



**Topic**

**DRIBBLING - RUNNING WITH THE BALL**

**Objectives (5 W's)**

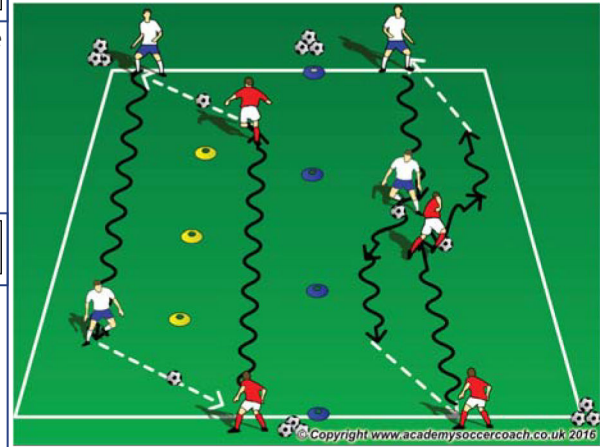
**Who:** Flank Players  
**What:** Running with the ball to Penetrate  
**Where:** In the central and flanks areas of the field  
**When:** In possession of the ball with space to attack  
**Why:** To penetrate the opponent's defense and create goal scoring opportunities

**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard grid divided into 2x10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

**Warm-up / Orientation**



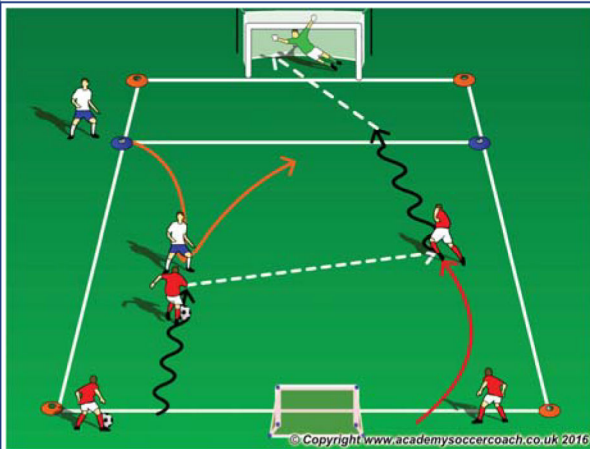
**Coaching Points**

Activity Time  Rest  Intervals

**• What? Technique of Running with the Ball:**

- ~ Push the ball forward with the laces. Big toe down. Distance of your touch
- ~ Each touch of the ball should push it a few steps ahead of the dribbler
- ~ Distance and pace of the touch matches the stride
- ~ The head is up and the eyes scan the field

**Orientation 2v2 to Goal and Counter Goal**



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line.
- The attacker dribbles onto the field when the defender confronts the dribbler, he/she has the option to pass to the teammate or run with the ball into the scoring zone to beat the keeper. Goals from running with the ball into the zone are 10 pts.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique - Dribbling:** Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles - Playing forward when possible:** Where? When? Why? - Create a 1v1: When? Where? Why? - Create diagonal passing lanes: Who? Where? When? Why?

**Organization**

Duration  Intensity

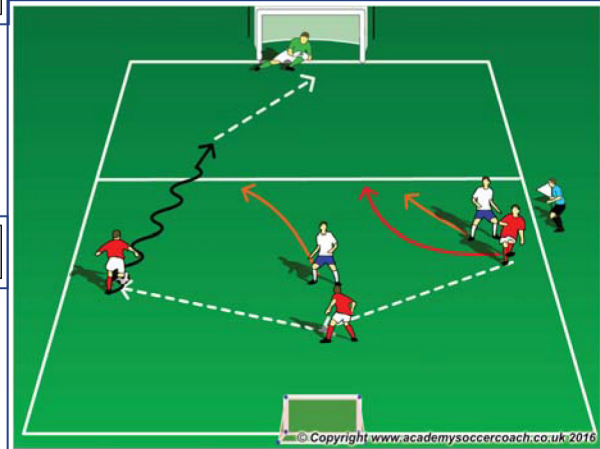
- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line
- The 3 attackers will play to penetrate the space and get into the scoring zone to score. The defenders score in the counter goals. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique - Dribbling:** Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.
- **Team Tactical Attacking Principles - Playing forward when possible:** Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create diagonal passing lanes: Where? Why? - Triangulate: Where? When? Why?

