

## GO TO GOAL

The goal of today's session is to find better/more efficient ways to attack the goal in tight competitive environments. Players should be encouraged to be aggressive going towards goal.

After the players warm up and get many touches on the ball players should be prepared to have an attacking mentality. They must be able to make quick decisions with the ball under pressure and required to challenge themselves by thinking ahead as they approach confrontations with defenders. In these exercises it is important that players are required to use speed so they can replicate game like environments.

Warm-up – Review dribbling moves 2-4 times each / Stretch - 30 minutes

### 12 Soccer Moves

#### Attacking Moves – Eight This Session

1. Body Fake
2. Step Over (Half Scissors)
3. Full Scissors (Scissors, Ronaldo)
4. Matthews
5. Reverse Matthews
6. Snake
7. Helicopter (Maradona)
8. 360

#### Retreating Moves – Four This Session

1. Cryuff
2. Rivelino
3. Pull Back
4. Pirouette

Using and incorporating the moves used this week players can better prepare for maneuvering around defenders. It should be noted that players should use these steps in their approach to defenders.

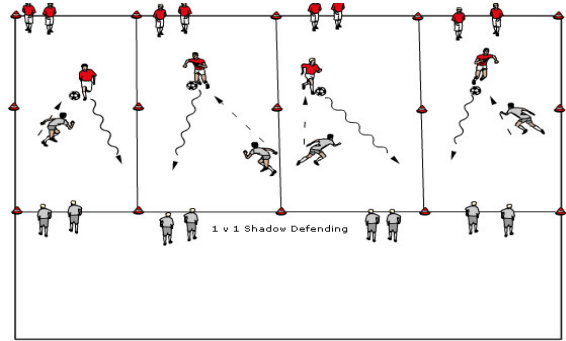
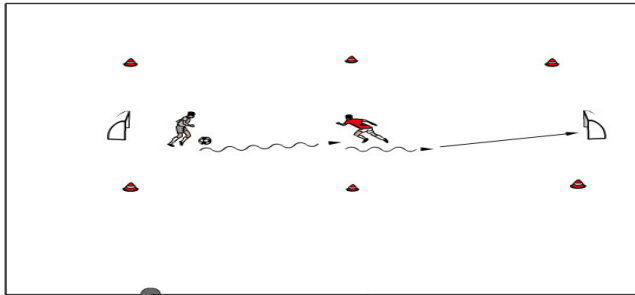
1. Controlled approach with speed
2. Use a move/fake
3. Change direction
4. Change speed
5. Get behind a defender

### Goalkeepers

Today - Closing down angles, Shot Stopping, Diving, one on one with attacker.  
Organizing Defenders, Coming off the goal line, shot stopping, distribution.

#### Tomorrow -

Keeper Wars, Footwork, Pressure Training, 50 save day  
Crosses, Punching, Catching, Parrying, Reactions, Communication



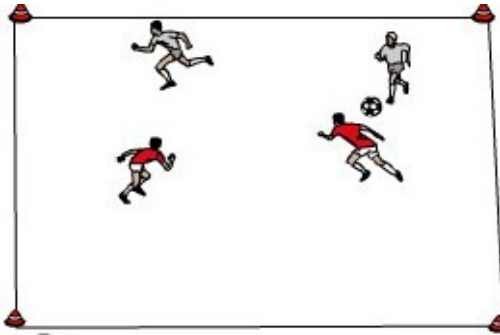
**1 v 1 – 10-15 minutes**

Groups of four to six players switch 1 v 1 games. Each game is two minutes then two new players play. This focuses on obtaining good shooting habits and developing instincts in front of goal. It is a constant 1v1 situation with a new set of two players ready after the one on one game has taken place. Focus on being able to see the goal and seeking goal scoring opportunities every time you have a chance to win the ball. The most important aspect of this is no fear in taking on the opponent and seeking first look/first shot which is important with all forwards.

Remember to have the players to think ahead of what they want to do then use instincts when taking on an opponent.

