

ONE OF FOUR

Improve attacking play in a conditioned game

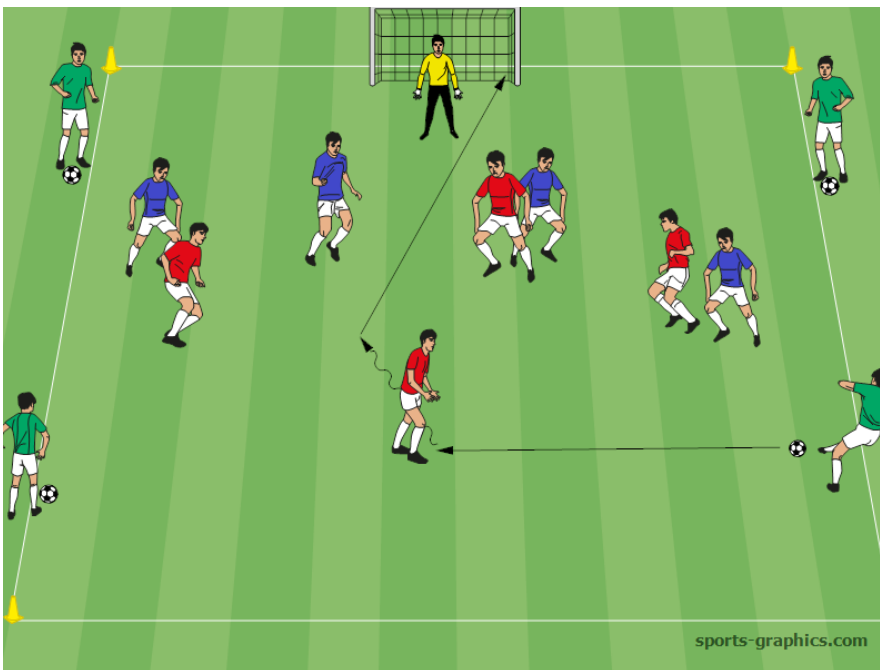
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Shooting

Combination Play



Set up a 30x25 playing area with a goal and goalkeeper at one end.

Adjust size of playing area if necessary.

Divide players into three equal teams.

In this practice, the four green players are arranged on the outside of the area with a ball each and are the triggers for the attacking team.

The attacking team (red) receive one ball at a time and try to score as quickly as possible using good shooting technique.

The defending team try to win the ball and kick it out of play.

After the attacking team has attempted to score using all four balls, the roles are switched between the three teams.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



Modified Small Sided Game

LEARNING OUTCOMES

- Finishing under pressure.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- Improve team work.
- Technical refinement particularly passing and receiving.
- Working as a unit.

KEY FACTORS

- Be positive
- Communication
- Good first touch
- Head up
- Movement
- Quality of pass
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Angles and distance of support.
- Attackers timing of movement.
- Communication between players.
- Decision making.
- Encourage clever and inventive individual and combination plays by the attackers.
- Encourage following in for rebounds.
- Encourage use of both feet.
- End product - hit the target.
- Make play unpredictable.
- Quick decision making.

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