



Coach Megan Johnson

Session date

3.14.15

Time available

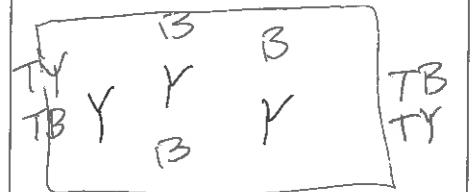
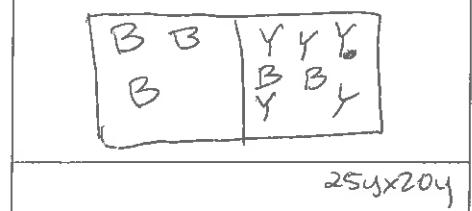
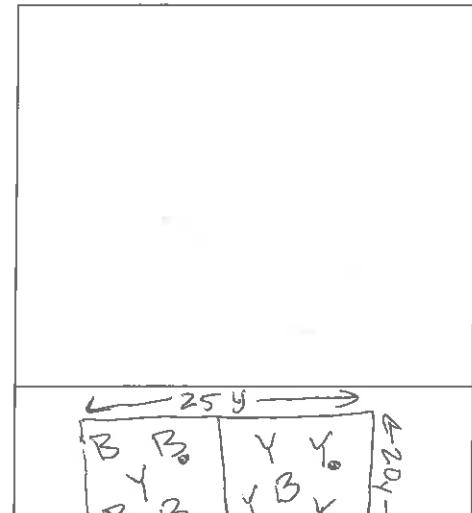


Topic

Attacking Team Shape

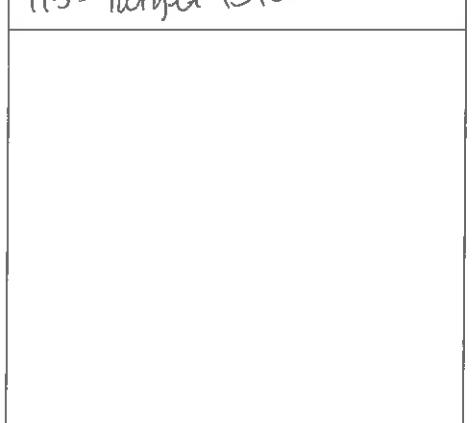
Technical / Tactical

Tactical / Technical



TY = Target Yellow

TB = Target Blue



WARM-UP	
Organization	Key Coaching Points
<ul style="list-style-type: none"> - Fifa 11+ Warm up - Groups of 3-4, pass & move 	<ul style="list-style-type: none"> - movement off ball - quick touches - call for ball
ACTIVITY 1	
Organization	Key Coaching Points
<ul style="list-style-type: none"> - Blue v Yellow - Each team sends one defender over - First team to connect 4 passes gets 1 point. Switch defenses after each round - Team w/ball try to connect 4 passes. Other team sends over 2 defenders - Other team tries to win ball & send back to their end 	<ul style="list-style-type: none"> - Make runs to create open space (options) - Don't hide behind own ranks - Communication defense - team that lost the ball sends 2 defenders
ACTIVITY 2	
Organization	Key Coaching Points
<ul style="list-style-type: none"> - Blue v Yellow - Each team has 1 player start on baseline - Player who plays ball to target, becomes the target - 2 touch max, except for target - if switch from one end to other 	<ul style="list-style-type: none"> - Target player active open space to draw defense in - Team shape: width, support (Balance the field)
GAME	
Organization	Key Coaching Points
<ul style="list-style-type: none"> - 7v7 + GKs 	<ul style="list-style-type: none"> - Team shape - Balance field