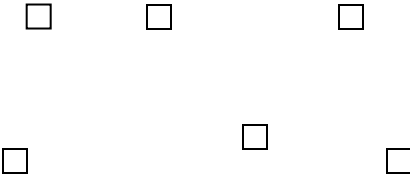
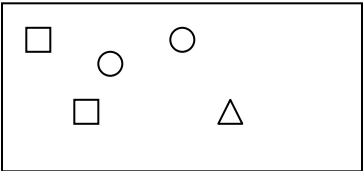
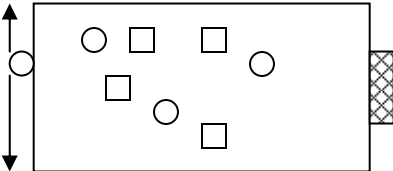
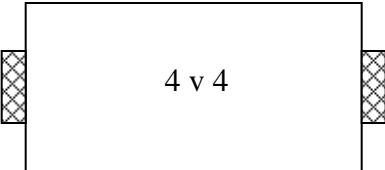




Name:

Topic: 1<sup>st</sup> Attacker - Decisions

Date:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three people – passing and moving</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Good passing technique             <ul style="list-style-type: none"> <li>○ In order for the players to make good tactical choices they must possess good technical ability</li> </ul> </li> <li>▪ Players constantly moving</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul>	<ul style="list-style-type: none"> <li>▪ Penetrate by making the best tactical choice             <ul style="list-style-type: none"> <li>○ Weigh game situation</li> <li>○ Location on the field</li> <li>○ Positioning of teammate versus opponents</li> <li>○ 1<sup>st</sup> attacker's technical ability</li> </ul> </li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1<sup>st</sup> thought - shoot the ball</li> <li>▪ 2<sup>nd</sup> thought – get the ball to someone in scoring position (pass)</li> <li>▪ 3<sup>rd</sup> thought – penetrate by passing or dribbling</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>▪ 4v4 + GK game</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the 1<sup>st</sup> attacker's are making good choices</li> </ul>