



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up: Players responsibility.			
			Expect the players to take charge of themselves.
2 Activity #2			
<p>Organization: Playing Rules: X/T starts each build up. X/T can pass to the strikers (on the ground), but not on the first ball. 4/5 passes to X/T from O = goal. Play rounds to two or three goals. 2 corners = goal - Don't take corners!</p>	<p>18 yds</p> <p>~10-15 yds</p> <p>~20-25 yds</p> <p>44 yds</p>	<p>GK</p>	<p>Even numbers</p> <p>MF numbers can be from 3v2 to 3v4 to balance between challenge and success.</p> <p>Coaching Points Vision and patience to pick out the strikers. Strikers create space to show for balls to feet, or make diagonal runs into channels. Develop combination ideas. Attack with speed, but recycle as necessary when attack stalls.</p>
<p>X/T ..... X/T</p> <p>Balls <i>on the ground</i> to the strikers trigger the end of the build-up and the beginning of the attack. Midfield players can/should combine with strikers. Play out each attack to its natural conclusion Maintain midfield balance in attack.</p>			

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Lesson Plan



Topic: Finding & combining w/strikers

Age: U15

<b>3 Activity #3</b>																															
<p>Organization: General organizational rules, as Activity #2 above.</p>	<p>~24 yds</p> <div style="border: 1px solid black; width: 200px; height: 100px; margin: 0 auto; text-align: center; line-height: 100px;">GK</div>		<p>Defenders should not be restricted to playing on the midfield zone. In the building-up area, play between 4v3 and 4v5, as necessary, to balance success and challenge. Be careful of “requiring” balls be played to forwards; allowing midfielders to get forward as the game dictates should open up natural options to the strikers.</p>																												
	<p>~30 yds</p> <div style="text-align: center; margin-top: 20px;"> <table style="margin: 0 auto; border-collapse: collapse;"> <tr> <td></td><td></td><td>O</td><td>O</td><td>O</td><td></td></tr> <tr> <td></td><td></td><td>X</td><td></td><td>X</td><td></td></tr> <tr> <td></td><td>O</td><td></td><td>O</td><td></td><td>O</td></tr> <tr> <td>X</td><td></td><td>X</td><td></td><td>O</td><td>X</td></tr> <tr> <td></td><td></td><td></td><td>X</td><td></td><td></td></tr> </table> </div> <p style="text-align: center; margin-top: 20px;">X/T .....X/T</p>				O	O	O				X		X			O		O		O	X		X		O	X				X	
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<b>4 Activity #4: 11v11</b>																															
<p>Regulation pitch</p>	<p>Add a “no press” zone at 20yds from half way to develop more frequent possession in the back/midfield. No press rule applies to GK possessions and outbound throw-ins.</p>		<p>Play by FIFA Laws of the Game.</p>																												
<b>5 Cool-Down</b>																															
	<p>Rhythmic exercises at a slow pace. Static stretching exercises.</p>	<p>Rehydrate!</p>	<p>Lower the heart rate to below 100 beats per minute.</p>																												