

Football/Soccer Session (): Improving Off Ball Runs

Profile Summary

Name: Grant Clark
City: Glendale
Country: United States of America
Rank: Elite – 1 points
Membership: Young Member
Sport: Football/Soccer

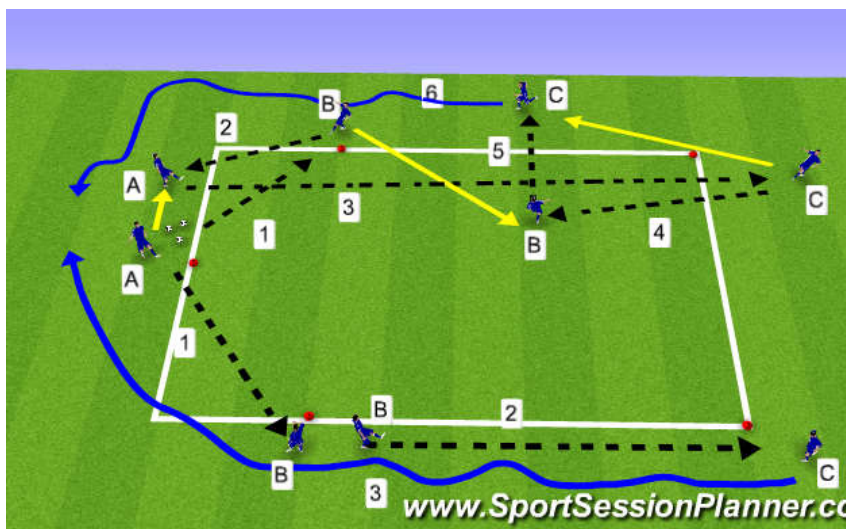


Passing Pattern1

First pattern - A passes to B (who is checking away from his cone). B receives with the outside foot and hits the pass with the other (speed of play). C takes a positive touch and dribbles at pace to the end of the line.

Second Pattern- A passes to B. B lays it off to A. A passes to C. C Dribbles to the end of the line.

Third Pattern - Add a combo between B and C. (B has checked to the middle of the field).



SSG 3v3+1

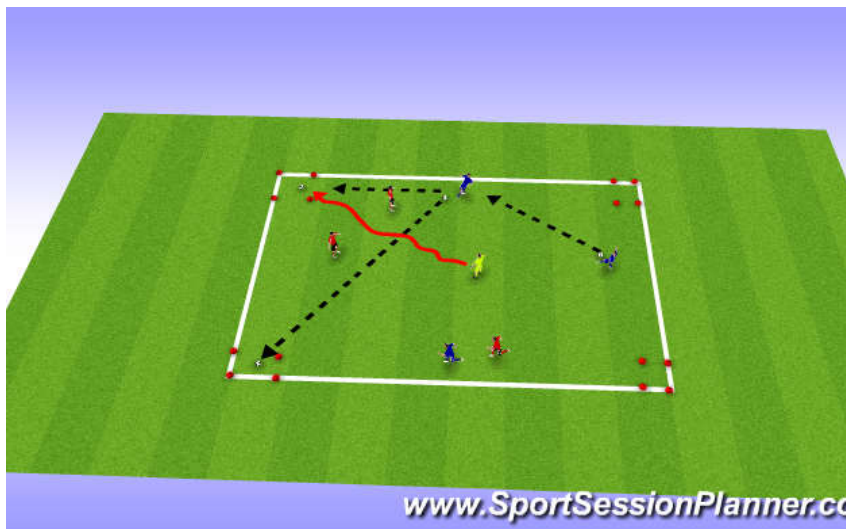
3v3+1 - Players create runs and receive the ball in the corner areas in the direction they are attacking to earn a point. No more than 2 touches in the grid. First team to 3 wins. Loser has a punishment.

Key Points

off ball movement.

Speed of play.

Spacing and using the offensive area efficiently.



4v3+2

4v3+2 - In the middle of the field players are allowed no more than 3 touches. Play to wide players early (unlimited touches). If a player

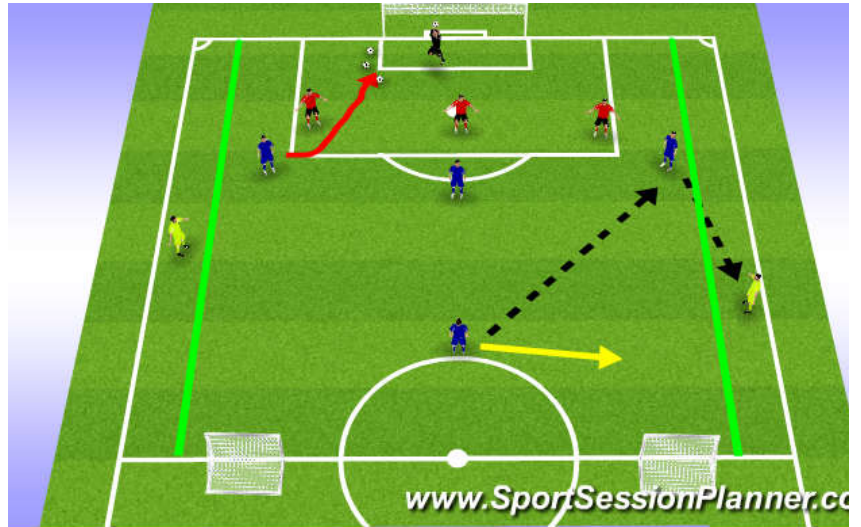
in the wide channel receives the ball he may either attack with the dribble or pass. The wide player on the opposite side may crash his front post (blind runners creating penetration). Offensively, think of the wides as outside back stepping into the play to support. If the defenders take the ball, they may use the wide players to play out and finish in the small goals for two points.

Key Points:

Speed of play.

Taking on defenders

Finding the blind runners



Movement



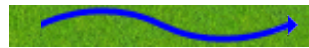
Pass



Pitch Line 3



Custom Movement



Dribble