



Team Training Session Plan “Scoring Goals”

The following session was taken from a clinic conducted by Jeff Tipping, Director of Coaching Education for the National Soccer Coaches Association of America (NSCAA) at the 2008 NSCAA Convention in Baltimore, MD

WARMUP PHASE

1. DYNAMIC MOVEMENTS > “Ball to Ball”
 - Place more balls than there are players around a 40 yard x 40 yard grid
 - To start, players line up along side a ball
 - At “Go”, players move from “ball to ball” in the following sequence
 - Jog, Slide/Shuffle Left, Slide/Shuffle Right, Backward Run
2. KICKING TECHNIQUE > “Ball to Ball” (same setup as above)
 - At “Go” players run to a ball and fake kicking it, “freezing” for a count of 1-2-3 before moving to the next ball (**Coaching Point: Emphasize proper technique**)
3. DYNAMIC STRETCHES

TECHNICAL PHASE

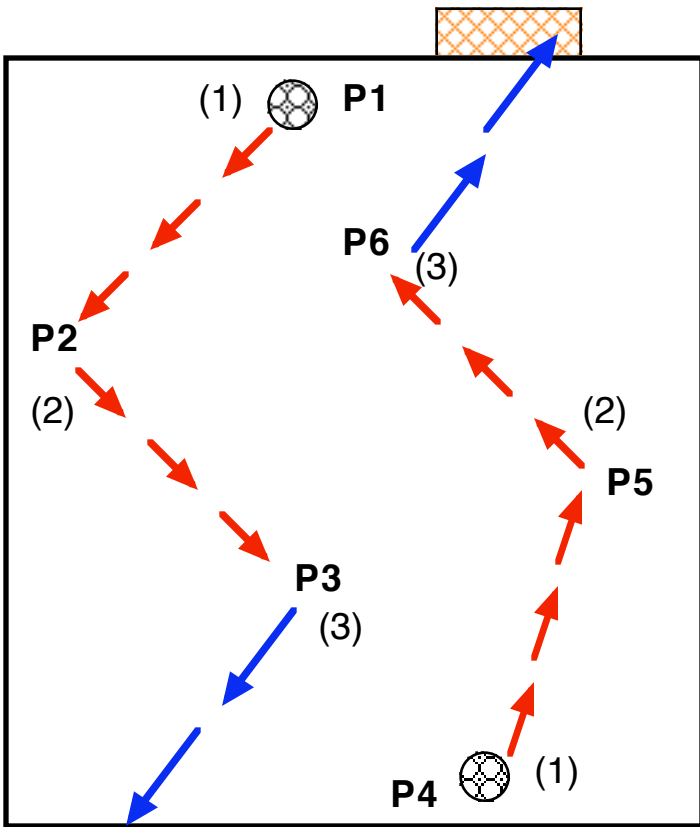
1. KICKING TECHNIQUE > Pairs: Kick and Move
 - Partners face each other 8 yards apart, move from sideline to sideline
 - Player 1, facing the direction of movement, kicks ball to partner, who traps ball, leaves it, and runs backwards toward opposite sideline, Player 2 follows
 - Start with inside-of-foot shot; Progress to outside-of-foot, to laces
2. KICKING TECHNIQUE > Trios
 - 3 players, 8 yards apart.....P1 > • < P2 < P3
 - Player 1 kicks to middle player P2, who traps, turns, and shoots to third player, P3, who then restarts the drill; players alternate positions
 - < “The Kenny Dalglish”
 - middle player (P2) receives pass, touches to side with outside of one foot, turns and shoots with opposite foot to Player 3
 - < “The Landon Donovan”
 - P2 receives pass, touches ball out to side with toe of one foot, turns and shoot with opposite foot to Player 3
3. FINISHING TECHNIQUE > “Zig Zag Shooting”
4. FINISHING TECHNIQUE > “Dynamic Duos”

