



## Description

IAS Clinic: 1/30/18. Training activities to improve striker play and 1v1 defending. US Soccer Method: Play-Practice-Play

## Play

### Warmup - 4v4 Free Play

Great way to start a practice session: Free Play!

Organization:

- See Diagram. Adjust number accordingly.

Coaching Notes:

- Give limited instruction. Allow the players to play.
- This will engage your players for the entire training session.



## Practice

### Two Phases

1v1 Activity & Goalie Wars

Organization:

- See Diagram.

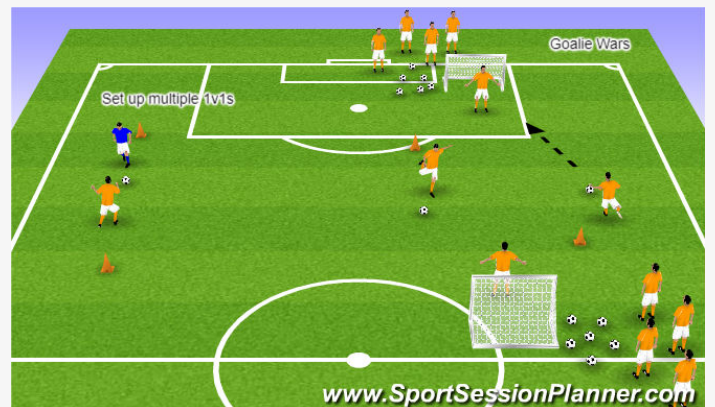
- 1v1 to Cones. Set up cones 10 yards apart.
- Goalie Wars. Split group in half at each goal.

How to Play:

- 1v1 to Cones. Defender starts passive and progresses to full pressure. Objective is for attacker (striker) to dribble and beat opponent to the opposite cone and for the defender to win the ball.
- Goalie Wars. After a player takes shot on goal, he/she becomes the GK in that goal. After shot, that GK joins group on that side. Objective is to take quality shots.

Coaching Notes:

- 1v1s. Demand high work rate. Focus is individual tactics.
- Goalie Wars. Keep game moving. Have fun!



## Play

### Rapid Fire: 1v1 & 2v1 to Goal

Final activity that replicates game-like situations.

Organization:

- See Diagram. 1v1, progress to 2v1.

How to Play:

- Attacker scores on goal. Defender scores by winning the ball and passing to the coach.

Progressions:

- 1v1 to 2v1.
- GK makes save, game continues by distributing to Blue player.

Coaching Notes:

- Apply individual (1v1) and group (2v1) tactics.

