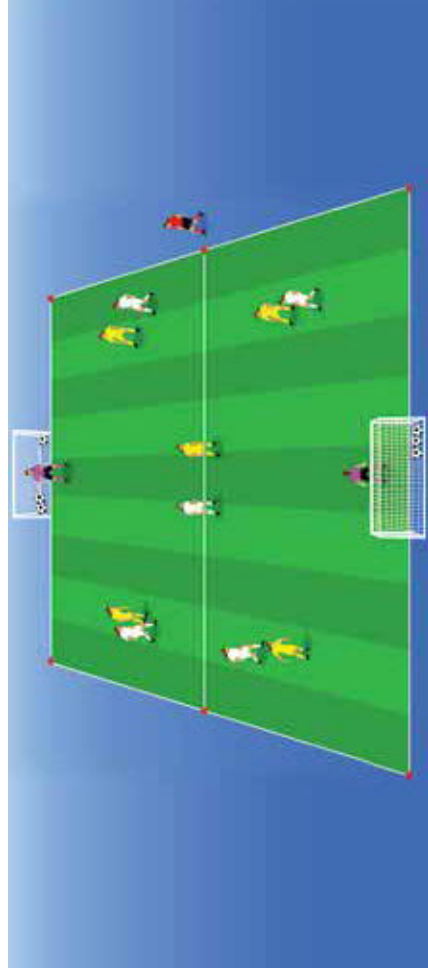


STRIKING THE BALL

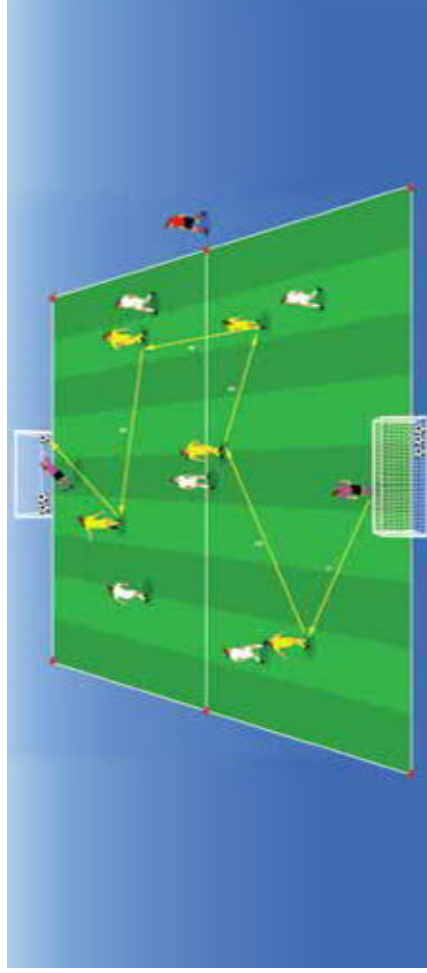
10
MINUTES

Recognition Phase: Game

Passing accuracy | **Interception**



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Suggested equipment list:

- 20 cones, 17 balls, 8-12 portable poles, 2 sets of bibs, 2-4 portable goals

Grid size:

- Create a 30 x 40 metre game (guide only)

Explanation:

- Divide squad into 2 equal teams: 6 versus 6 including GKs for a squad of 12
- Teams to play normal game rules for the first five minutes
- To maximise game time, there is the option for the goalkeepers to start/ re-start play (place balls near the goals)

Scoring system:

- Regular rules for first five minutes; all goals worth 1 point
- After 5 minutes, reward 3 points for a goal scored by any team after five successful passes. This 'incentive' maximises passing practice attempts
- Any other goal scored is worth 1 point to allow freedom of expression

Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Reduce/increase number of passes for bonus points
- Neutral player/s for attacking team (1 or 2)
- Create two games of 3v3 including GKs for a squad of 12

Key Coaching Points:

- Encourage players to face the target when striking the ball
- Praise efforts to strike the ball with different parts of their foot
- Encourage players to transfer weight forward when striking the ball