TACTICAL PHASE

1. GAME ONE > 4+1 vs. GK
2. GAME TWO > “4+2 v 4”
3. GAME THREE > “6v6 with Halfway Line & Restrictions”

NOTE: See accompanying sheets -- “Scoring Goals: Diagrams”, “Scoring Goals: Game 1”, “Scoring Goals: Game 2”, and “Scoring Goals: Game 3” for descriptions of diagrams and games. These can be found on TSFT website -- www.totalsoccerft.com

“Scoring Goals” Diagrams



Finishing Technique--“ZIG ZAG”

Setup: 30x30 grid with 2 regulation goals on each endline set in staggered fashion

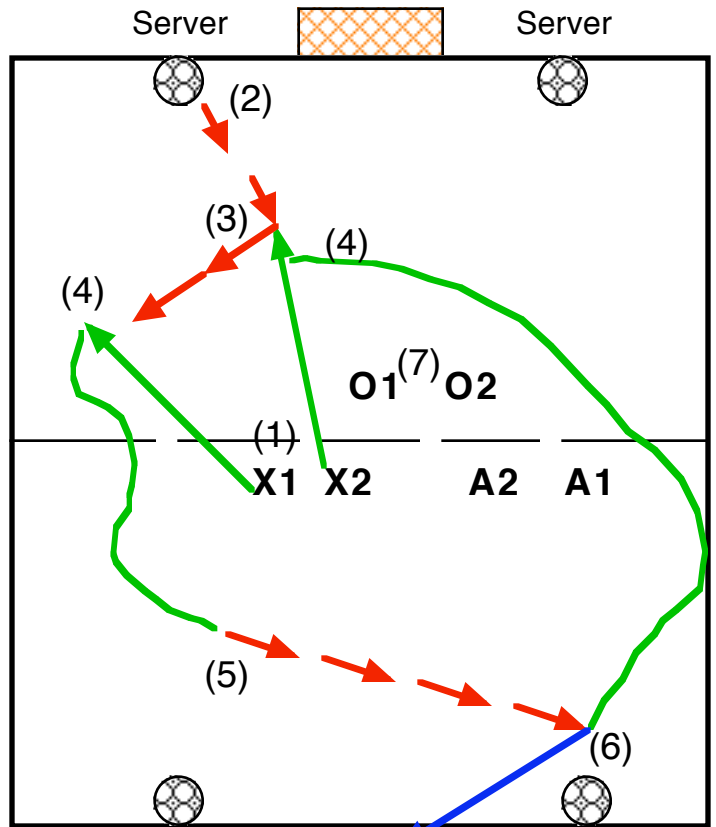
- (1) Players 1 & 4 begin the drill by passing to Players 2 & 5 respectively
- (2) Players 2 & 5 pass to Players 3 & 6 respectively
- (3) Players 3 & 6 shoot on goal

Rotation:

P1 to P2 to P3 to P4 to P5 to P6 to P1

Variation:

- Make one side shoot with left foot, the other side shoot with right foot
- Receive with left foot, shoot with right foot, receive with right, shoot with left



Finishing Technique--“DYNAMIC DUOS”

Setup: Grid is 36 yards long by 44 yards wide (two 18-yard boxes), with regulation goals on each endline

