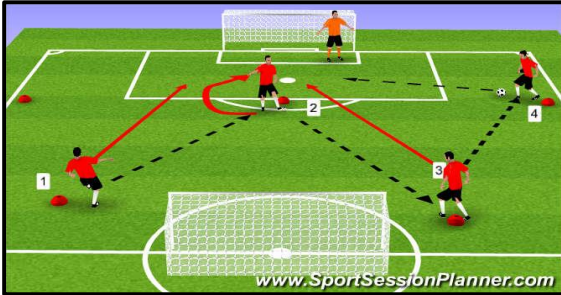




JASA JUNIOR'S PRACTICE LESSON PLANS-WEEK 10

Module 4: Attacking

Topic: Creating Scoring Opportunities from Central Positions

Objective: To improve the player's and team's ability to create and finish scoring opportunities from central positions

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>Scoring Patterns:</u> Player 1 to 2 (checking to the ball). Player 2 to 3. Player 3 passes to 4 in the corner. Player 4 then crosses the ball in for players 1, 2 and 3 who make runs to the front post, penalty area and back post. GK optional. The drill is then repeated on the opposite side.</p>		<ul style="list-style-type: none"> • What determines the type of pass you will utilize? What part of your foot? • What makes a good pass? • What do players do before receiving a ball? • How should a player's body be when receiving? Where is their first touch? • When do players off the ball make their run/check to the ball? • How do you commit a defender towards the ball? • How does an attacking team know when to attack in the central channel? • When and how to penetrate? • Where and when to support • When, where and why to make runs? • How and why to use improvisation?
Stage II Small Sided Activity	<p><u>5v5 + Neutral to Goals with Gates:</u> In a 60Lx40W area, play 5v5 plus a neutral player to goal with gates. Players must play a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal.</p>		
Stage III Expanded Small Sided Activity	<p><u>7v7 to Goal:</u> In a 70Lx45W area, play 7v7 to goal with gates as incentives. If a goal is scored=1 point. If a player plays a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal = 10 points. Goal off of a cross = 20 points.</p>		
Stage IV Conditioned Game	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to combine and penetrate with passes in central positions. 		