



Name: Steve Senna, SMYS DOC
 Area: CRRP #4

Topic: Creating Goal Scoring Opp's in final 1/3rd
 Objectives: Get players to recognize many options

Organization and Equipment

Outfield Players [16] Goalkeepers [1] Balls [18]
 Other Equipment Pennies, 1 Full Sized Goal, 1/2 of Field

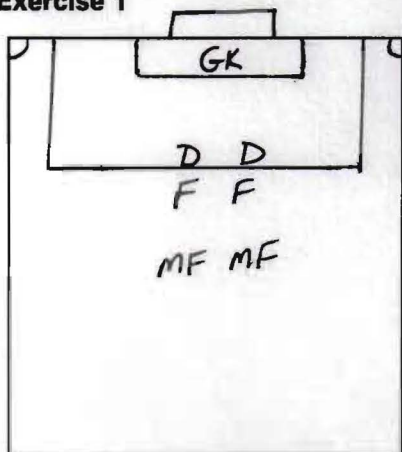
Warm Up

Technical work - Groups of 3
 Multiple Repetitions/
 High work Rate

Coaching Points

Using 1/2 of a field, organize players into groups of 3 for technical work.
 Each group of 3 will need to 1 or 2 balls for each technical activity, so be sure they have 2 balls available for each group. Players will go through numerous variations of passing technical work that will enhance their technical ability, vision, communication and speed of play. The team will conduct a ballistic warm up prior to the start of technical work and may require additional stretching during...

Exercise 1

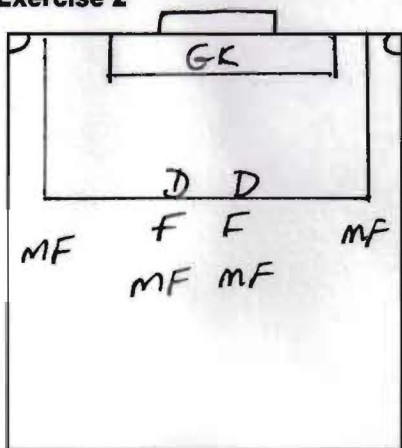


Organization and Coaching Points

Continue with technical work after warm up (30 Minutes of hard concentrated work)
 This technical work combines with the combination play session done the previous week will be key components of the success of today's training session on creating goal scoring opportunities in the attacking third.

- In today's main session, we will teach the players many options of attacking;
- Centrally
 - Down the flanks
 - Attack with a numerical advantage (numbers up) when possible
 - Having the vision to create space by pulling the defense apart by taking or keeping defenders out of spaces we want to attack into (avoiding congestion).
 - Teach players to try and isolate defenders to create 2v1 or 3v2 situations in order to penetrate in behind the defenders.

Exercise 2



Organization and Coaching Points

Using 6 attackers (2 Forwards, 2 Central Midfielders, and 2 Flank Midfielders) teach players options of how to penetrate the defense.

- CP's:
- Using/recognizing combinations
 - Using crossing runs to create and get defenders unorganized
 - Using runs to pull defenders out of space to create space to attack (including runs behind defenders in an offside position).