Players: Pair up

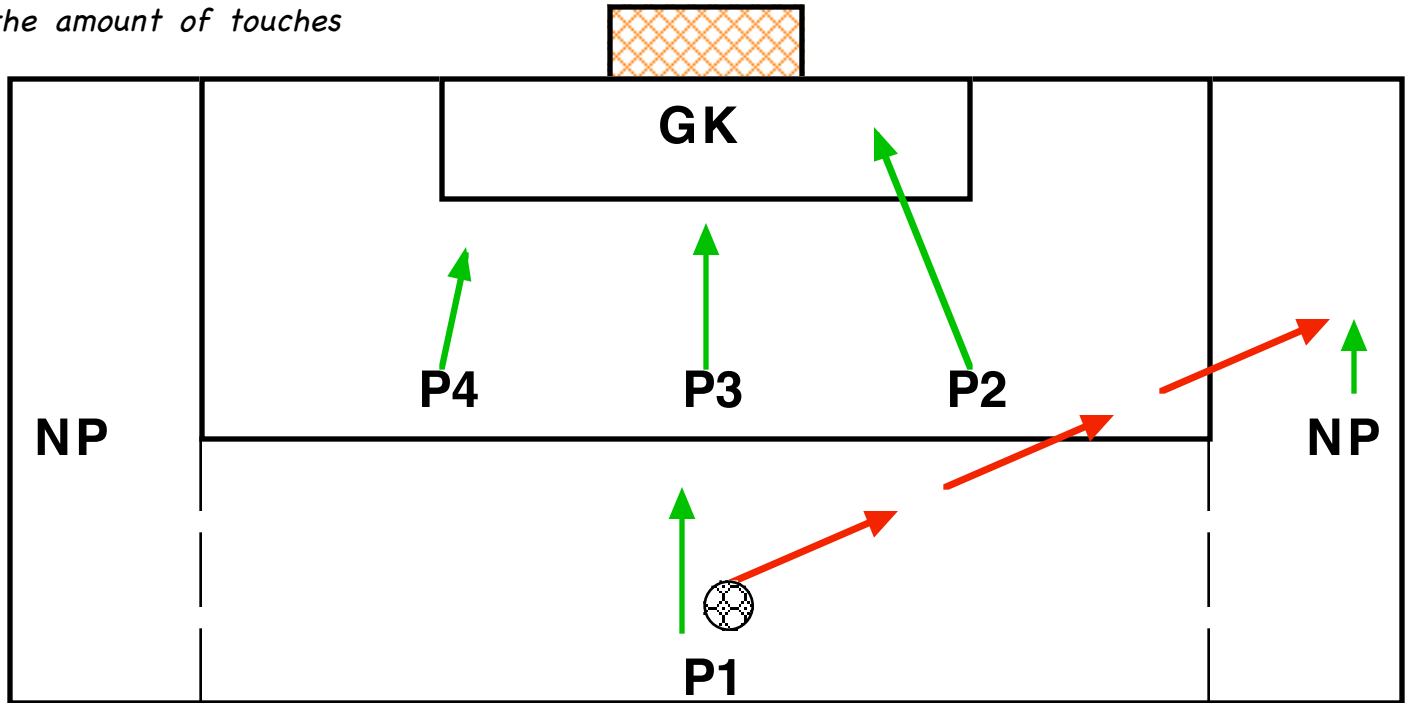
- (1) Partners X1 and X2 break toward server
- (2) Server plays ball to either X1 or X2
- (3) Here, X2 receives from server and plays ball to partner X1
- (4) X1 receives, turns and begins dribbling to goal, while X2 turns and runs to goal
- (5) X1 passes to X2
- (6) X2 shoots on goal
- (7) Next pair goes

Rotation:

Pairs inside grid become servers

**“Scoring Goals”
 Game 1**

This drill/game is designed to teach finishing and can be made to be “advanced” by limiting the amount of touches



GRID SIZE:

> Attacking third of regulation field, with interior grid of 44 yards wide x 30 yards long

NO. OF PLAYERS:

> 7 -- 6 Attackers (3 inside 18 box, 1 at top of box, 2 Neutral Players on flanks), versus 1 Goalkeeper

DRILL:

- > Player 1 starts game by passing down flank to either of the Neutral Players
- > 3 Players inside 18 box attack/frame goal
- > Player 1 moves to top of 18 box
- > Neutral Player crosses into box

GAME:

