

## Session : Oceanside Coaching Development Package Two

### Description : Oceanside Coaching Development Package Two

Notes :

#### 1 - 2v2 Possession with Targets

##### Duration:

##### Explanation

\* the players inside the area will play two versus two

\* each team will have two targets on the outside

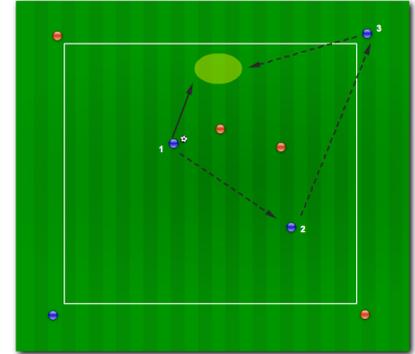
\* the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

##### Coaching Points

\* focus on the shape of the attackers and the movement off the ball

\* assess how the players keep the ball under pressure

\* focus on the defensive pressure and shape of the team without the ball



#### 2 - 2v2 duel plus two side players

##### Duration:

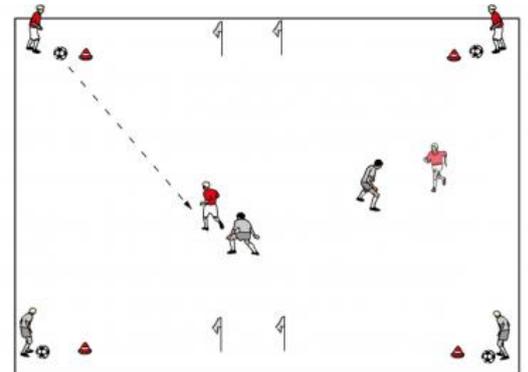
##### Explanation

\* offensive players must create space to receive the ball from the players on the outside and initiate their attack on the opponents goal

##### Coaching Points

\* two attacker split-up to create width and depth prior to receiving the ball play in from the outside players

\* nearest defender to the ball becomes the first defender, while the second defender provides support with respect to the location of the second attacker as well as the location of their respective teammate



#### 3 - 4v4 Plus Two Possession Game

##### Duration:

##### Explanation

- the teams will play four versus four in the area with two neutral players who will support the team with the ball - the aim is to pass the ball into one of the four areas to arrive at the same time as one of the offensive players to score a point - if and when a point is scored the team in possession of the ball will continue to keep the ball in an effort to score more points

##### Coaching Points

- passing accuracy - decision making - movement off the ball - ball control - defensive pressure, intensity and organization



## 4 - Crossing and Finishing

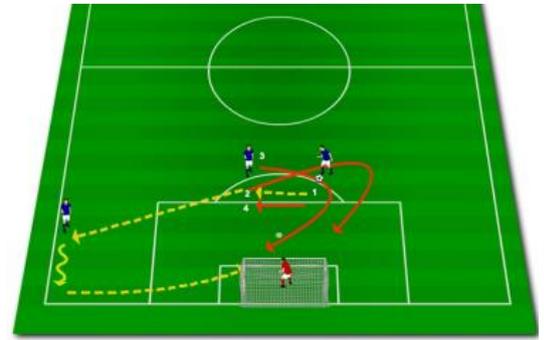
### **Duration:**

### **Explanation**

- \* first player plays the ball along the ground to the second player at the top of the box
- \* this player stops the ball for the first player to approach and play the ball wide with an accurate and effective pass
- \* the wide player controls the ball and attacks the goal line prior to crossing
- \* the first and second players from the top of the box attack the near and far post space

### **Coaching Points**

- \* ensure the central players attack the near post and far post spaces with the appropriate timing and discipline
- \* communication



## 5 - Crossing and Finishing Plus An Extra Shot On Goal

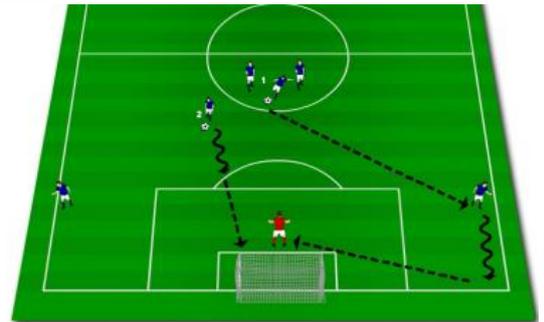
### **Duration:**

### **Explanation**

- \* one of the central players strikes the ball to the wide player
- \* once the ball has been played the three central attackers will attack the near post, far post and area at the top of the penalty box for a cutback
- \* the wide player must control the ball, attack the line and deliver the cross into the area
- \* at the same time, the opposite wide player remains active by joining in the attack when the cross by-passes the area
- \* when the initial attack breakdown, there is