**Learning 3v3 to Goal and Counter Goal**



**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L field play 7v7. All FIFA laws apply. Encourage the players when to run with the ball.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play







**Topic**

**DRIBBLING TO SET UP A PASS**

**Objectives (5 W's)**

**Who:** Strikers and Midfielders  
**What:** Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - **Where:** In the central and flank channels the attacking half  
**When:** Dribbling at defenders near the opponent's box  
**Why:** To improve penetration and create goal scoring opportunities

**Organization**

Duration  Intensity

- Area: in a 15Wx20L with a cone in the middle of the grid. Set up the players as show in the diagram.
- **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate
- **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his team mate.

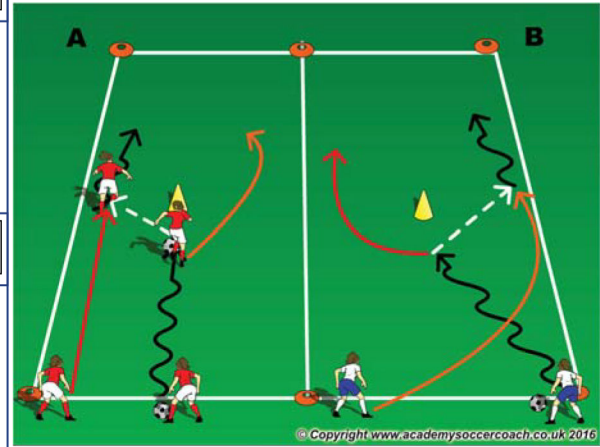
**Coaching Points**

Activity Time  Rest  Intervals

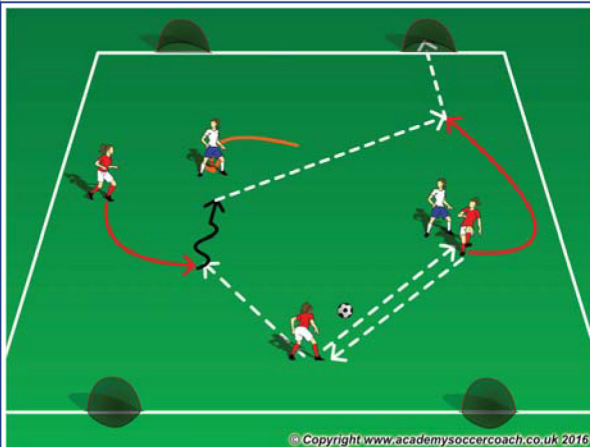
**What? Technique of Dribbling to Set up a Pass:**

- ~ Keep the ball close, use the Laces to go forward, Inside/Outside/ sole to change direction
- ~ Commit the opponent (cone) prior to making the pass
- ~ Execute the pass with either the inside of the foot or the outside of the foot

**Warm-up / Orientation Dribble - pass Patterns**



**Orientation 3v2 to Four Small Goals**



**Organization**

Duration  Intensity

- Area: 20Wx30L yard field with two small goals.
- Play to score in either opponent's goals.
- Points: If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: When? Where?

**Organization**

Duration  Intensity

- Area: 40Wx30Lyard field with a regular goal a and 2 small counter goals
- Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: Where, When? Why? Create Diagonal Passing lanes: Where? Why?

**Learning 5v5 to a Goal and 2 Counter Goals**



**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play



**Topic**

**PASSING BASICS 1**

**Objectives (5 W's)**

**Who:** Defenders, midfielders and strikers    **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1  
**Where:** In the defensive and attacking halves of the field  
**When:** The team is in possession of the ball  
**Why:** To penetrate the opponent's defense