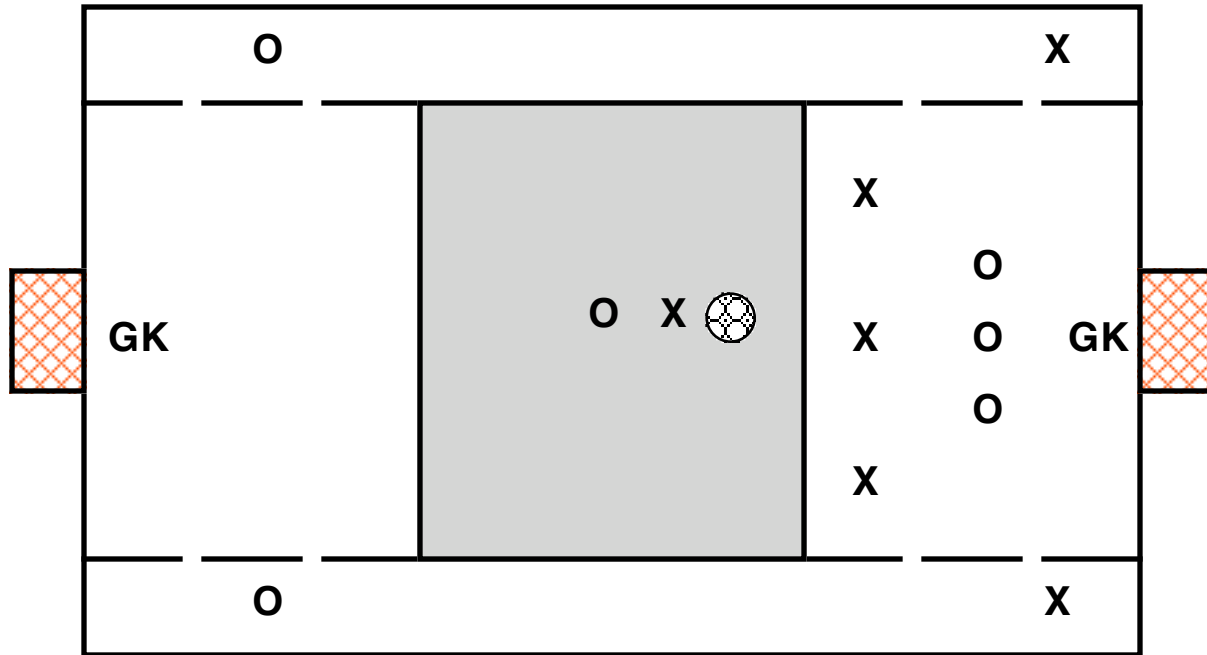
- > Limit touches of Neutral Players (no more than 3)
- > Limit touches of players inside 18 box (no more than 2)
- > Divide players into 2 teams and have timed competition: how many goals can be scored in a certain amount of time

PROGRESSION:

- > add 1 Defender inside 18 box
- > add another Defender who attacks flank/Neutral Player
- > add another Defender for a 2v3 inside the 18 box

“Scoring Goals” Game 2

This game is designed to teach finishing in a small-sided, numbers-up situation



GRID SIZE:

> 54 yards long x 64 yards wide (divided into three equal zones); grid also includes a sideline zone that is 10 yards wide on each side x length of grid (54 yards)

NO. OF PLAYERS:

> 2 teams of 7 (includes goalkeepers)

GAME:

