



Date: 6/04/20 **Duration:** N/A

Time: N/A Age/Level: Session **Objective:**

Finishing

1v1 Transition



Description: Set up an area with small goals on either end. One the sides are dribbling unopposed to score in the small goal on opposite end of the area. Player 1 scores, and then player 2 dirbbles out and tries to score a goal, player 1 turns and defends the goal. Cycle continues with attacker immediately becoming the defender each time.

Passing to Goal



Description: Centerback starts with the ball. The forward to check to the ball, as they are doing that, the CB passes to their feet. When the forward receives the ball, the winger makes a run toward the top of the goal box, and the forward passes them the ball. The winger then looks to finishing the ball into the goal.

Players rotate from CB to Forward to Winger to CB.

2v1 to Goal



Description: Defender (blue team) starts with the ball. The play a pass to either offensive 9red) player, at which point in time the go put pressure on the player who receives the ball. Note that the offensive players must work together to get a shot on goal pas the GK. If the defender wins the ball, they can try and pass through the gates.

Teams switch roles half way through.

Scrimmage



Description: 6v6 scrimmage.