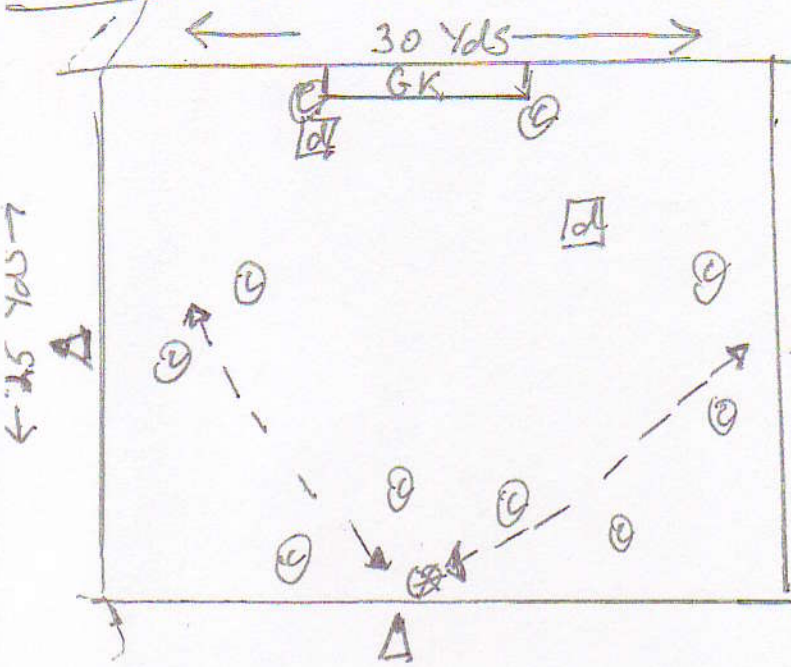


U-10 PRACTICE #17 - SHOOTING & RUNNING TO SPACE

WARMUP - THROWING TO TRADING PARTNER RECEIVING A LOFTED AIR BALL - TOUCH CONTROL + SWITCH

EXERCISE #1 - WINDOWS - 30 min



- SET CONES IN TO 4 WINDOWS
- ATTACKERS STAGED ON PERIMETERS
- USE 3V2 TAGK
- ATTACKER SENDS A DRIVEN BALL THROUGH ANY OF 4 WINDOWS TO START ATTACKING PLAY
- PLAY 3V2 W/ KEEPER "LIVE" AS IF IN THE PENALTY AREA
- PASSING PLAYER FOLLOWS BALL, THEN SPRINTS TO OPEN SPACE.
- DEFENDERS CHALLENGE BALL

COACHING POINTS: • TEACH PLAYERS "THE DRIVEN BALL INTO SPACE + TO TEAMMATE"

- TEACH THE PASSER TO FOLLOW THE BALL, THEN RUN TO OPEN SPACE.
- TEACH DEFENDERS TO CHALLENGE THE BALL 1ST, THEN COVER DEFENDER!
- TEACH ATTACKERS TRIANGLE PASSING SHAPE, RUNNING TO SPACE + BACK PASSES

PROGRESSION #1: • REQUIRE ATTACKERS TO MAKE 2 PASSES THROUGH THE WINDOWS BEFORE TAKING A SHOT.

PROGRESSION #2: REQUIRE ATTACKERS TO SHOOT AFTER 1 TOUCH AND TO HAVE 1ST DEFENDER FOCUS ON CLOSING DOWN THE SPACE AND THE ANGLE.



Positive first touch 2 v. 2 counterattack - Drill 2

▲1 and ▲2's attack from their goals against O1 and O2's goals with the O's defending. Object is for ▲ to score in O goals and vice versa.

1. If the ▲'s can score, then automatically the next O1 becomes an attacker with his ball and teammate O2. ▲'s have to transition into the defensive role automatically, leaving O's decision to penetrate or pass. If O's can penetrate and score, then ▲2 attacks and so on.
2. Possession will change, but whoever scores, the opposition automatically attacks, making the decision whether to go alone and penetrate with speed and touch or go 1 v. 2 or 2 v. 2.

COACHING POINTS: - IMMEDIATE TAKE-OFF TO THE BALL, FOOT + BODY POSITION WHEN STRIKING THE BALL + PIVOT FOOT / NON-KICKING FOOT WHEN SHOOTING.