

TEAM:
DATE:
SITE:



THEME:
Tactical
Attacking/Defending in the Box

WARMUP PHASE

1. RINGS RUNS
2. DYNAMIC STRETCHES

SPEED, AGILITY & QUICKNESS PHASE

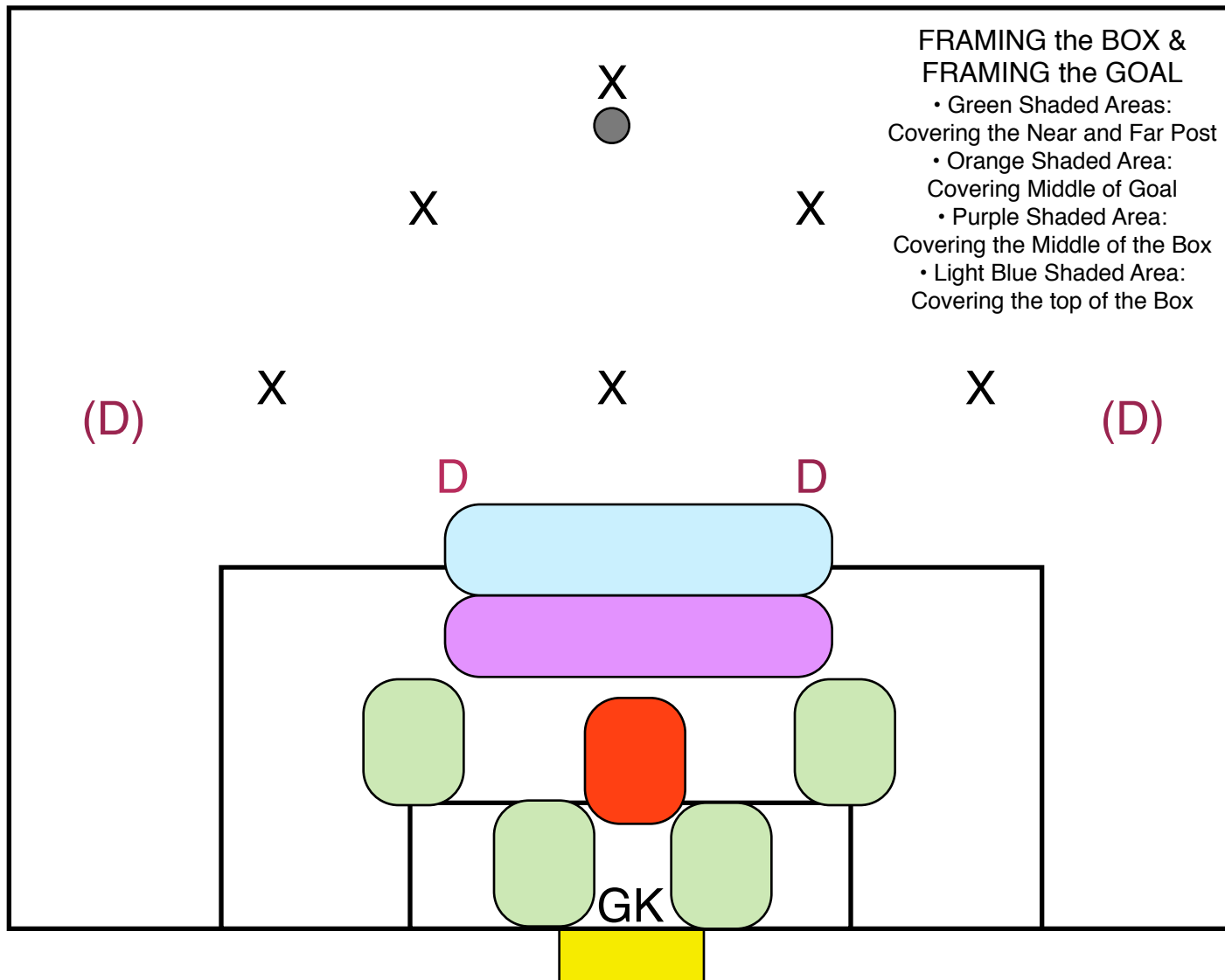
1. SPRINTS @ 36 YARDS
2. SPEED DRIBBLES @ 36 YARDS

TECHNICAL PHASE

1. CROSSING & FINISHING IN A 3 + 1 VS. NO DEFENDERS + 1 GOALKEEPER
> COACHING POINT: "FRAMING THE GOAL"
2. CROSSING & FINISHING IN A 5 + 1 VS. NO DEFENDERS + 1 GOALKEEPER
> COACHING POINT: "FRAMING THE BOX & THE GOAL"

TACTICAL PHASE

1. ATTACKING & DEFENDING
> 6 v 2 + GK
2. ATTACKING & DEFENDING
> 6 v 4 + GK



Grid Size: 50 yards wide x 36 yards long