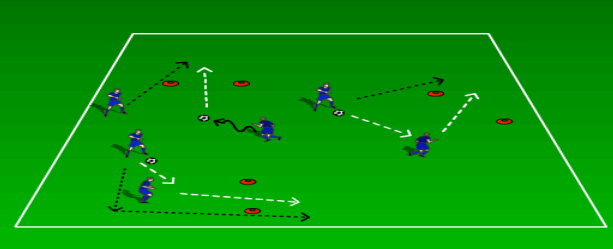

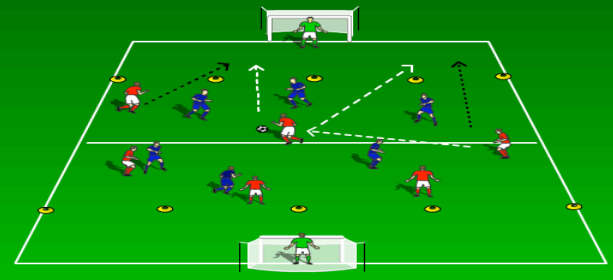



**INSTRUCTOR & CLUB:** Paul Bayly, Northwest Nationals

**AGES:** 13-15

**DATE:** April 2013

**TOPIC:** Improve your team's ability to get in behind defense to score or cross with forward runs

| STAGE  | ORGANIZATION (DIAGRAM)  | OBJECTIVES  | KEY COACHING POINTS  |
|--|---|---|--|
| <p><b>TECHNICAL WARM-UP</b></p>  |    | <p>Warm Up:</p> <ul style="list-style-type: none"> <li>-Players pass and move, combo play (wall pass, overlap, give-and-gos)</li> <li>-Receiver makes run to receive ball after it goes through cones and dribbles off at speed. Repeat.</li> </ul>   | <p><b>Technical Points:</b></p> <ul style="list-style-type: none"> <li>-Quality and weight of pass</li> <li>-Quality of the first touch</li> <li>-Timing of runs, visual cues will help this</li> <li>---When player on ball gets their head up receiver makes run</li> </ul>  |
| <p><b>SMALL-SIDED ACTIVITY</b></p> <p>Area: 50yds by 40yds<br/>End zone 5yds each<br/>Increase or decrease size if needed.</p> |    | <ul style="list-style-type: none"> <li>-Team scores by receiving the ball in the end zone (yellow cones).</li> <li>-Receiver must have full control of ball in end zone to score.</li> <li>-Receiver can't run through same cone gate as pass.</li> <li>-Receiver can only make runs into end zone when ball is passed, yellow cones are the offside line.</li> </ul> | <p><b>Technical Points:</b></p> <ul style="list-style-type: none"> <li>-Quality and weight of pass</li> <li>-Quality of the 1<sup>st</sup> touch</li> <li>-Straight pass - diagonal run</li> <li>-Diagonal pass - straight run</li> </ul> <p><b>Tactical Points:</b></p> <ul style="list-style-type: none"> <li>-Visual cues for runner: timing of runs, timing of pass, angles of support.</li> <li>-Link by using combo play: overlaps, wall pass, give-and-gos</li> <li>-3<sup>rd</sup> man runs</li> </ul> |
| <p><b>EXPANDED SMALL-SIDED ACTIVITY</b></p> <p>Area: 70yds by 40yds<br/>Goal to yellow line 18 yds</p>                         |  | <ul style="list-style-type: none"> <li>-Add in goalkeepers</li> <li>- Yellow cones are the offside line.</li> <li>-Team can only shoot when between the yellow cones and goal to encourage forward runs.</li> <li>-Only 1 defender is allowed to recover in behind yellow cones and goal.</li> </ul>  | <p><b>Technical Points:</b></p> <ul style="list-style-type: none"> <li>-Same as above and: Visual awareness of player on ball to see runs.</li> </ul> <p><b>Tactical Points:</b></p> <ul style="list-style-type: none"> <li>-Don't force forward pass if it's not on.</li> <li>-Speed of play, 1-2 touch play if possible.</li> <li>-Cross or shoot when break yellow line</li> </ul>  |
| <p><b>MATCH 7v7</b></p>  |  | <p>Game:</p> <ul style="list-style-type: none"> <li>-Observe to see if players are creating crosses and goal scoring opportunities from forward runs.</li> </ul>  | <p><b>Technical Points:</b></p> <p>See above</p> <p><b>Tactical Points:</b></p> <p>See Above</p> <p><b>Formation:</b></p> <p>Blue: 1-2-3-1<br/>Red : 1-3-2-1</p>   |