

Jamie Matson, Gillette, WY, US Soccer D Course, 11/16/08

“Coach to improve supporting play”

Technical Warm-up:

Groups of 3, 2 on either end with balls, 1 in the middle. Middle player checks away and to the ball, one touch drop, switch sides. Rotate each player after 1-2 min. of work.

Small-sided:

2v2+2 targets in 20x40 grid with targets on endlines. Directional where 2 players try to move ball from one target to the other for a point. Look for support angles between the two players on the field as well as in front and behind. Rotate targets in after 2 minutes.

Expanded Small-sided Activity:

3v3+2 targets in 30x50 grid with targets on endline and middle line. 2v1 and 1v2 on each half of grid. If the ball is played from the 2 players on one side of middle line to the offensive player on the other side of the middle line, the ball can be dropped first time to add a player into the half for 2v2. Score a point by passing the ball to target on the endline. Focus on using drop for support and then to add numbers to the attack. Shape-width, depth, height.

5v5 split field with 3v2, 2v3 in each half to big goals with keepers 40x60. Can add an extra player to the attack with a pass back. Focus on support angles and stretching defenders.

Final Game:

6v6, 7v7, 8v8 to big goals with goalkeepers. Focus on the overall attacking shape creating width, depth, height.