**Organization**

Duration  Intensity

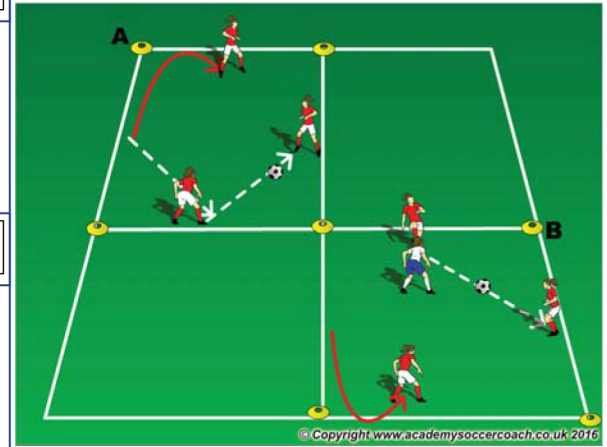
- Area: In a grid 10Wx15L yards
- Play 3v0 to teach the players how to support the player with the ball. After two intervals, add a defender and make the game a 3v1 keep away.

**Coaching Points**

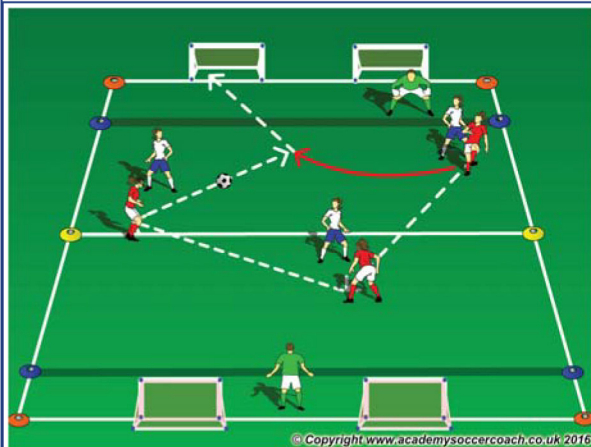
Activity Time  Rest  Intervals

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

**Warm-up / Orientation**    3v0 to 3v1



**Orientation**    4v4 to 4 Goals



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with 2 small goals on each endline
- Play to score in the opponent's goal. The GK defends their team's 2 goals. When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

**Organization**

Duration  Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

**Learning**    5v5 to Goal



**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





**Topic**

**PASSING BASICS 2**

**Objectives (5 W's)**

**Who:** Defenders, midfielders and strikers    **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1  
**Where:** In the defensive and attacking halves of the field  
**When:** The team is building up the attack  
**Why:** To penetrate the opponent's defense

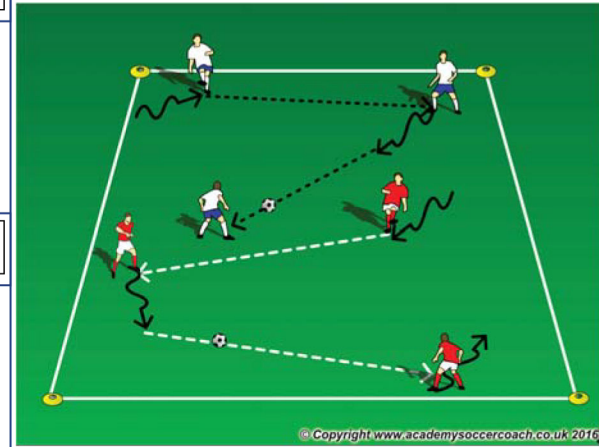
**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard field  
 • Divide the players into groups of 3 to pass the ball around the grid. The player, who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in minutes ~ 2: Pass through the other team ~ Which team makes the most passes?

**Warm-up / Orientation**

3v0 to 3v1

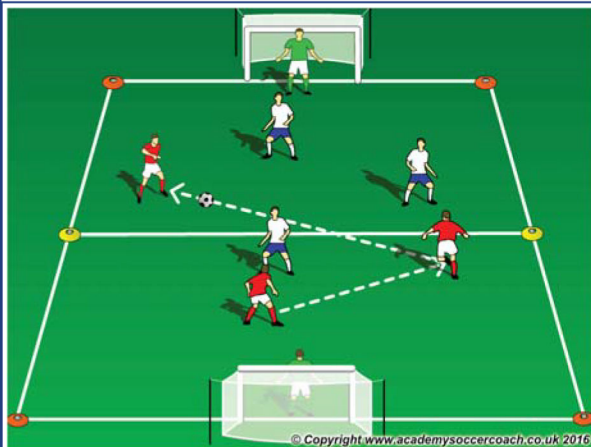


**Coaching Points**

Activity Time  Rest  Intervals

• **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.

