

**EDUCATE - CONNECT - INSPIRE**

**LYNNFIELD YOUTH SOCCER  
CLUB  
GRADES 1/2**

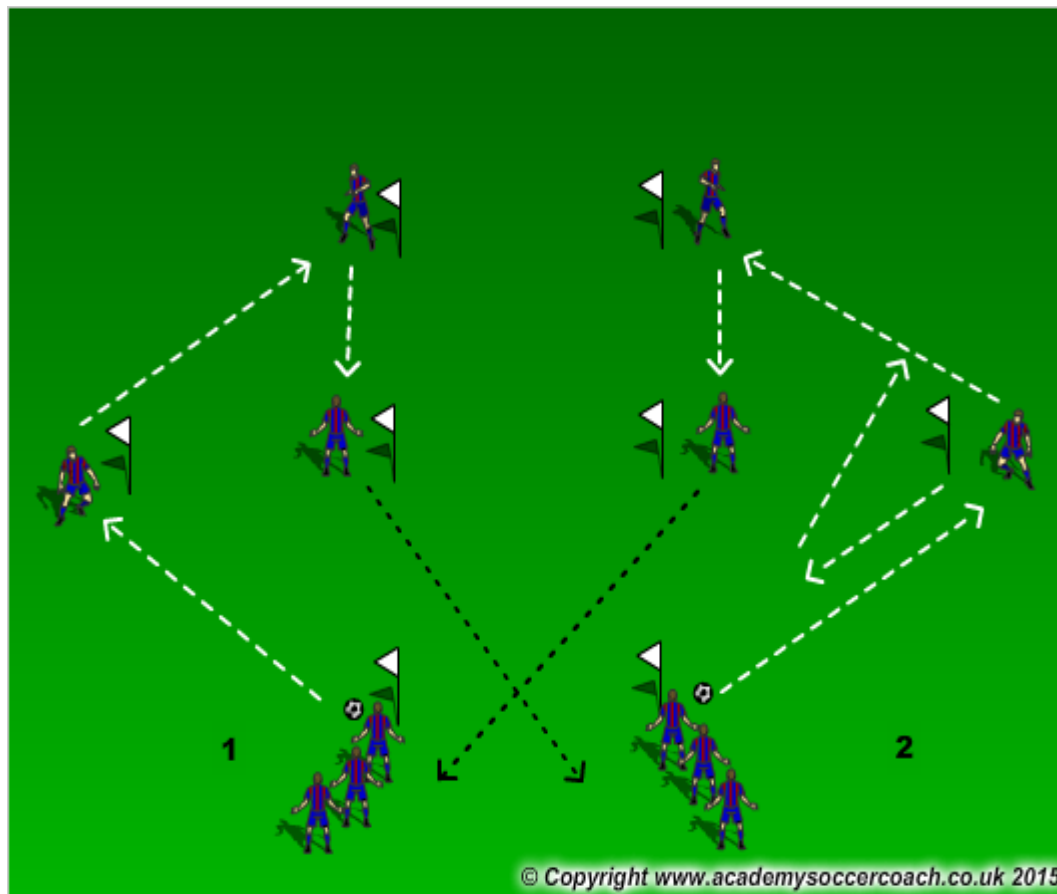


# EDUCATE - CONNECT - INSPIRE

Session Six:  
1 vs 1's and 2 vs 1's: To targets/goals



# PASSING WARM-UP: 2 MAN COMBINATIONS



**Area:** Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

**Description:** Multiple players on 1<sup>st</sup> cone/Flag. All with a ball.  
1 player each on remaining cones/flags

**Phase 1:**

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

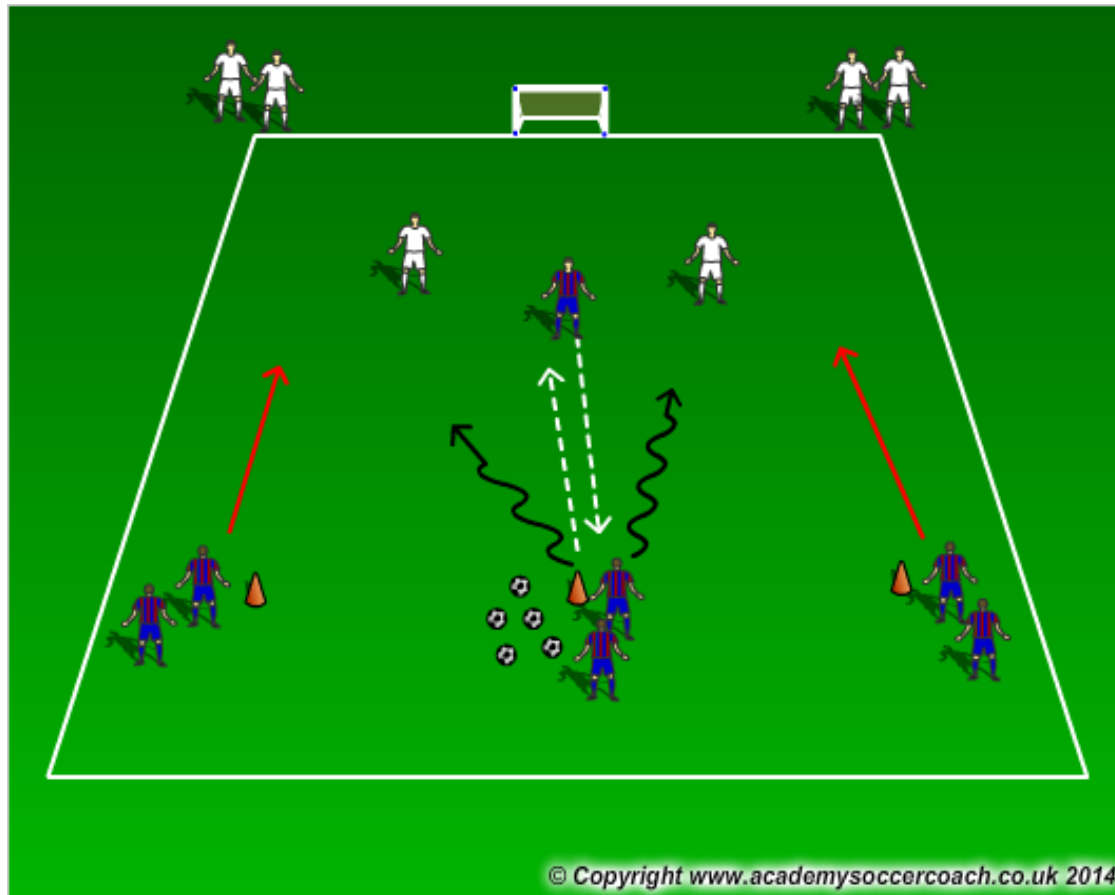
**Phase 2:**

Repeat with player 1 and player 2 combining on a give and go.

**Coaching Points:**

- Quality of the pass – zip it in
- Movement before and after the pass
- First touch in the direction you want to play
- Communicate – demand the ball

# FINISHING: 3 vs 2 or 4 vs 2

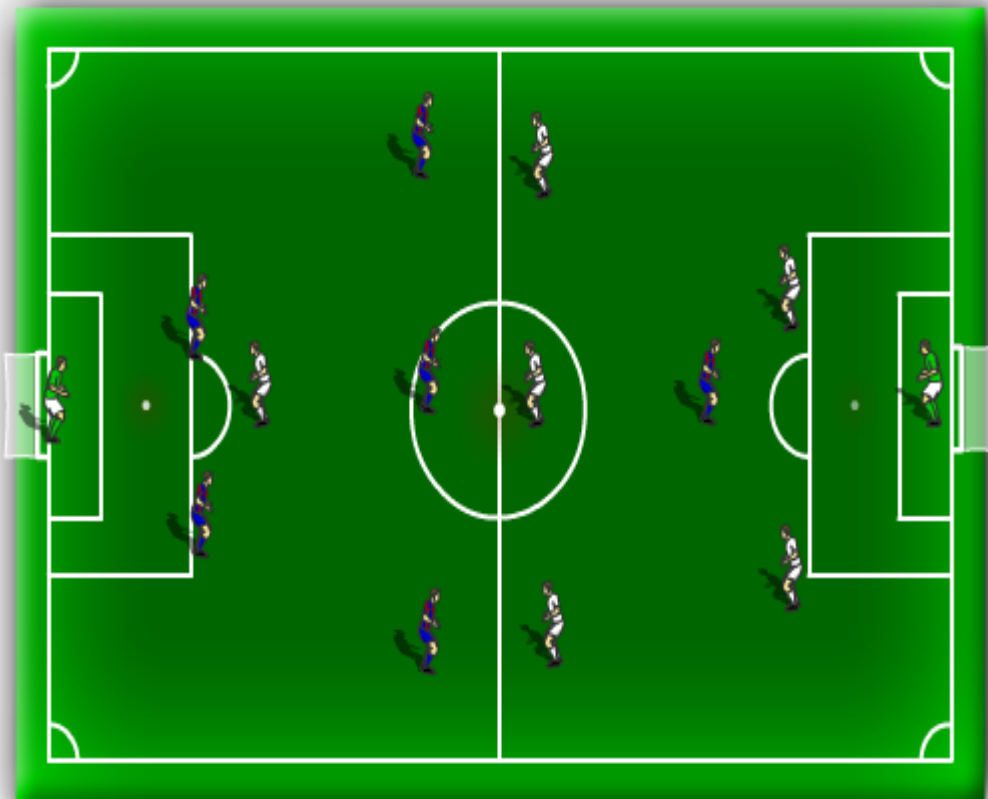


**Set-up:** 40 x 60 yard field. Target goal(s) on end line. Separate players into 2 teams. 1 team of attackers, 1 team of defenders. Defenders line up on opposite sides of the end line. ½ Defenders in the area. Attackers line up at the top of the area at 3 different cones 5-10 yards apart. 1 Attacker to start in the middle of the area between the 2 Defenders Supply of balls with the attackers at the center cone. Add a GK to progress.

**Description:** Center attacker passes the ball into the attacker in the center of the area. The ball is played back and players then attack the goal 4 vs 2. Change the passing combinations and runs. Switch attackers and defenders around every 5-10 minutes.

**Coaching Points:** Passes to be hit with pace. Movement off the ball is as important as the passes. Communicate which run you are making. Attempt to play in 1 or 2 touches. Finish with a shot at the goal.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available. Add points/goals for successful passes ie. 21 point game.