

Football/Soccer Session (Difficult): Finishing game utilizing numerical advantage

Profile Summary

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City: Naperville
Country: United States of America
Rank: Elite – 0 points
Membership: Adult Member
Sport: Football/Soccer



Description

An attacking game in 3 zones, utilizing numerical advantage and a layoff to finish

Screen 1 (25 mins)

Players are set up as shown: 2v1 advantage for Blue in zone 1, single Blue in zone 2, 1v1 in zone 3.

Players may not leave their zones.

Play begins with Blue in possession in zone 1, trying to use numerical advantage to play directly into zone 3. Red defender in zone 3 must mark behind the Blue attacker.

If ball is successfully played into Blue in zone 3, it must be laid off to zone 2 Blue player to finish (and the attempt must come from zone 2, i.e. no dribbling into zone 3).

Coaching points:

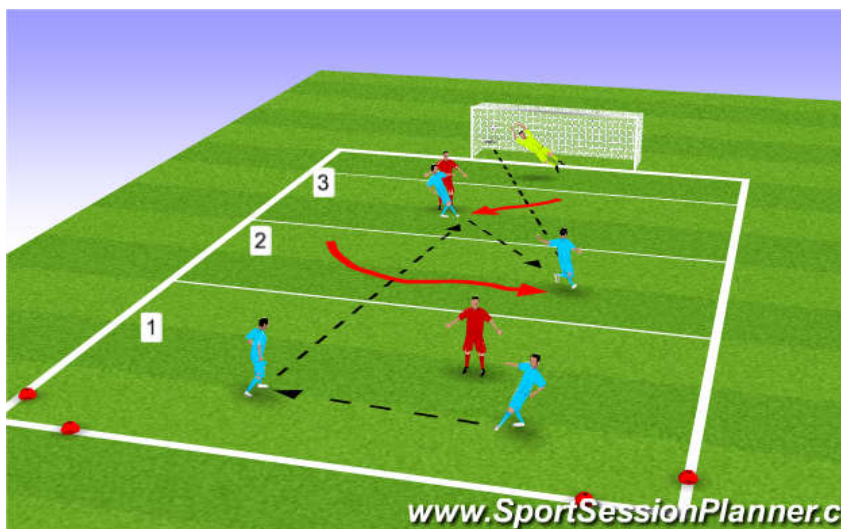
- Be quick and efficient in utilizing numerical advantage in zone 1.

- Quick incisive movement by Blue 3 to shake defender and read the play of teammates in zone 1.

- Incisive movement by Blue 2 to read activity in both zones and find best position to receive the layoff

Progression:

- If Red wins the ball, they may counterattack to either of the red cone goals



Custom Movement



Pass



Pitch Line 1