

Second ball steal

Forwards must always be “alive” and ready to react should a defender fail to clear the ball, miss-control, play a poor pass or not react to a rebound off the goalkeeper. Use this session to keep your forwards alert and they will steal goals for your team.



What you tell your players the session is about

1. Taking shots at every opportunity.
2. Following in for rebounds.
3. Reacting to the second ball.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls and cones	Players react quickly to win the race. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 18
The session	Balls, cones and goals	Attackers are shooting and then following in for the rebound
Development	Balls, cones and goals	Attackers reacting to the second ball and attacking the cross
Game	Balls, cones and goals	Attackers reacting quicker than the defenders to score
Warm down	n/a	Gentle jogging and stretching exercises



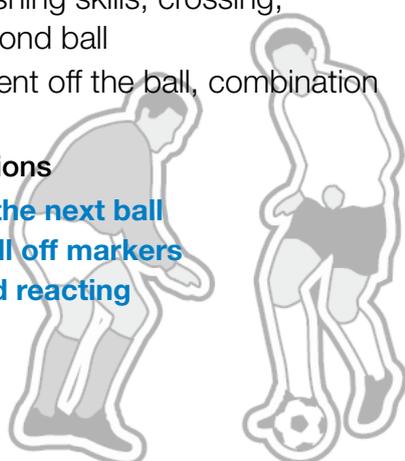
Where it fits

Individual skills: Finishing skills, crossing, reactions to the second ball

Team skills: Movement off the ball, combination play in attack

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What to think about

- The best forwards have a knack of being in the right place at the right time.
- Is this due to luck or their ability to react quicker than other players on the pitch?
- Attackers must always look for the “what ifs”. They will then always be ready to react and take the half chances that come their way.





Set-up

Create a 50 yards by 30 yards playing area. Have a 20 yards wide central zone across the pitch with two 15 yards end zones either side. Split your players into teams of four, with one team resting.

You can adjust team numbers if you have less players.



What you get your players to do

The grey team play against the white team in the central zone of the pitch and must only take shots from this zone.

On taking a shot, one of the other attackers is allowed to run into the end zone in case there is a rebound off the goalkeeper.

The resting team is rotated into the game after a goal is scored, with the scoring team sitting out.



What to call out

- “Where’s your attitude?”
- “React to the next ball”
- “Be alive and ready”



Development

Now the resting team’s players are used as wingers. This time, after a shot at goal, one of the forwards can run into the end zone to receive a cross from a winger.

You must nominate this player by calling out his name.

The winger must try to cross into an area away from the forward. This makes the forward react quickly and race into the end zone at top speed.

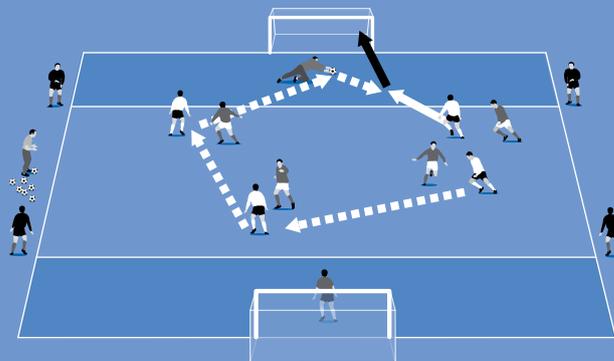


Game situation

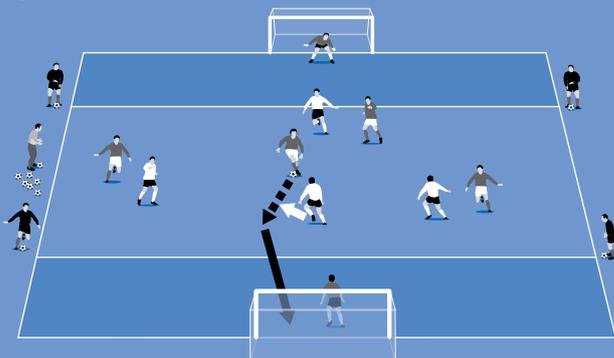
Progress so that crosses are played only after a goal has been scored or a shot has hit the target. With these crosses, any number of attackers can try to run into the end zone to score. However, defenders can also now enter the zone to cut out the cross.

Second ball steal

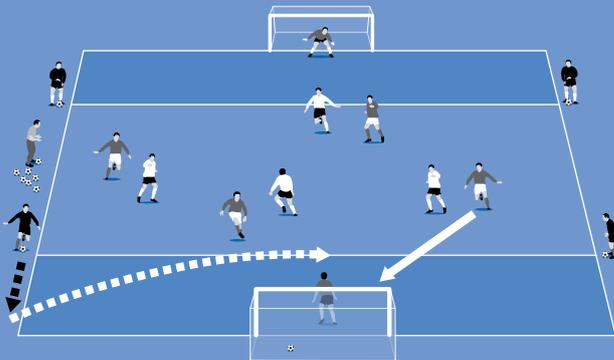
player movement \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



An attacker can only enter the end zone when a shot is taken.



The white defender tries to stop the grey attacker from scoring.



The winger then crosses for another forward to attack at pace.