### **Coaching Points**

- \* correct ball striking technique at all times
- \* accuracy of crossing, passing and shooting
- \* timing of runs by the attackers
- \* finishing technique
- \* shot-stopping by the goalkeeper
- \* dealing with crossed balls for the goalkeeper



one additional player who must come towards

## 6 - Crossing Game 4v4 Plus Wide Targets

### **Duration:**

### **Explanation**

- \* the goalkeeper initiates play, but first must establish shape with their team (width and depth)
- \* the ball must be played wide to a target player in the attacking half before the goal can be scored
- \* once the wide player receives the ball attack the crossed ball with defensive pressure
- \* transition from defense to offense in a fast, efficient manner

### **Coaching Points**

- \* accuracy of crossing
- \* timing of runs to goal
- \* defensive shape and communication
- \* distribution from the goalkeeper must maintain possession and encourage flank play



## 7 - 6v6 Small Sided Game- 4 goal game

### Duration:

### Explanation

\* Set up a 6v6 small sided game with a field 40 x 60 (approx)

\* Each team has two goals to attack and defend

\* No goalkeepers

\* Team shape- 2 defenders, 3 midfielders (left, right, and centre player) and 1 striker

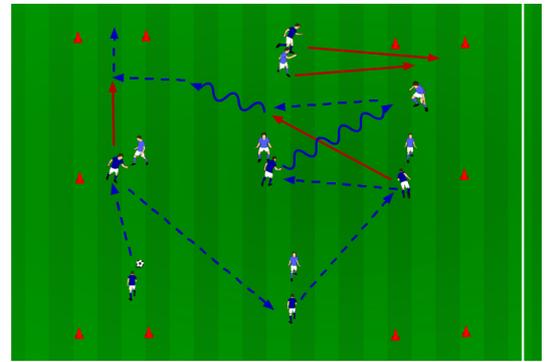
### Coaching Points

'Let Them Play'

\* Encourage interchangeability in positions but keep team shape

\* Encourage players to dribble and beat opponents

\* Encourage players to experiment with various moves and feints



## 8 - Six versus Six Plus Goalkeepers with Restrictions

### Duration:

### Explanation

- each of the teams will start with four players in the neutral or middle zone

- each of the teams will start with an attacker in the attacking zone

- each of the teams will start with a defender in the defensive zone

- the players are restricted to remain in these areas

- when the ball is played from the goalkeeper forwards, the aim is for the team to start the attack by playing from the back, through the midfield (with shape) and into the striker

