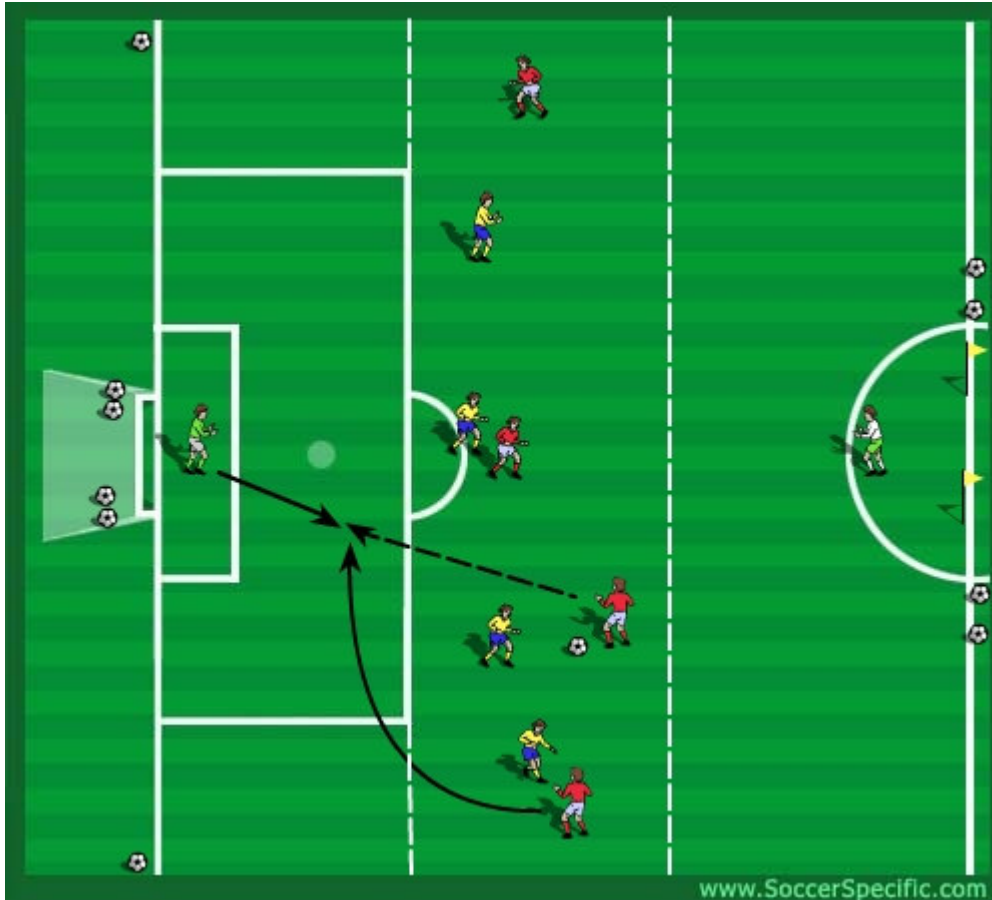


Breakaways And Possession

Emphasis: Passing, receiving, dribbling, breakaways



Set-up:

Use half the field and make a 15 yard channel from sideline to sideline. Place a regulation size goal at each end. Make two teams of four and place them in the 15x70 yard channel. Place extra balls in each goal as well as one the sides of the channel.

Objective:

The 4v4 in the channel must connect 10 passes. On the tenth pass, that player may exit the channel and head to goal. The farthest defender away may attempt to chase down the attacker. The attacker goes on a breakaway to goal and tries to score. The team gets 1 point for connecting 10 passes and 2 points if a goal is scored. The first team to 10 points wins the game.

Progression:

1. The closest defender can chase down the attacker.
2. Add a neutral player to the channel.
3. Attacker has only three seconds to get a shot off.

Coaching Points:

- Goalkeeper must shut down the shooter's angle.
- If the attacker approaches slowly, the goalkeeper must exit under control.
- If the attacker approaches out of control, the goalkeeper may have the luxury of being more aggressive.