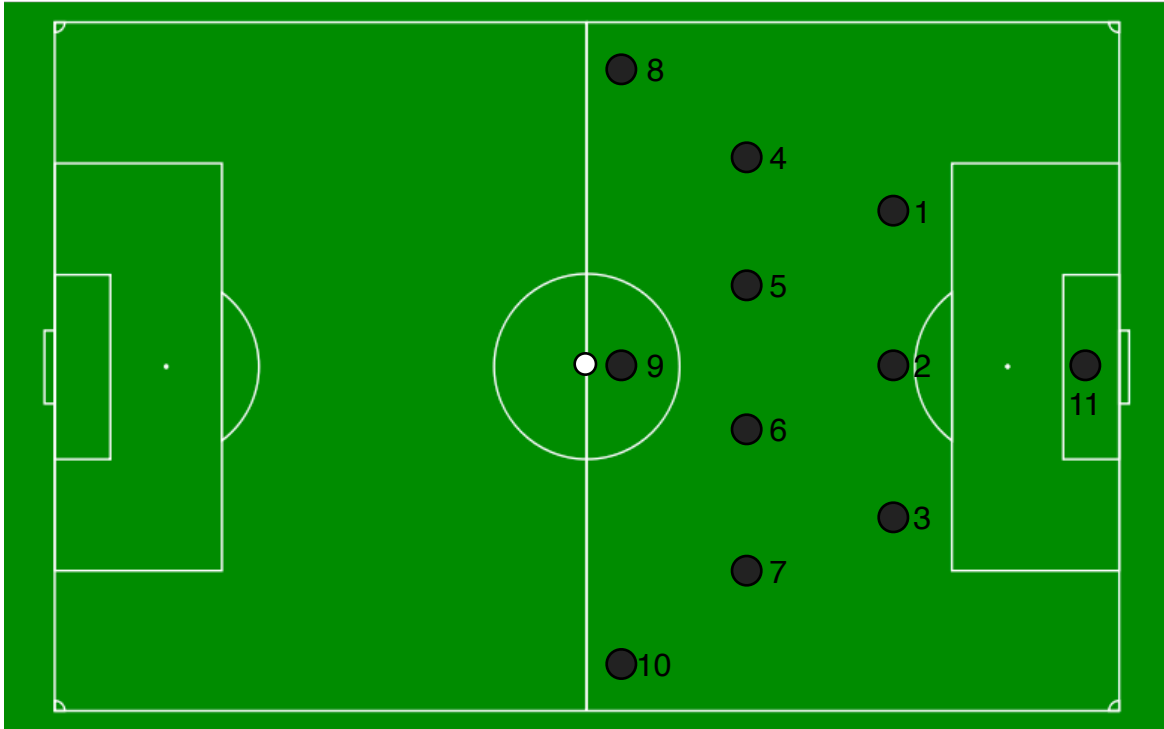
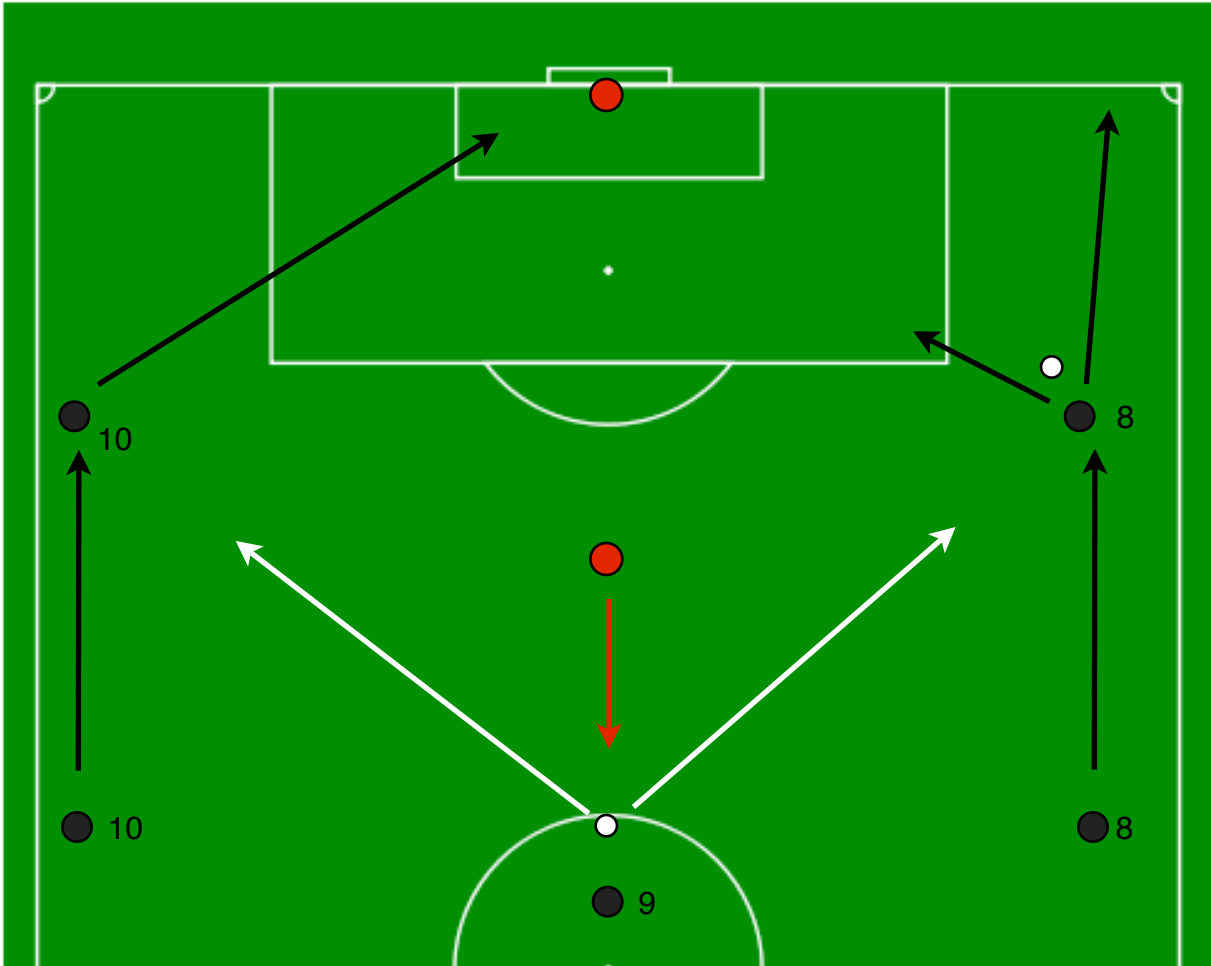