**Orientation** 4v4 Total Soccer



**Organization**

Duration  Intensity

• Area: In a 30Wx40L yard field with goals  
 • Play to score in the opponent's goal  
 ~ When all members of the team have touched the ball and scored the goal is worth 100 points. All other goals are 1 point

**Coaching Points**

Activity Time  Rest  Intervals

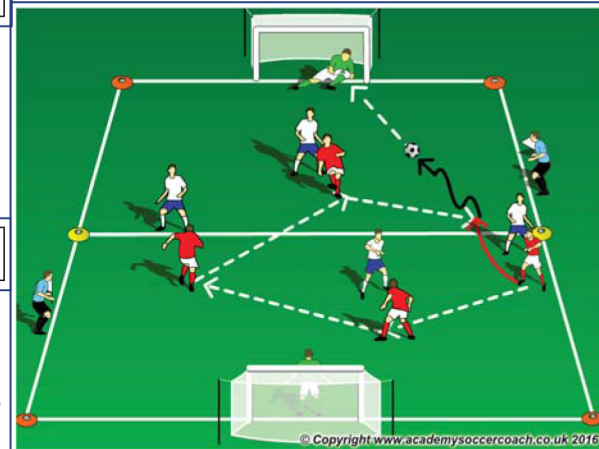
• **What? Technique - Passing:** Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance  
 • **Team Tactical Attacking Principles - Spread out:** Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

**Organization**

Duration  Intensity

• Area: In a 30Wx40L yard field with goals  
 • Play to score in the opponent's goal. All laws apply.

**Learning** 5v5 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

• **What? Technique - Passing, Receiving, Shooting**  
 • **Team Tactical Attacking Principles - Spread out:** Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play



**Topic**

**PASSING AND COMBINING**

**Objectives (5 W's)**

**Who:** Defenders, midfielders and strikers    **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1  
**Where:** In the defensive and attacking halves of the field  
**When:** The team is building up the attack  
**Why:** To penetrate the opponent's defense

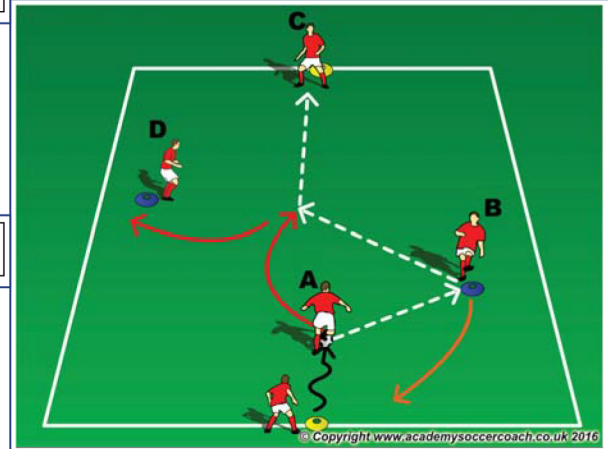
**Organization**

Duration  Intensity

- Area: In a 15Wx20L yard grid
- Place 5 players as shown in the diagram. Player **A** dribbles and passes the ball to player **B**. Player **B** passes the ball back to player **A**. Player **A** passes forward to player **C**. After the forward pass, players switch positions. **C** plays with **D** the same pattern as **A** and **B**

**Warm-up / Orientation**

Passing Pattern



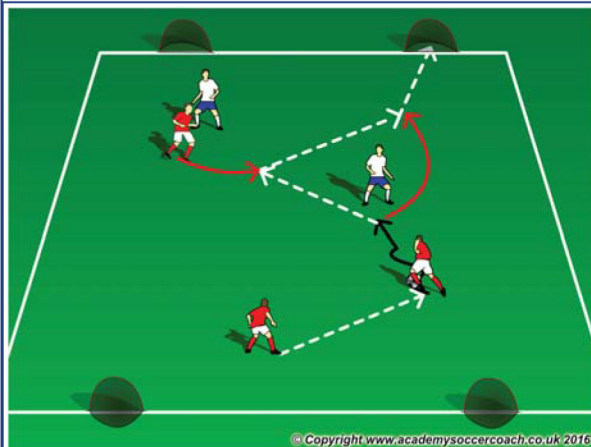
**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle. ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure

**Orientation**

3v2 to 4 Goals



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with 2 goals on each end line
- Play to score in the opponent's goal  
 ~ If a team has 3 or more passes among them and score the goal is a 100 points. All other goals are 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Create a 2v1: Where? When? Why?