**Coaching Points –**

- Attack the front foot when the defender has committed if not before
- Close control
- Vary the surface
- Wrong foot the defender by constantly changing position of the ball
- Placement versus power

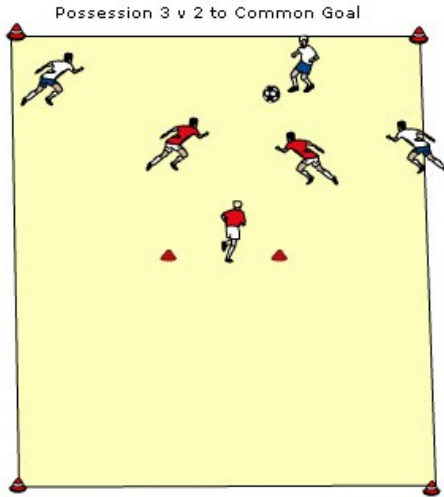


**2 v 2 to Lines – 10 to 15 minutes**

Put players into pairs to play 2 v 2 and carry on the attacking themes for dribbling over the line to score. This provides a wide target and space awareness for dribbling and exploiting space. In this exercise players should understand when to dribble, when to pass, when to combine, when to dribble for possession, when to dribble for speed, when to shield and, what moves/feints work in each situation. 2V2 in an area 10x12 or 12 x 15.

**Coaching Points**

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Freeing yourself up
- Opportunistic
- Dribble, pass, or combine

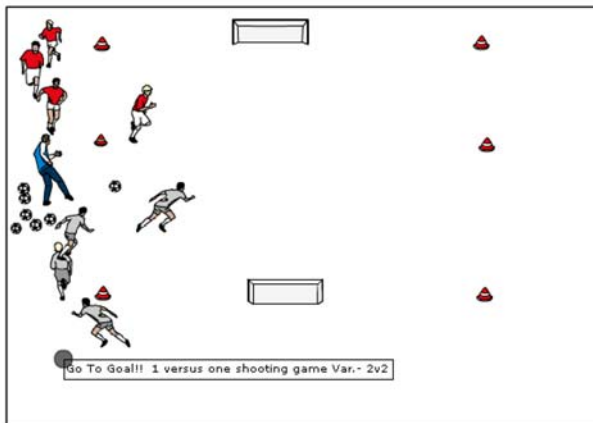


**3 v 2 to Common Goal - 10-15 minutes**

Field size should be 20X35. Two teams of three play to a small common goal. Each team can only score from their own side of the field. One player can play in goal. Make sure the goal is big enough so that players can score. In this game the understanding, awareness, and vision of where the extra attacker is will help teams take advantage of the numbers up situation. Players should be focused on positioning so they can score (body position and field position). Players should be encouraged to communicate and change roles constantly from attack to defense and from defense to attack. No players can run through the goal. Cannot pas through the goal as well

**Coaching Points**

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Freeing yourself up
- Opportunistic
- Dribble, pass, or combine
- Body Position (to shoot)
- Field position – to be able to find the ball to shoot

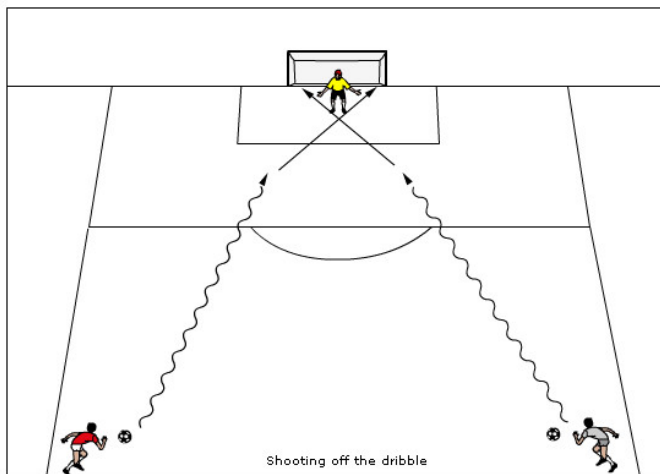


**1v1 or 2v2 competitive games to Small goals – 10-15 minutes**

2 v 2 and carry on the attacking themes for dribbling over the line to score. This provides a wide target and space awareness for dribbling and exploiting space. In this exercise players should understand when to dribble, when to pass, when to combine, when to dribble for possession, when to dribble for speed, when to shield and, what moves/feints work in each situation. 2V2 in an area 10x12 or 12 x 15.