Woods Soccer Plans



The right and left wings should always remain right along the sideline with the striker making plays to the outside wings. The offense was bunching up way to much in our first game, at arms length at some points. Midfielders fill in the gaps created by the offense, its crucial that they move up and down the field and fill all the spaces. Defense fills all the gaps created by the midfield and should be playing down the field to the offense wings if possible.

Offense



White circle=ball, white arrow=possible passing, red circle=enemy, black arrow=movement

In this situation player 9 would take the ball downfield until they were faced with pressure from the other team. Player 8 and 10 should be a few yards in front of 9 on their respective sides. Player 9 should be getting as far downfield as possible in the time they have. Once either player 8 or 10 has the ball they should take it either to the field corner or cut into the corner of the 18 yard box for a shot, where it takes depends on the opposing team's defense. In this case player 8 received the ball which means player 10 will be running to the far post for a cross or rebound and player 9 will be at the PK spot ready for a cross.

The outside midfielders should be a few yards behind their forward for a drop while the center midfielders run in for a cross.

What we need serious practice on: Trapping on the first bounce, passing, communicating, organization, finishing, long passes, and finally clearing.

Trapping:

We can start small and go up gradually. It's not a good sign if you only feel comfortable settling the ball with your feet. We should probably start with a simple drill where we split into groups of three or four and one ball per group. Make two lines facing each other with one of the groups holding a ball. They toss it to either their teammates head, chest or thigh. The receiver has two touches (one if it's a header) to return the ball on the ground or in the air to the next person in line while the thrower switches lines...(it's a lot less confusing when your watching it).

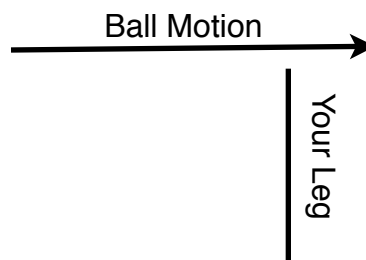
After more people feel comfortable trapping with more parts of their body we should have some people chip the ball to a teammate and the receiver has to trap it and chip to the next person. This is more like a game situation. We can improvise from there.

Passing:

Pete suggested that we do a long game of keep away one practice which is a great idea. Keep away is great communication practice, organization, and of course passing. We can split into two large teams and have 5 passes in a row without the other team having control of the ball equal a point. And have the first team to 10 points wins or something.

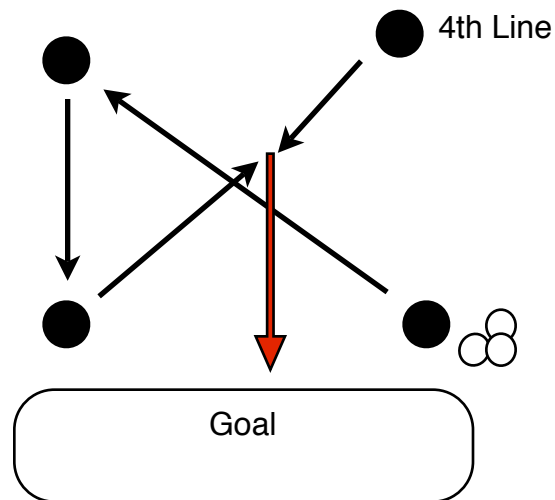
Finishing:

I think that on this team our main finishing issue is placement. To be honest finishing isn't my strength but I do know a few key points. Always kick with your laces not your toes, that's like soccer 101. If you want to get the post powerful kick as well as an on target shot you have to land on foot you kick with. This takes a lot of practice but is totally worth it. It feels weird at first because you get a little off balance but eventually you get used to it. They are probably best if your striking the ball from a 90 degree angle, or it's a PK so the ball is still. I've noticed it's best for an inside box shot.



Long Passes:

There is only one long passing drill I can remember that I found helpful. The team splits into four lines forming a rectangular shape. One line has all of the balls, the first person chips the ball to the next line and sprints to follow the ball to the line they passed to and waits there. This continues until the third pass where you send it to the center of the square when someone from the 4th line takes a shot on goal.



Clearing, communicating, and organizing are all included in these exercises. We may need to add more exercises when more problems arise.

Hope all of this helps,

-Joe .P