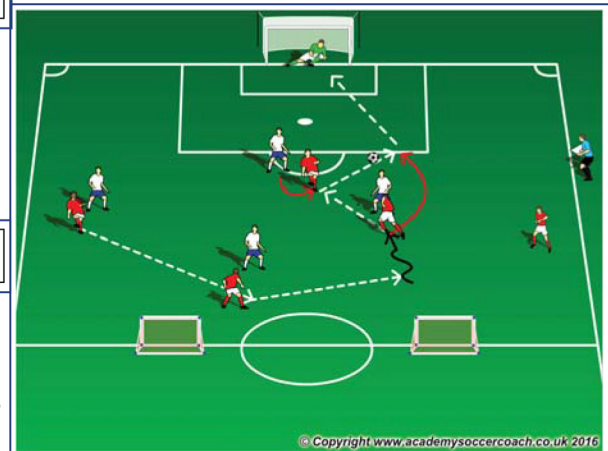
**Organization**

Duration  Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

**Learning**

4v5 to Goal and Counter Goals



**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Play forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to combine with each other.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play





**Topic**

**DEFENDING 1 - PRESSURE AND COVER**

**Objectives (5 W's)**

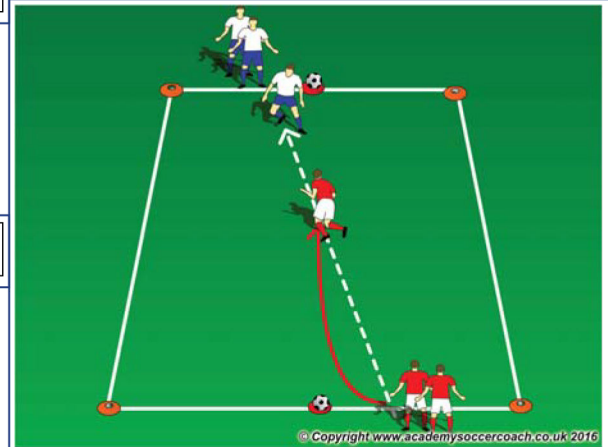
**Who:** All Players      **What:** Speed angle and distance of approach, Body shape, Foot work , Type of tackles, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover  
**Where:** In the central and flank channels of the defending half of field  
**When:** As soon as you loss possession of the ball  
**Why:** To deny penetration and shooting opportunities

**Organization**

Duration  Intensity

• Area: 10Wx15L yard grid with a central cone on each end line with a ball in the on the top of the cone. The defenders passes the soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball of the cone.

**Warm-up / Orientation** 1v1 Defending



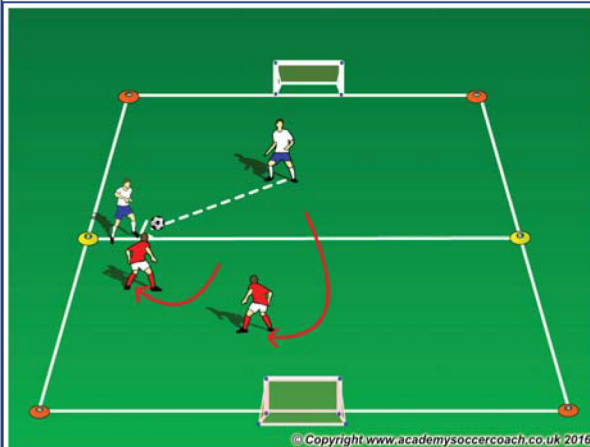
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique of Defending:**

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet

**Orientation** 2v2 Defending to Small Goals



**Organization**

Duration  Intensity

- Area: In a 15Wx20L yard grid with small goals
- When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. Can they win it back in 5-8 seconds? If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose or their points.