### Coaching Points

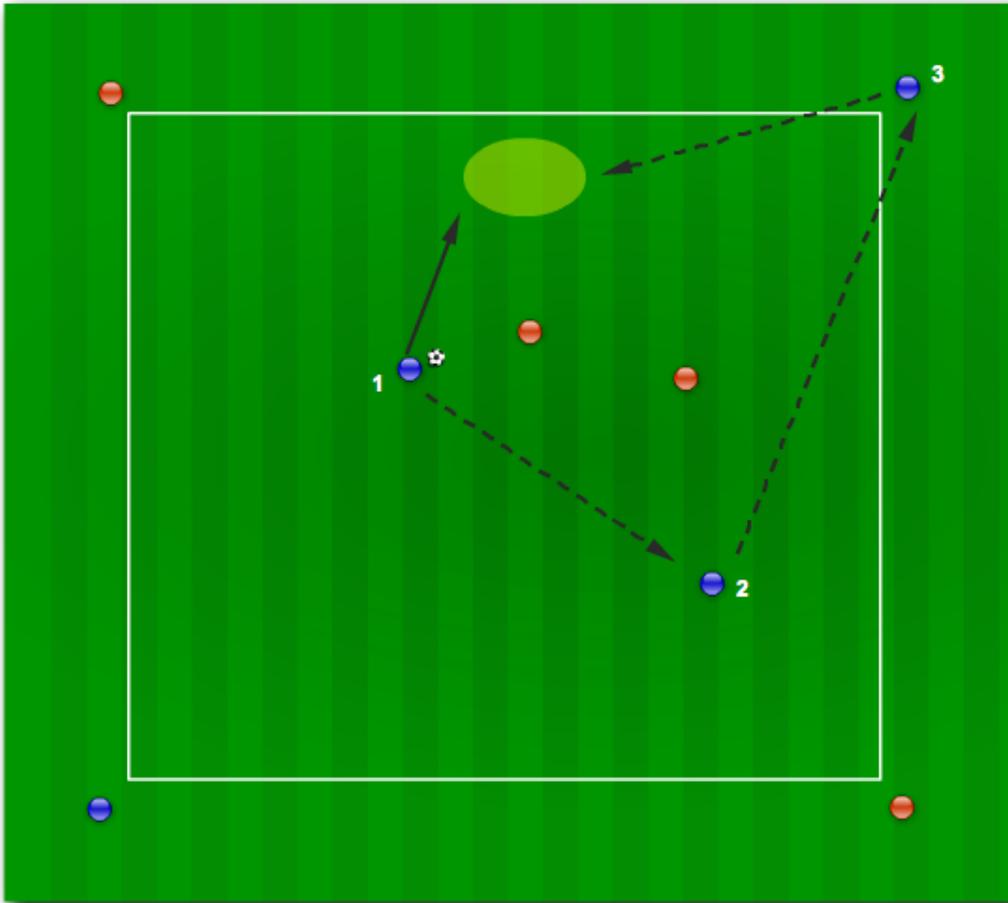
- transitions

- speed of play

- accuracy of passing



## Activity : 2v2 Possession with Targets



### Objectives

- \* passing
- \* movement off the ball
- \* ball control
- \* communication

### Explanation

- \* the players inside the area will play two versus two
- \* each team will have two targets on the outside
- \* the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

### Coaching Points

- \* focus on the shape of the attackers and the movement off the ball
- \* assess how the players keep the ball under pressure
- \* focus on the defensive pressure and shape of the team without the ball

