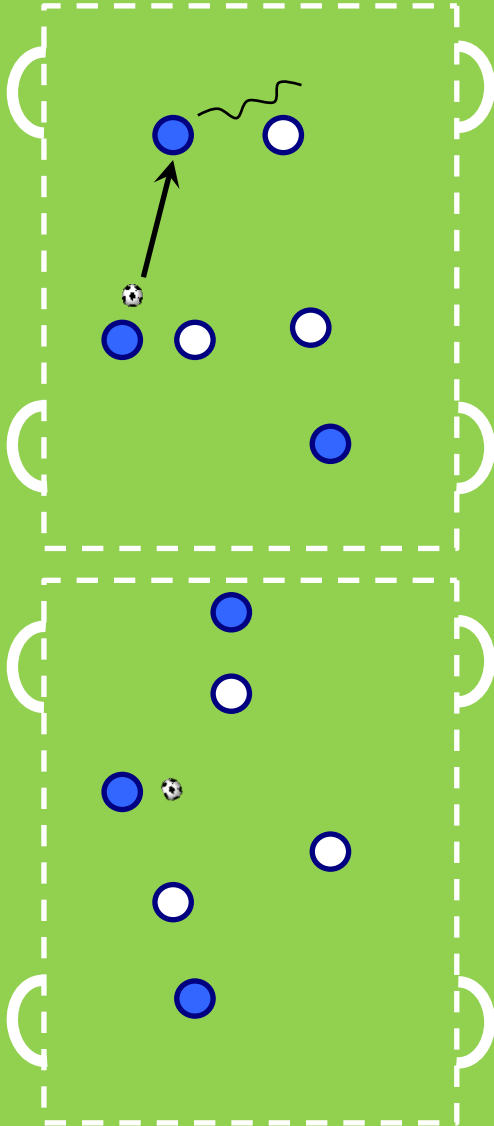


2v2v2v2

Teams of 2 (or 3)
Players may score on either net
Scoring team becomes goalies
Use side by side games with a large group

Coaching Points

Find space for 1v1 opportunities
Recognize and attack quickly in 1v1 situations
Use feints/change of direction to beat defender. "Make the defender miss!"