**Coaching Points**

Activity Time  Rest  Intervals

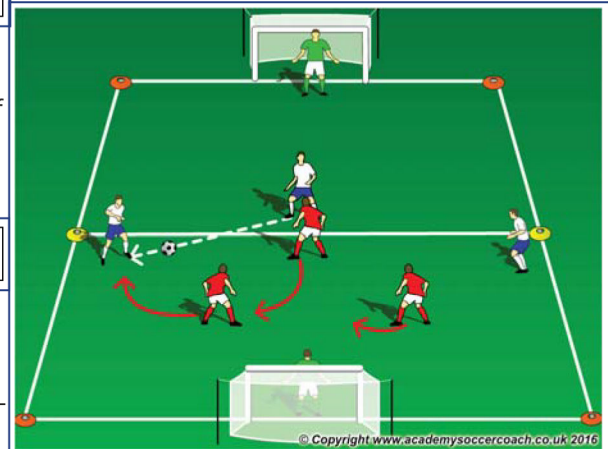
- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackles (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player with the ball: Who? When? Why? - Make it and keep it compact: Where? When? Why?

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Play to scores in the opponent's goal. All laws apply. When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose all their points.

**Learning** 4v4 to Goals



**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player/ball: Who? When? Why? - Make it and keep it compact: Where? When? - Outnumber the Opponent: Why?

**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

in a 40Wx60L field play 7v7. All FIFA laws apply. Encourage defenders to work together to regain the ball.

**Coaching Points**

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.



**Topic**

**DEFENDING 2 - SMALL GROUP DEFENDING**

**Objectives (5 W's)**

**Who:** All Players    **What:** Speed angle and distance of approach, Body shape, Foot work, Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone    **Where:** In the central and flank channels of the defensive half  
**When:** When the opponent is close to your goal area  
**Why:** To deny penetration and shooting opportunities

**Organization**

Duration  Intensity

- Area: 15Wx20L yard grid with a small goals on each endline
- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

**Coaching Points**

Activity Time  Rest  Intervals

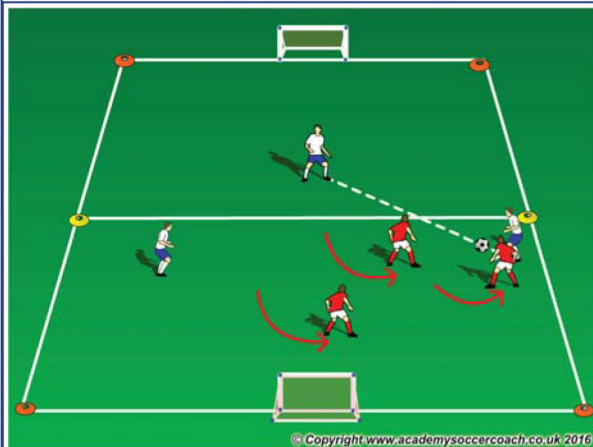
**• What? Technique of Defending:**

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet
- ~ Angle/Distance of Cover, What does he/she say to the pressing defender?

**Warm-up / Orientation** 2v2 to Small Goals



**Orientation** 3v3 Defending to Small Goals



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard grid with small goals
- When a Red player loses the ball the team has to defend to win the ball back immediately.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block) - Angle, speed and distance of cover
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

**Organization**

Duration  Intensity

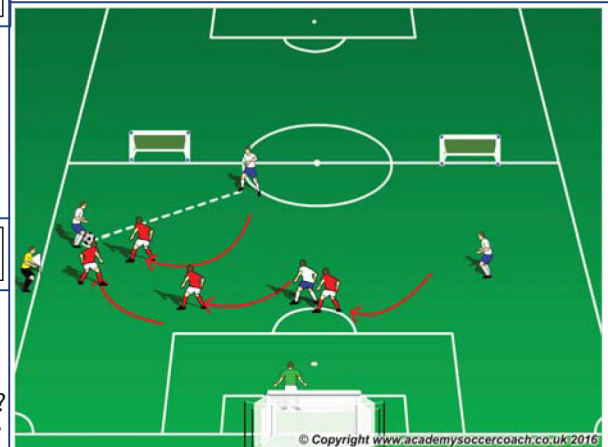
- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals
- Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique of Defending** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

**Learning** 5v4 to Goals



**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball

**Coaching Points**

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.