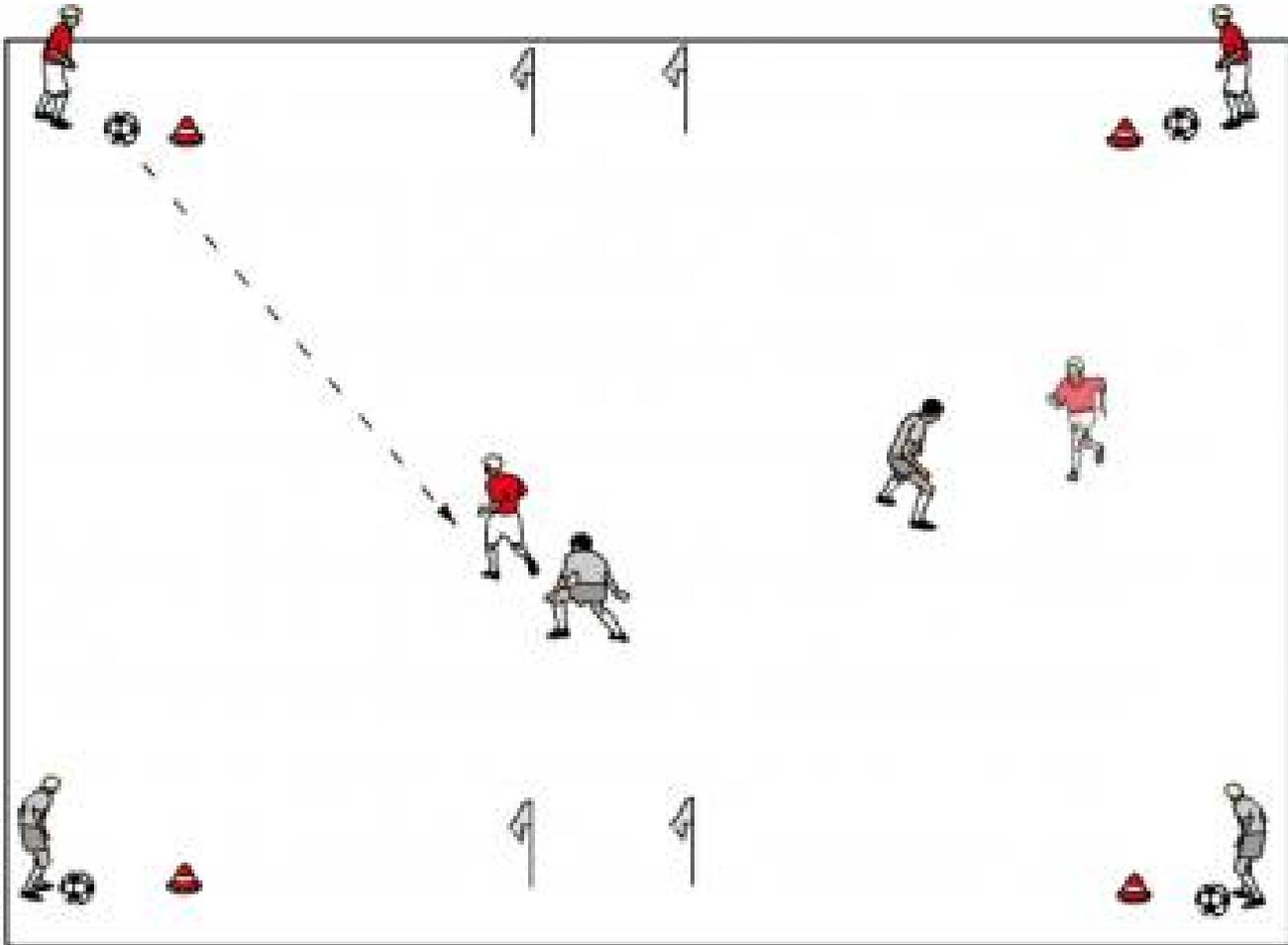
### Progression

- \* restrict the number of touches on the ball

\* do not allow the targets to play to targets

\* score a point when 5 successful passes are made

## Activity : 2v2 duel plus two side players



### Objectives

- \* two versus two inside the grid attacking two small goals
- \* attacking and defending in pairs
- \* transition from offence to defence; defence to offence

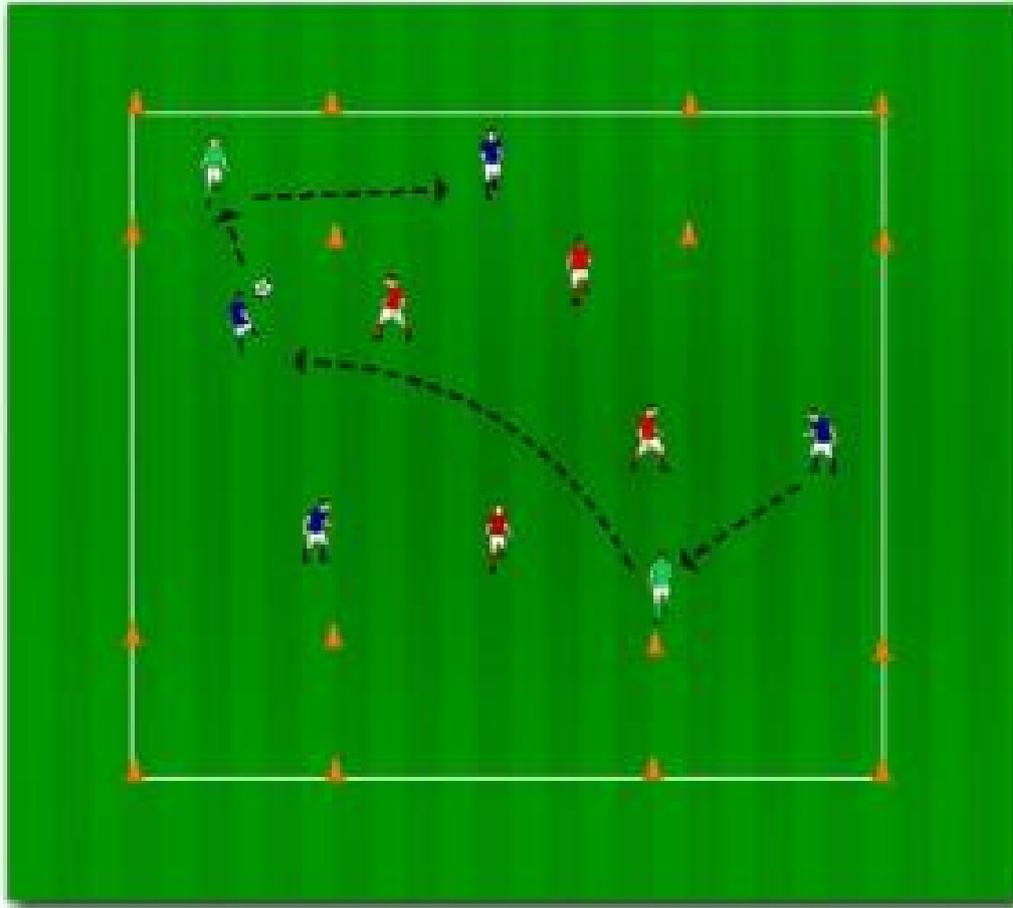
### Explanation

- \* offensive players must create space to receive the ball from the players on the outside and initiate their attack on the opponents goal

### Coaching Points

- \* two attacker split-up to create width and depth prior to receiving the ball play in from the outside players
- \* nearest defender to the ball becomes the first defender, while the second defender provides support with respect to the location of the second attacker as well as the location of their respective teammate

## Activity : 4v4 Plus Two Possession Game



### Objectives

- passing and ball control - movement off the ball - defensive pressure and intensity

### Explanation

- the teams will play four versus four in the area with two neutral players who will support the team with the ball - the aim is to pass the ball into one of the four areas to arrive at the same time as one of the offensive players to score a point - if and when a point is scored the team in possession of the ball will continue to keep the ball in an effort to score more points

