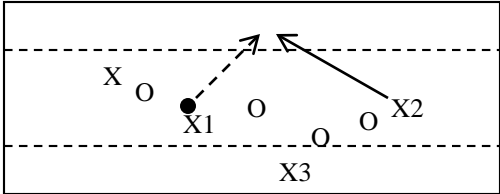
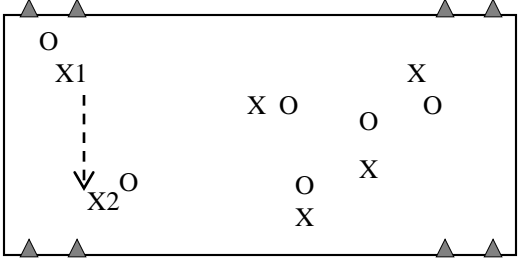
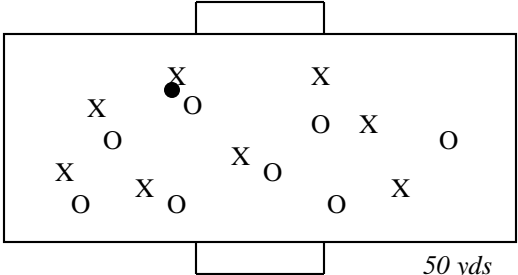


Name: OFC

Topic: Coach to improve depth in attack

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>Two team of 4 playing to targets. Field has area's that player must receive ball in before they go to target.</p> <p>* STRETCH</p>	<p style="text-align: center;">T Organization</p>  <p style="text-align: right;">30 yds</p> <p style="text-align: center;">T 40 yds</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> - (X1) passes to (X2), (X2) must receive the ball in attacking area before playing to target - attacking players can not be in attacking area until the ball is play to the area (through ball) - look for seperation - speed of play
<p>Match Related Activity 15 min.</p> <p>6 v 6 counter goals</p> <ul style="list-style-type: none"> - two touch - movement of the ball 	 <p style="text-align: right;">30 yds</p> <p style="text-align: center;">40 yds</p>	<ul style="list-style-type: none"> - (X1) plays a line ball to (X2) this shows how you can gain field advantage in one pass - look to eliminate players with the pass - look for driven passes
<p>Match Related Activity 20 min.</p> <p>8 v 8 with 2 large goals</p> <ul style="list-style-type: none"> - to help reward players for attacking with depth, no keepers 	 <p style="text-align: right;">40 yds</p> <p style="text-align: center;">50 yds</p>	<ul style="list-style-type: none"> - be patient - maintain team shape - teams playing with 2-3-3 formation - look to play into running players - look for patterns of play
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> - to attack with depth while keeping shape
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	