**Topic**

**SHOOTING 1 - SHOOTING FROM DISTANCE**

**Objectives (5 W's)**

**Who:** Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line  
**Where:** In the attacking half of the field close to the goal area  
**When:** There is a shooting window  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration  Intensity

• Area: In a 30Wx40L yard field with a 15 yard central zone & goals at each end line  
 • Players line up in the central zone with a ball each. On coach's command the first player dribbles and shoots before dribbling out of the zone. The GK tries to stop the shot. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Who many goals in 3 minutes?

**Coaching Points**

Activity Time  Rest  Intervals

**• What? Technique of Shooting:**

~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball  
 ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Warm-up / Orientation** Distance Shooting



**Orientation** 4v4 - 3 Zone Shooting



**Organization**

Duration  Intensity

• Area: In a 30Wx40L yard field with 15 yard central zone and goals at each end line  
 • Play to score in the opponent's goal.  
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

**• What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.  
**• Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

**Organization**

Duration  Intensity

• Area: In a 30Wx40L yard field with goals  
 • Play to score in the opponent's goal. Goals scored from distance (between the cones) are worth 10 points. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

**• What? Technique** - Shooting and Receiving  
**• Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

**Learning** 5v5 to Goal



**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot from distance.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play



**Topic**

**SHOOTING 1 - SHOOTING AND FINISHING**

**Objectives (5 W's)**

**Who:** Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line  
**Where:** In the attacking half of the field close to the goal area  
**When:** There is a shooting window  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration  Intensity

- Area: in a 20Wx30L yard field with a goal at each end line
- Groups have 3 minutes score as many goals on the goalkeeper at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes?

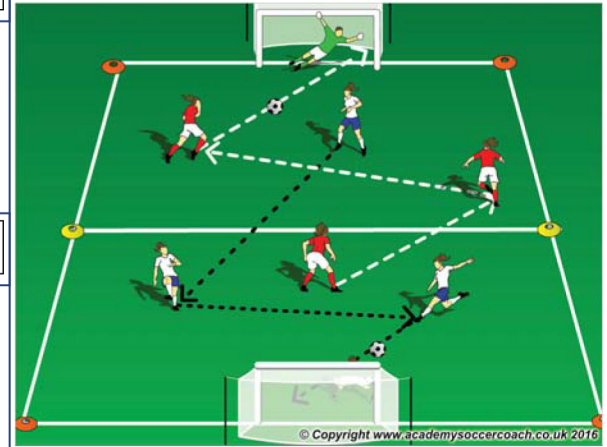
**Coaching Points**

Activity Time  Rest  Intervals

**• What? Technique of Shooting:**

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Warm-up / Orientation Shooting**



**Orientation 4v4 - 60 Seconds Game**



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with a goal on each end line
- Both teams are trying to score in the opponent's goal.
- ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

**Organization**

Duration  Intensity

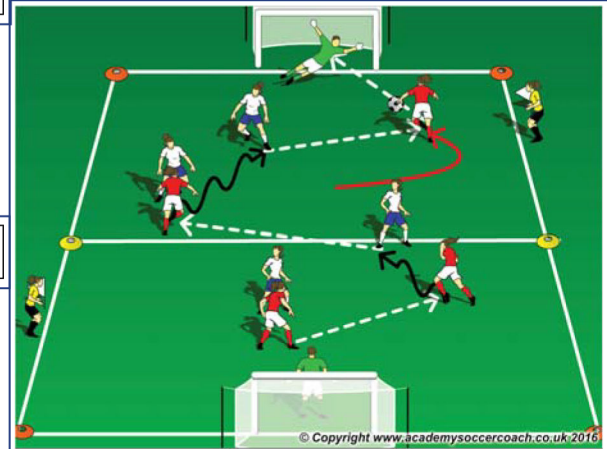
- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Shooting and Receiving
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

**Learning 5v5 to Goal**



**Implementation 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play