

Team Training Session Plan Exploiting “Numbers-Up”

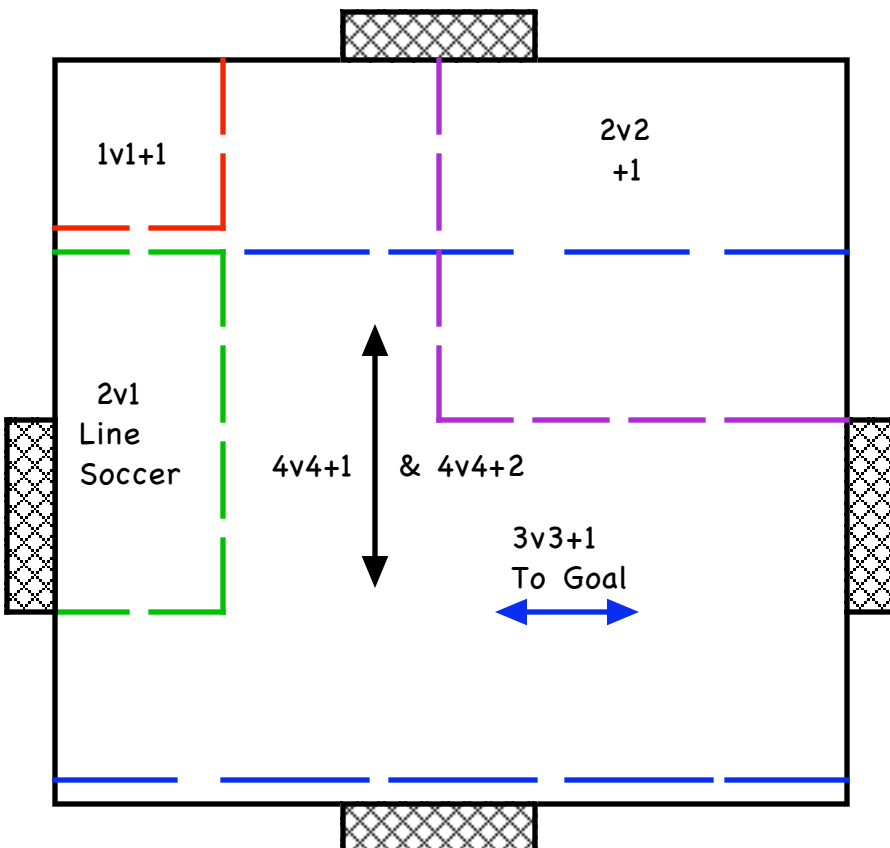
Parts of the following session were taken from a clinic conducted by Robin Fraser, assistant coach, Real Salt Lake (MLS), at the 2008 NSCAA Convention in Baltimore, MD

WARMUP/TECHNICAL PHASE

1. Three-Player Keepaway > 1v1+1 inside 10x10 grid (red lined below)
2. Dynamic Stretches @ 20 yards
 - > Ankle Flex + Toe Walk + Heel Walk + Knee Hugs + Karate Kid + Frankenstein Walk
3. Five-Player Keepaway > 2v2+1 inside 20x20 grid (purple lined below)
4. Dynamic Stretches @ 20 yards
 - > Figure 4s + OutFlicks + Groin Stretches + Heel-Butts + Carioca + Slides + Backward Run

TACTICAL PHASE

1. GAME ONE > 2v1 Line Soccer (10x20 grid -- green lined below)
2. GAME TWO > 3v3+1 To Goal (30x30 grid -- blue lined below)
3. GAME THREE > 4v4+1 To Goal (40x40 grid -- black lined below)
4. GAME FOUR > 4v4+2 To Goal (40x40 grid -- black lined below)



Coaching Points

1v1+1

- > movement of neutral player
- > speed of play

2v2+1

- > create angles
- > move to space
- > speed of play

2v1 Line Soccer

- > support attacker should not get ahead of play too soon
- > player in possession must engage lone defender

3v3+1

- > when in possession, attackers should try to create a 3v2 situation
- > a 3v2 is better than a 4v3