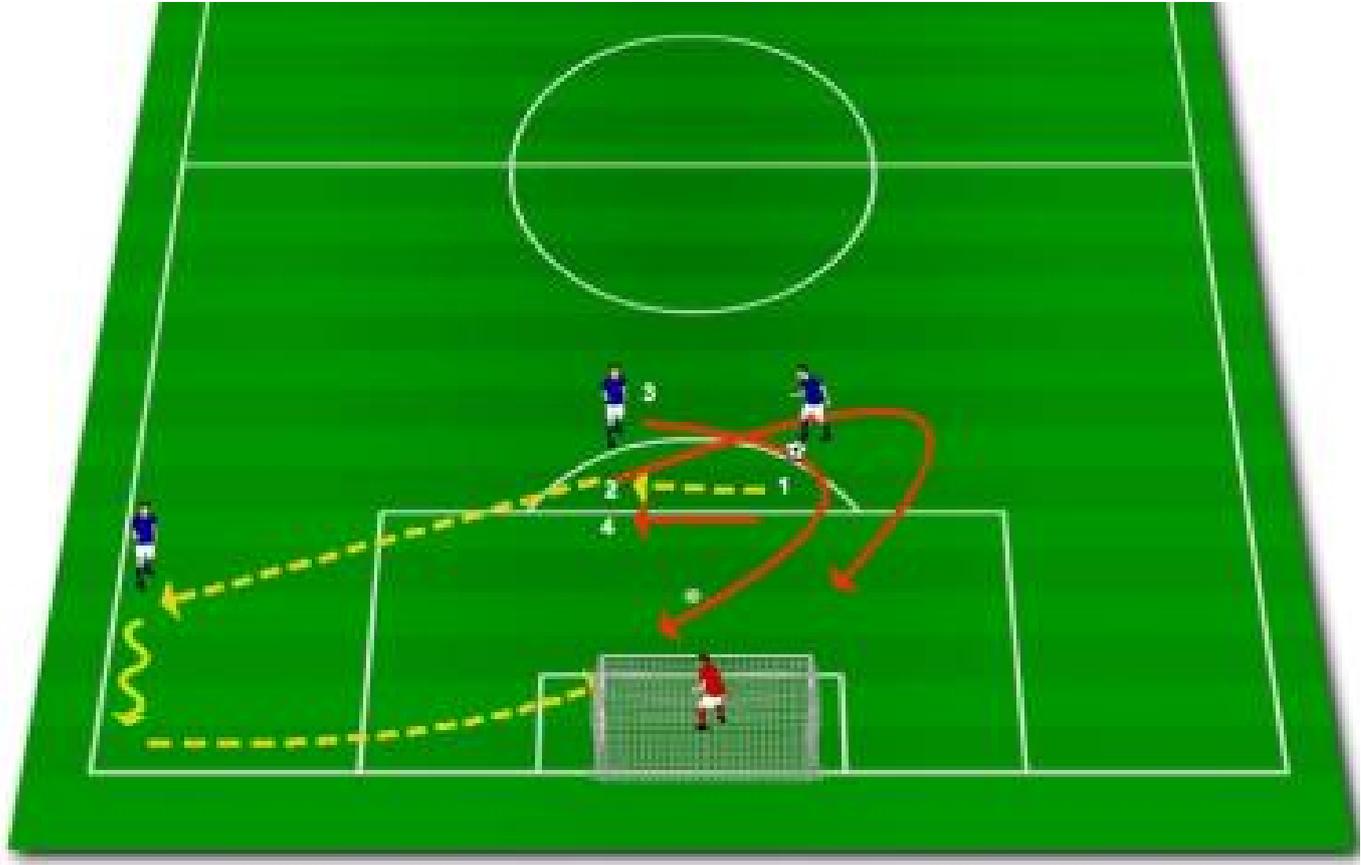
### Coaching Points

- passing accuracy - decision making - movement off the ball - ball control - defensive pressure, intensity and organization

### Progression

- restrict the number of touches each player has on the ball - open touch; 3-touch; 2-touch

## Activity : Crossing and Finishing



### Objectives

- \* to encourage wide play with a direct pass from the central part of the field
- \* a quick combination between the players at the top of the box prior to the pass being made wide
- \* accuracy of crossing and timing of runs

### Explanation

- \* first player plays the ball along the ground to the second player at the top of the box
- \* this player stops the ball for the first player to approach and play the ball wide with an accurate and effective pass
- \* the wide player controls the ball and attacks the goal line prior to crossing
- \* the first and second players from the top of the box attack the near and far post space

