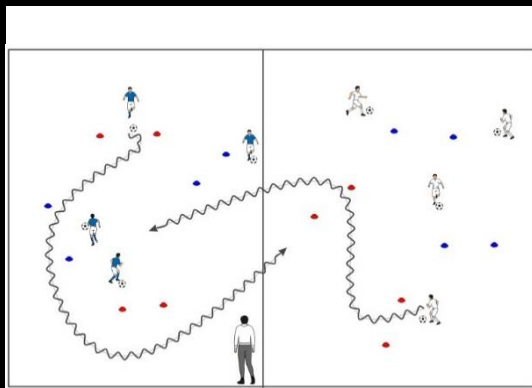
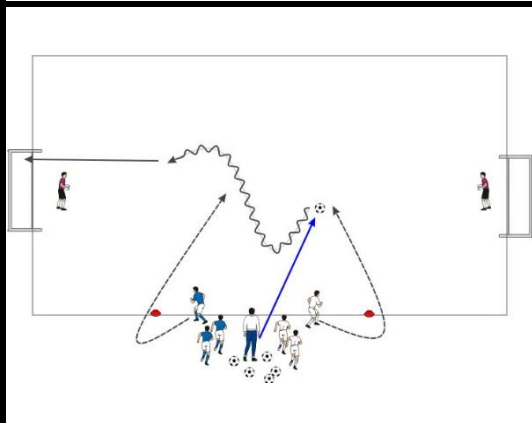




Purpose of this session is to *develop passing/finishing technique while running with the ball*. Although we are shooting on goal, we are not yet *teaching* striking with the shoelaces. If a player is dribbling towards the GK, a more effective finish is to calmly place it away from the GK. Adjust the activities for your level. Some teams may not be ready for 1v1+GK, and need to go 1vGK or 1v1, no GK. Remember Approach/Kick/Follow through from last week. **Coaching Points are important!**

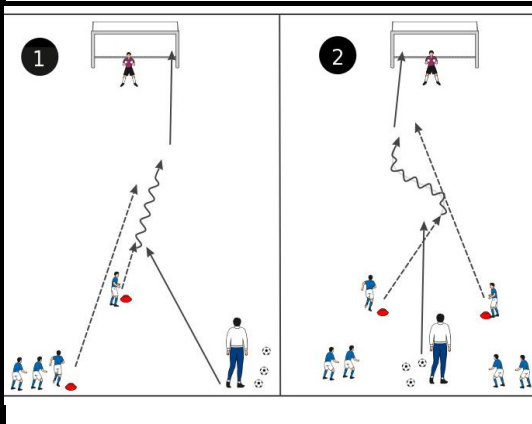


I. WARM-UP Move: In/In/Out Game: Breakaway Gates 25 minutes
EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Breakaway Gates"
What: Players divided into 2 rectangles. ~4 gates per side. 1 ball per player.
How: Players dribble through gates. Play numerous rounds of each variation.
1: Coach calls "Breakaway!" and players dribble to opposite side without losing control or hitting other players. **2:** Players must dribble through 3-5 gates before crossing to other side, then repeat. **3:** Designate 1 defender on each side, who can block gates (cannot steal). Also option to put defenders on center line, can move laterally to block crossing players.



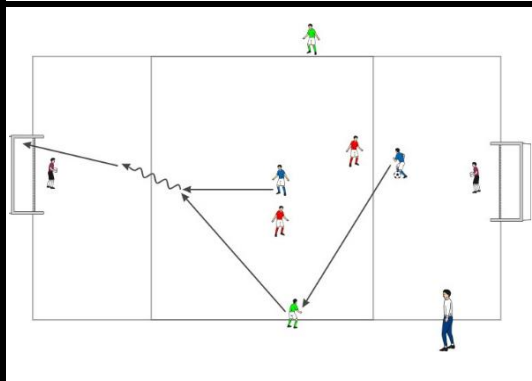
II. SMALL-SIDED ACTIVITY Game: 1v1 to Goal 15 minutes
What: Field 20+ yds long. Regulation size goals with GKs (can start w/o GKs).
How: Coach feeds into field, players enter by running around cone. **Progressions:** **1:** Player can score in EITHER goal. **2:** Once goal is scored, coach feeds to defending player who scores on opposite goal (no defender, new defender or old defender is fine). **3:** Player must score on opposite goal. **4:** Player can use GK to play 2v1
Why/CPs: First touch to space (direction). Slow to fast (speed). Be calm before finishing. Approach/Kick/Follow through

Note: Again, run 1v1 to work for your session, but make sure to create a breakaway situation. *Layer in* your progressions to never give too complex an activity



III. EXPANDED ACTIVITY Game: 5v1 line defender 15 minutes
What: Field ~25 yds long. Regulation goals with GKs (can start w/o GKs) on 1 end.
How: **Activity 1:** Coach feeds in front of player, defender chases from ~5 yds back. **Activity 2:** Players line up 5 yards apart, coach feeds through for a 50/50. First player to touch tries to score.
Why/CPs: First touch towards goal. Check for, then cut off defender's route to ball ("Block defender") Be calm before finishing. Approach/Kick/Follow through. Deception/fake before finishing (kicking or body fake)

Note: These situations will come up often in games. The trick is not "shooting" into the goal, it's actually "passing" with pace. Try to coach the attacker to shield while dribbling forward and approach/kick/follow through



IV. GAME Game: Possession to Goal 20 minutes
What: Long field, with at least 10 yards on each end. Regulation goals with GKs, plus Bumpers. Even numbers in field (2v2, 3v3). If odd numbers, coach plays as bumper.
How: Scrimmage, but defenders cannot enter end zone, players need to be passed in or dribble past the line to go on goal. Rotate bumpers/GKs.
Why/CPs: Same as above. Also, head up to look for gaps to penetrate
Note: Play whatever final free play game that suits your team best, but make sure it creates opportunities to score in a breakaway setting. Important to have a long field to create space to "get in behind"