



Creating Chances from Central areas

Category: Technical: Attacking skills
Difficulty: Moderate

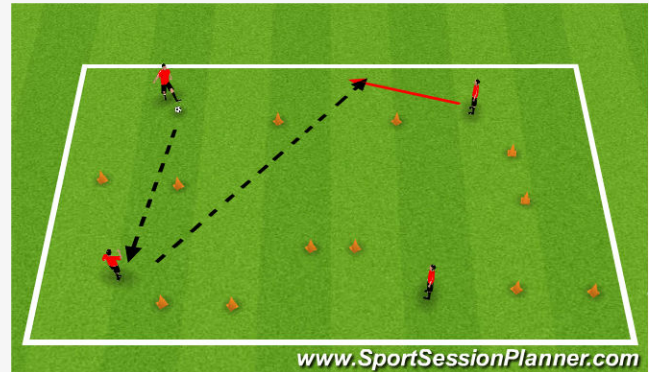
Michael Caine, derry, United States of America
Individual-Adult Member

Description

Improving players ability to create chances from central areas

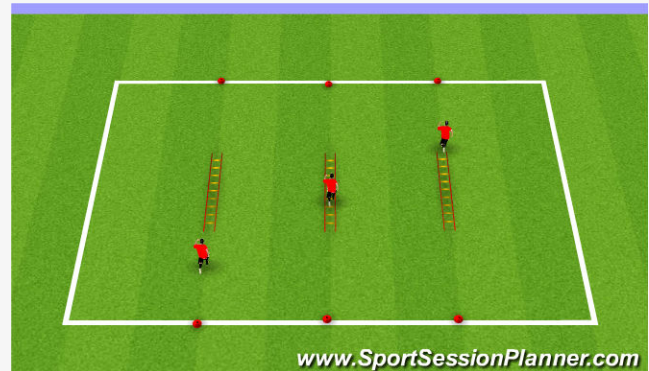
Warm Up

Organization 40 x 40 square
inside place several gates.
players are split into 4 teams, and asked to pass and move inside the area, when coach says through ball, players must try and pass the next 2 passes as a group through a gate.
Add Dynamic stretches High Knees, heel flicks, kick through, open the gate



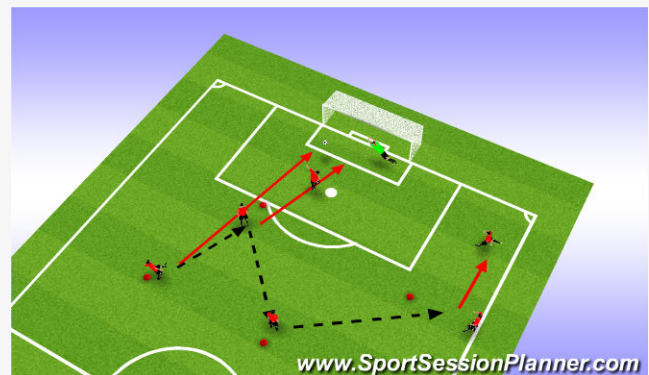
SAQ

SAQ
Line 1 Fast feet
Line 2 Two forward one back
Line 3 Hopscotch



Scoring Patterns

Set-up a pitch with a large goal on the end-line Approx 40 x 40
4 players combine in front of goal, ending with a cross in to the penalty area or shot on goal.
The coach can demonstrate patterns or allow players to design their own 'plays'.
Coaching Points
Which pass and when?
First touch?
Timing of the runs?
Penetrating runs?



5v5 + 1

Organization

Set-up a pitch with a large goal on the end-line and another large goal on the halfway-line.

Add gates to the wide areas.

Play 5v5 plus a neutral player.

Instructions

Encourage players to identify opportunities to play through the central areas, and opportunities to break out of the central areas and use the channels.

Coaching Points

1. where's the space - can we have positive runs forward, wide or through the middle
2. penetrating runs



7v7

Organization

Set-up a 50x70 pitch with a large goal on each end-line.

Play 7v7.

When attacking teams play GK-3-1-2, when defending teams play GK-4-2.

Encourage players to identify opportunities to play through the central areas, and opportunities to break out of the central areas and use the channels.

Coaching Points

1. can we get wide defenders forwards into attack?
2. Creative Combinations 1-2 around the box?
3. Finishing chances
- 4 penetration - runs and passes.



Game