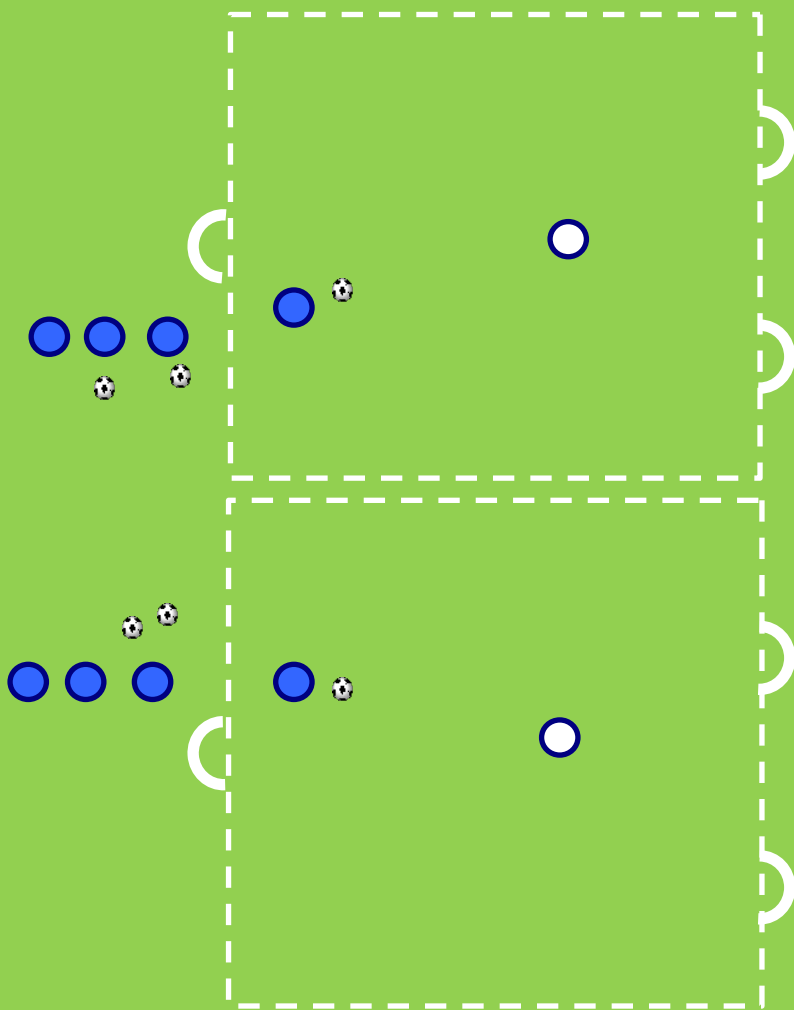


Using width to create 1v1 opportunities

3v3 or 4v4 using a short wide field
Use side by side fields with larger groups

Coaching points

Use width to find space
Switch the play if there is a roadblock in front of the net
(multiple players)
Find and take 1v1 opportunities



1v1 Continuous

Offensive player brings the ball out as soon as ball goes into net or out of play. Previous offensive player becomes defender. Previous defender fetches ball.

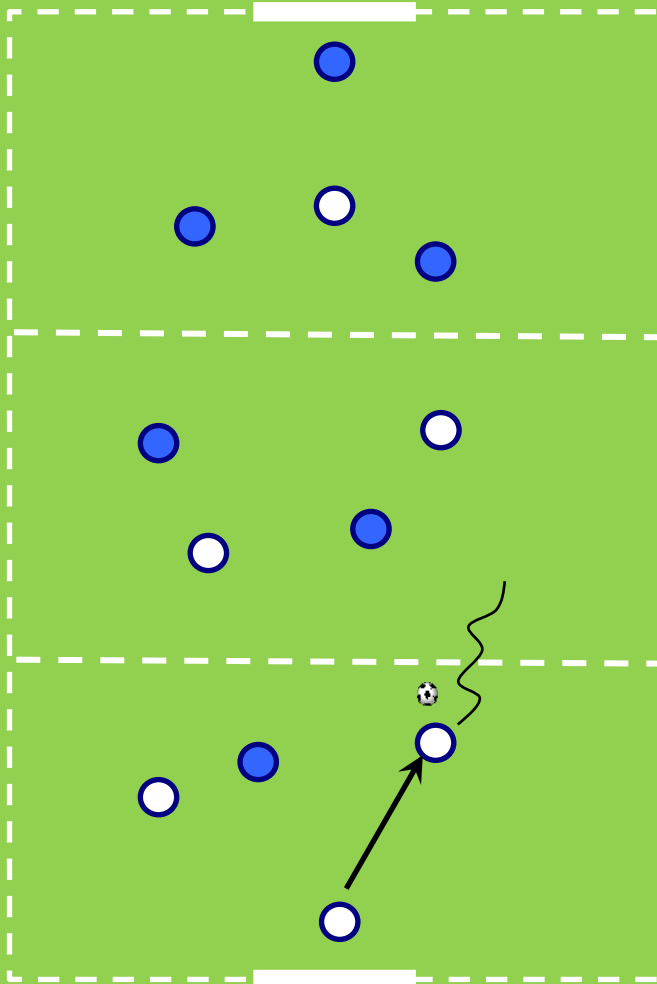
Use side by side fields for larger groups

Coaching points

Positive first touch

Attack with speed

Use of feints/change of direction: "make the defender miss!"



Game of thirds

4v4-6v6. For smaller groups, play without goalies and/or 1-2-1.

Players must dribble the ball across the line to move from one grid to the next to create a players-up situation in next grid. If ball is lost, players must return to their original grid.

Use players-up situation to spread defenders and to make space

For younger groups, or to begin, players can stay in their own grids and move the ball across the line with a pass

Encourage players to shoot from anywhere

Coaching points

Find and take 1v1 opportunities

Encourage players to dribble quickly at opponents

Use feints and change of direction to beat defenders
“make defender miss!”