



**Amherst Soccer Association
Director of Coaching Lesson Plan**



Session: Roles of the First, Second and Third Attacker

Coach: Adrian Parrish

UNRESTRICTED SPACE- WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 1v1 * Defender plays it into the attacking player * The attacking player must try and score between the defenders goal. * If the defender wins it they must try and score through the attackers goal <p>Progress to a 1v1 ladder</p>	<ul style="list-style-type: none"> * First Touch out into space * Penetration * Positive Attitude
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * As Above * Now play 2v2 * The ball is played in from the same side for 1 minute then switch roles 	<ul style="list-style-type: none"> * Width of the second attacker * Support play from the second attacker * Communication
<p>ONE GOAL WITH COUNTER GOALS</p>	<ul style="list-style-type: none"> * 3 attacking players, attacking the big goal * 2 defenders and a GK attack the two counter goals * First ball is played into the deep attacking player * They lay it back off to the other attacking play and you play 3v2 	<ul style="list-style-type: none"> * Length (creating space) * Passing accuracy * Checking * Width * Penetration * Mobility
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 3 attacking players and 2 defenders * Keep field wide and long 	<p align="right">LEGEND</p> <p>☺ ☹ = Players</p> <p>○ = Ball</p> <p>〰 = Dribble</p> <p>→ = Run with out the ball</p> <p>- - - = Pass</p> <p>▲ = Cone ▧ = Goal Net</p>
<p>COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet. Add Stretching and juggling</p>	