



Diagonal Runs - Advanced

Level: Warm Up with Ball

Objective: Finishing in the final 3rd

Organisation:

Area 30 x 30. Players in two lines A & B. Players from line A pass the ball across to the players in line B.

Once players from A pass the ball to B they then make a diagonal run across the flag.

The player in line B passes the ball into the space in front of the player making the diagonal run.

This player then takes maximum two touches before shooting. Players rotate lines. Add a 3rd and 4th player.

Players in line B now have the option of playing the ball as a floated cross all the way across to the attackers making diagonal runs from line D. Alternatively, when a pass is made wide down the line to the players in line A, instead of shooting they can look to play the ball across the goal into the other attackers.

Progression:

Develop reverse runs, with the 2nd attacker switching positions with the 3rd attacker. Flags are taken away.

Coaching Points:

1: Develop the positioning and the timing of the players runs into the box.

2: Technique of shot. Guide the ball towards the goal from the cross. Use the inside foot to develop accuracy. Keep the ball low by stepping close to the ball, not leaning back and locking the ankle and leg on contact with the ball.

3: Accuracy and technique over power, aim for the corners of the goals - Time the shot.

4: Reactions to be ready for any rebounds.

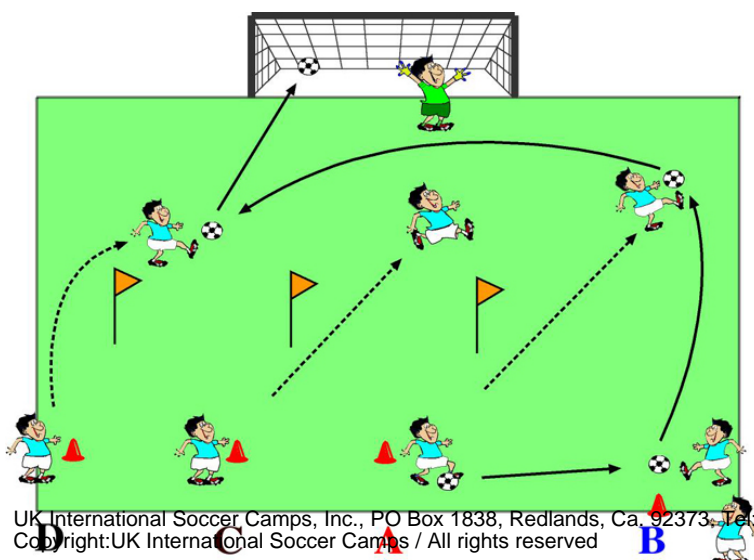




Table Fussball

Level: Technique with Passive Pressure

Objective: Creating shooting chances

Organisation:

Set out an area 40 x 20 yards with four, ten yard zones marked.

Position groups of 3 and 2 in the zones as shown in the diagram.

Players must stay in their designated zones.

Keepers can distribute the ball into any zone.

The object is for the team in possession to get the ball forward as quickly as possible into the attacker who can shoot to score.

Rotate the players so they play in different positions.

Coaching Points:

1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

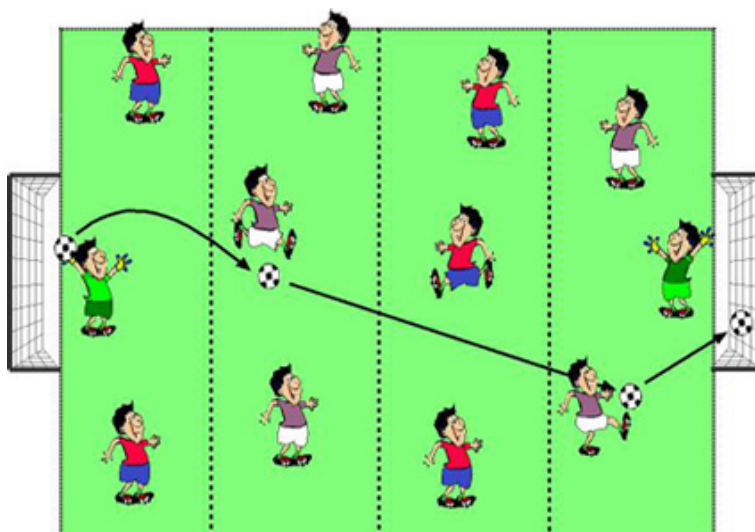
2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.

5: Anticipate: Look for rebounds off the GK.

6: Forward players create space as unit: check in / out, width and depth, interchange positions.





Shooting with defending pressure

Level: Technique with Full Pressure

Objective: Pressuring the ball to block a shot.

Organisation:

Place two cones around 20 to 30 yards away from the goal posts. Split equal numbers of players on each cone. The players on the cone nearest the goal are the defenders and the others; the attackers. The drill begins by the defender passing the ball to the attacker who attempts to score. The defender can pressure the attacker as soon as the ball is passed. To make defending harder, only allow the defender to defend after the attacker has touched the ball.

Coaching Points:

1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Anticipate: Look for rebounds off the GK.

5: Create space: Width and depth to attack. This creates more space and passing / shooting options.





Shoot on Sight

Level: Small Sided Game

Objective: Taking shooting opportunities

Organisation:

Set out an area 50 x 30 yards Position a two-way goal on the halfway line. Make a 5-yard area either side of the goal (no mans land). Play 3v1 either side of this line. The attacking players in possession attempt to get a shot on goal after 3 passes against the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Once the shot is taken play is resumed naturally or with keeper feeding on the other side of the goal.

Coaching Points:

1: Accuracy before power: Build up power of strikes

2: Create space: Width and depth, interchanging position, combination play ideas.

3: ABCs of finishing: A-adjust body; B-basic technique; C-cleverness inventive ways to get the ball past the keeper.

4: Shoot on sight: Remember you don't have to beat the player just create enough space for shooting opportunity.

5: Positive: Run at the defenders diagonally to open up space.

6: Anticipate: Look for rebounds off the keeper.