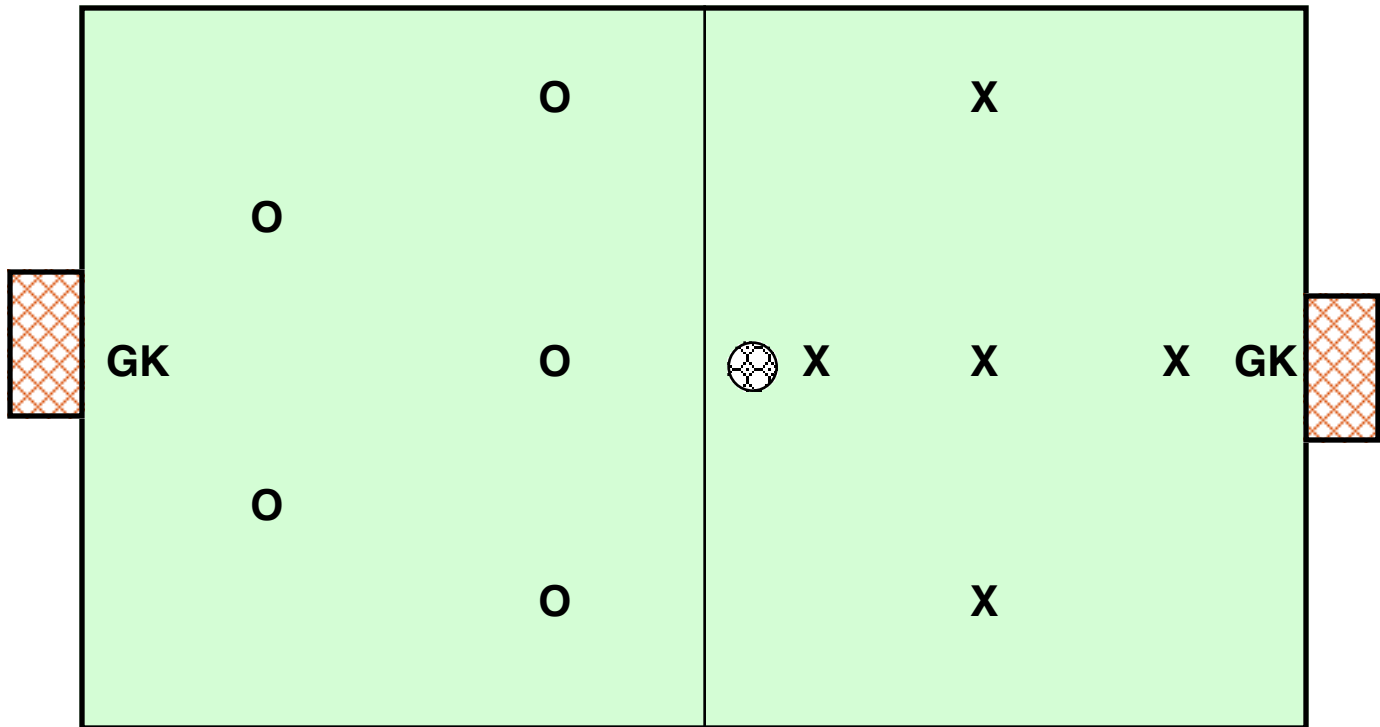
- > Play starts in middle zone (above, Team “X” is on attack vs. defending Team “O”)
- > All players inside attacking zone must remain inside
- > Attacking team can pass ball out to flank players in sideline zone
- > Attacking player who begins drill in middle zone can enter the attacking zone
- > Defending team players have to get ball out to teammate in middle zone
- > Play continues until: goal is scored or defending team successfully gets ball to middle zone
- > Play continues if ball goes out for throw-in (for either team), goal kick (defending team), or corner kick (attacking team)
- > If defending team gets ball into middle zone under possession, teams switch roles

VARIATION (Advanced Play or Fitness Work):

- > If defending team gets ball into middle zone, teams switch roles but play does not stop, as defending team becomes attacking team and immediately moves into other attacking zone
- > This works on quick transition

“Scoring Goals” Game 3

This game is designed to teach finishing and defending in a small-sided situation



FIELD SIZE:

> 60 yards long (with a midfield/center line) x 50 yards wide

NO. OF PLAYERS:

> 2 teams of 6 -- 5 field players in formation (above, a 2-3 vs. 1-3-1) and 1 Goalkeeper

GAME:

- > Teams play a regular (directional) scrimmage
- > All 5 players on attacking team must be in attacking zone (over the midline) for a goal to count; this works on transition as well as attacking and defending

COACHING POINTS:

- > Small-sided play is a good way to teach various attacking and defending principles
- > By playing this game with formations, players learn positional responsibilities
- > Emphasize flank play -- crossing
- > Emphasize defenders moving into the attack
- > Emphasize transitional play