**Coaching Points**

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Freeing yourself up
- Opportunistic
- Dribble, pass, or combine

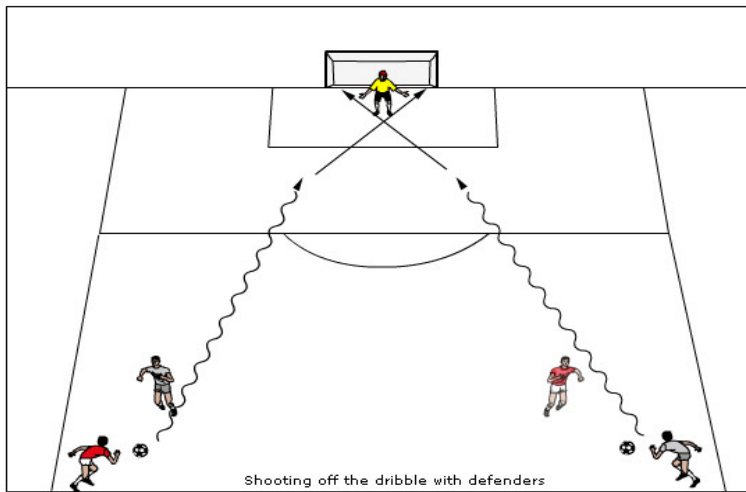


**Shooting to (two small goals connected together) with goalkeepers no defenders**

10-15 minutes

**Coaching Points – Focus on Technique and shooting at speed**

1. Approach the ball at a slight angle
2. Plant foot next to ball pointed in direction of target
3. Ankle locked
4. Body over ball – momentum forward
5. Follow through
6. Land on kicking foot
7. Watch ball
8. Placement versus power



**1 v 1 – 10 to 15 minutes**

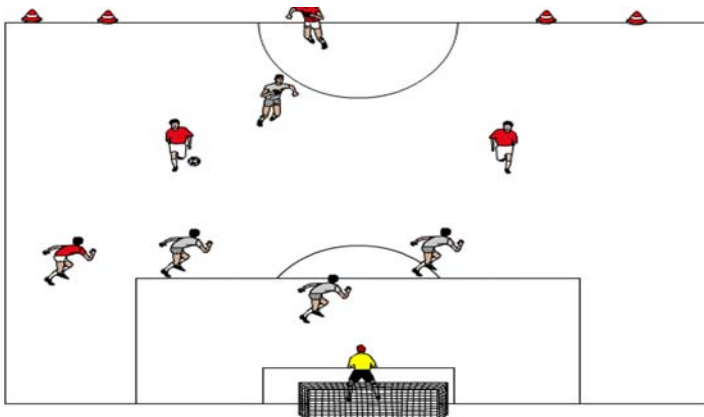
Groups of four to six players switch 1 v 1 duels. Alternated sides for each shot. This focuses on obtaining good shooting habits and developing instincts in front of goal. It is a constant 1v1 situation with a new set of two players ready after the one on one game has taken place. Focus on being able to see the goal and seeking goal scoring opportunities every time you have a chance to win the ball. The most important aspect of this is no fear in taking on the opponent and seeking first look/first shot which is important with all forwards.

Remember to have the players to think ahead of what they want to do then use instincts when taking on an opponent.

**Coaching Points –**

- **Attack the front foot when the defender has committed if not before**
- **Close control**
- **Vary the surface**
- **Wrong foot the defender by constantly changing position of the ball**

**Attack and Counterattack**



4 v 4 to goal (10-15 Minutes) - This exercise allows for counter attacks in the wide channels (both teams should switch).

**Sample Coaching Points (focus on a few)**

- Proper Technique
- Preparation Touch
- Vision
- Dribbling with controlled speed vs. dribbling for possession
- Freeing yourself up
- Opportunistic
- Switch the point of attack
- Dribble, pass, or combine
- Body Position (to shoot)
- Field position – to be able to find the ball to shoot

**Final Games to Small Goals – 30 Minutes**

**Cool Down – Review 5-10 minutes**