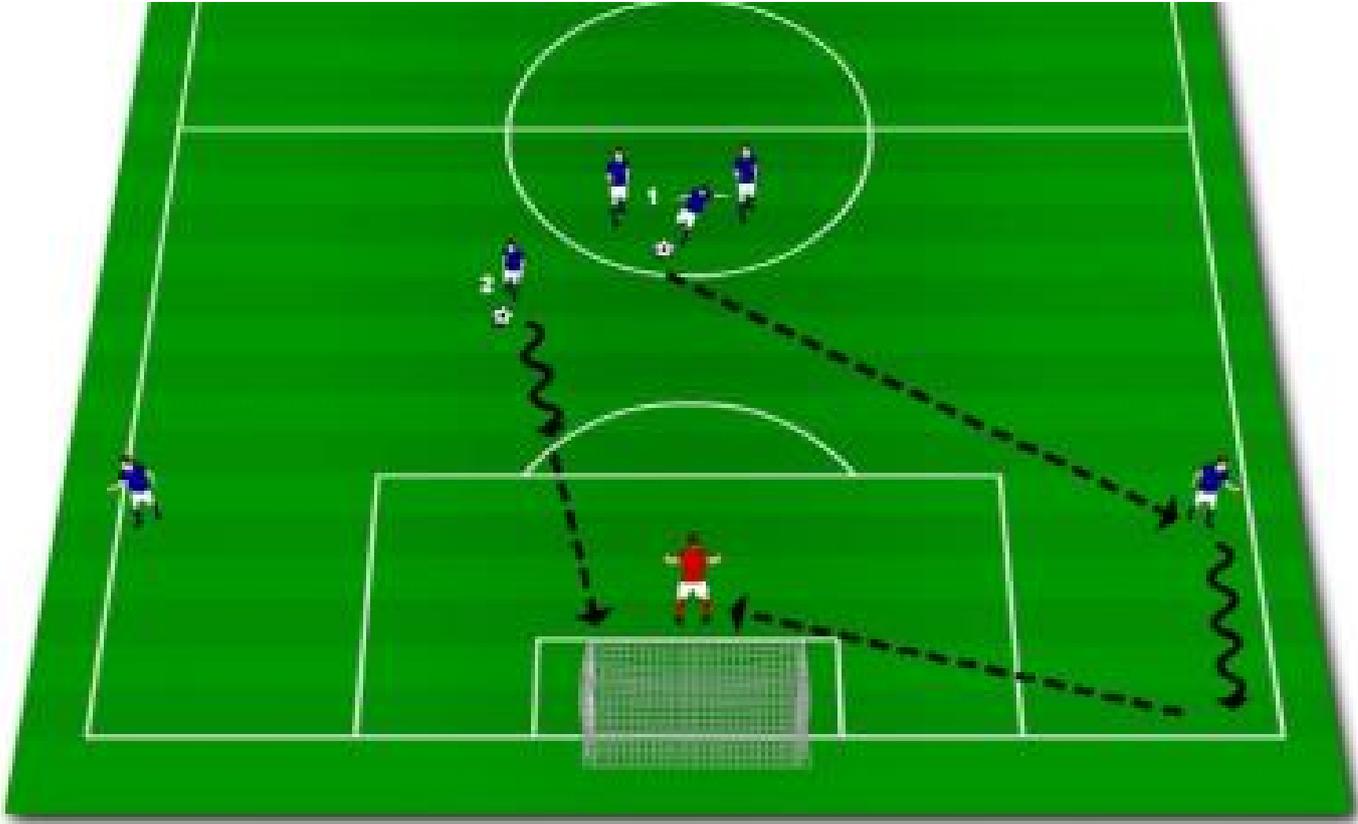
### Coaching Points

- \* ensure the central players attack the near post and far post spaces with the appropriate timing and discipline
- \* communication

### Progression

- \* add a fourth player at the top of the box to make a late run and ask the crossed to cut the ball back to the top of the box for a first time shot

## Activity : Crossing and Finishing Plus An Extra Shot On Goal



### Objectives

- \* passing technique
- \* crossing accuracy
- \* timing and location of runs by attackers
- \* goalkeeping ability to react to the secondary action

### Explanation

- \* one of the central players strikes the ball to the wide player
- \* once the ball has been played the three central attackers will attack the near post, far post and area at the top of the penalty box for a cutback
- \* the wide player must control the ball, attack the line and deliver the cross into the area
- \* at the same time, the opposite wide player remains active by joining in the attack when the cross by-passes the area
- \* when the initial attack breaks down, there is one additional player who must come towards the goal in an attempt to score with a direct shot- all other players are no longer a part of the exercise

### Coaching Points

- \* correct ball striking technique at all times
- \* accuracy of crossing, passing and shooting
- \* timing of runs by the attackers
- \* finishing technique
- \* shot-stopping by the goalkeeper
- \* dealing with crossed balls for the goalkeeper

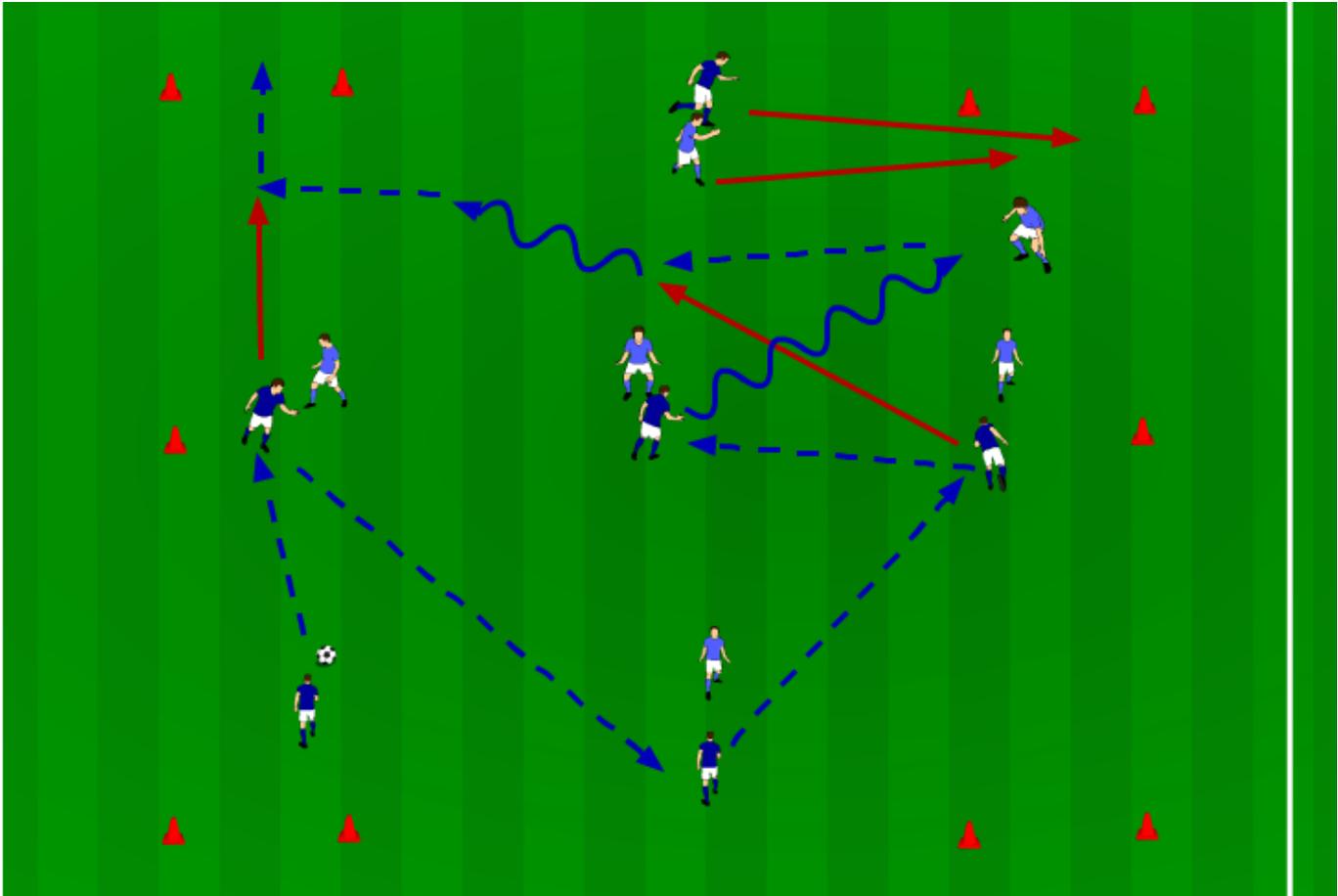
### Progression

- \* add one defender
- \* add two defenders

\* create a competition between teams of defenders and attackers



## Activity : 6v6 Small Sided Game- 4 goal game



### Explanation

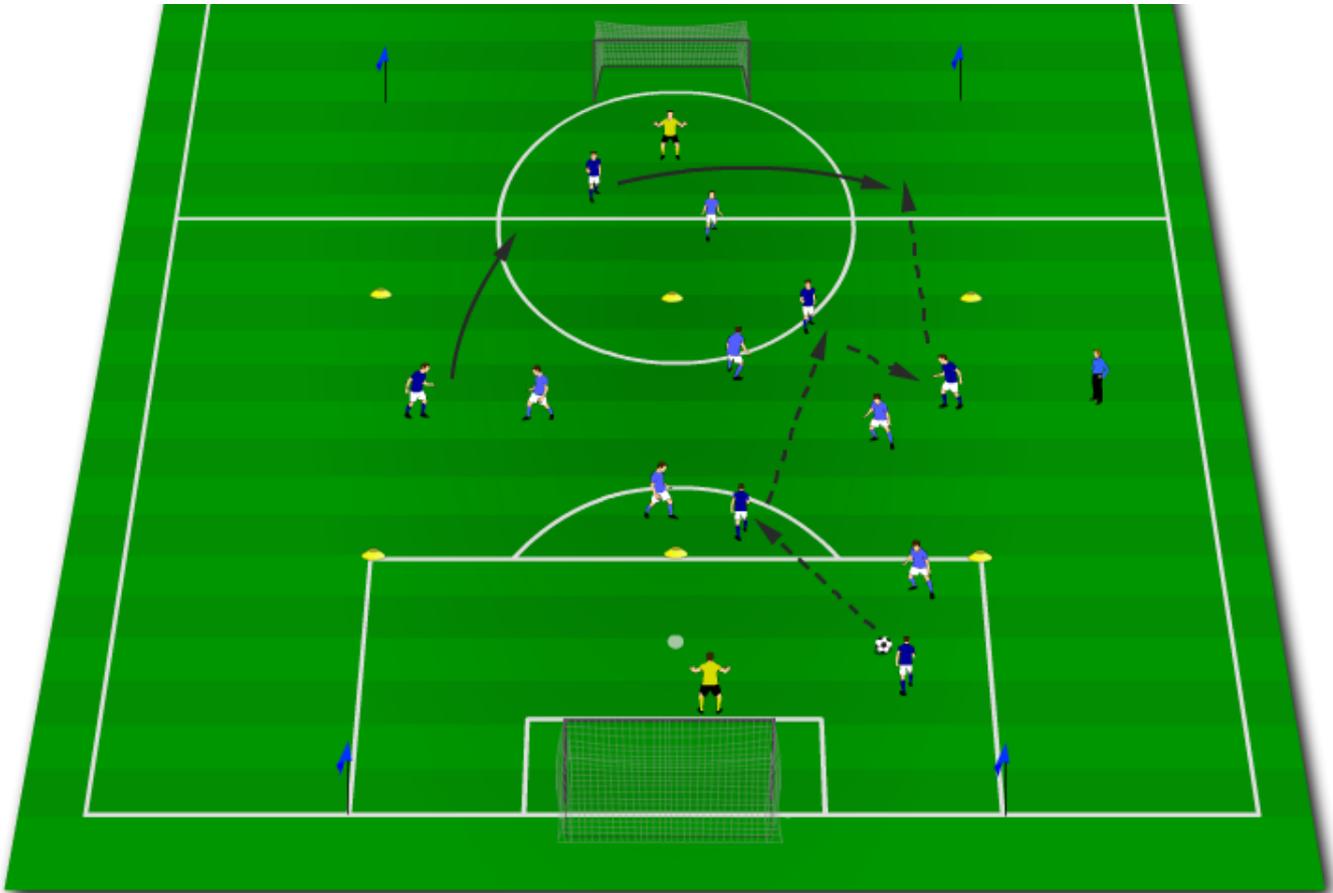
- \* Set up a 6v6 small sided game with a field 40 x 60 (approx)
- \* Each team has two goals to attack and defend
- \* No goalkeepers
- \* Team shape- 2 defenders, 3 midfielders (left, right, and centre player) and 1 striker

### Coaching Points

'Let Them Play'

- \* Encourage interchangeability in positions but keep team shape
- \* Encourage players to dribble and beat opponents
- \* Encourage players to experiment with various moves and feints

## Activity : Six versus SixPlus Goalkeepers with Restrictions



### Objectives

- defensive shape and pressure
- attacking play- passing combinations, accurate passing
- first touch/ball control
- movement off the ball
- communication

### Explanation

- each of the teams will start with four players in the neutral or middle zone
- each of the teams will start with an attacker in the attacking zone
- each of the teams will start with a defender in the defensive zone
- the players are restricted to remain in these areas
- when the ball is played from the goalkeeper forwards, the aim is for the team to start the attack by playing from the back, through the midfield (with shape) and into the striker

### Coaching Points

- transitions
- speed of play
- accuracy of passing

### Progression

- allow the midfielders to join into the attacking area once the connection has been made with the striker, which means they will create a 2v1 or even a 3v1 situation