



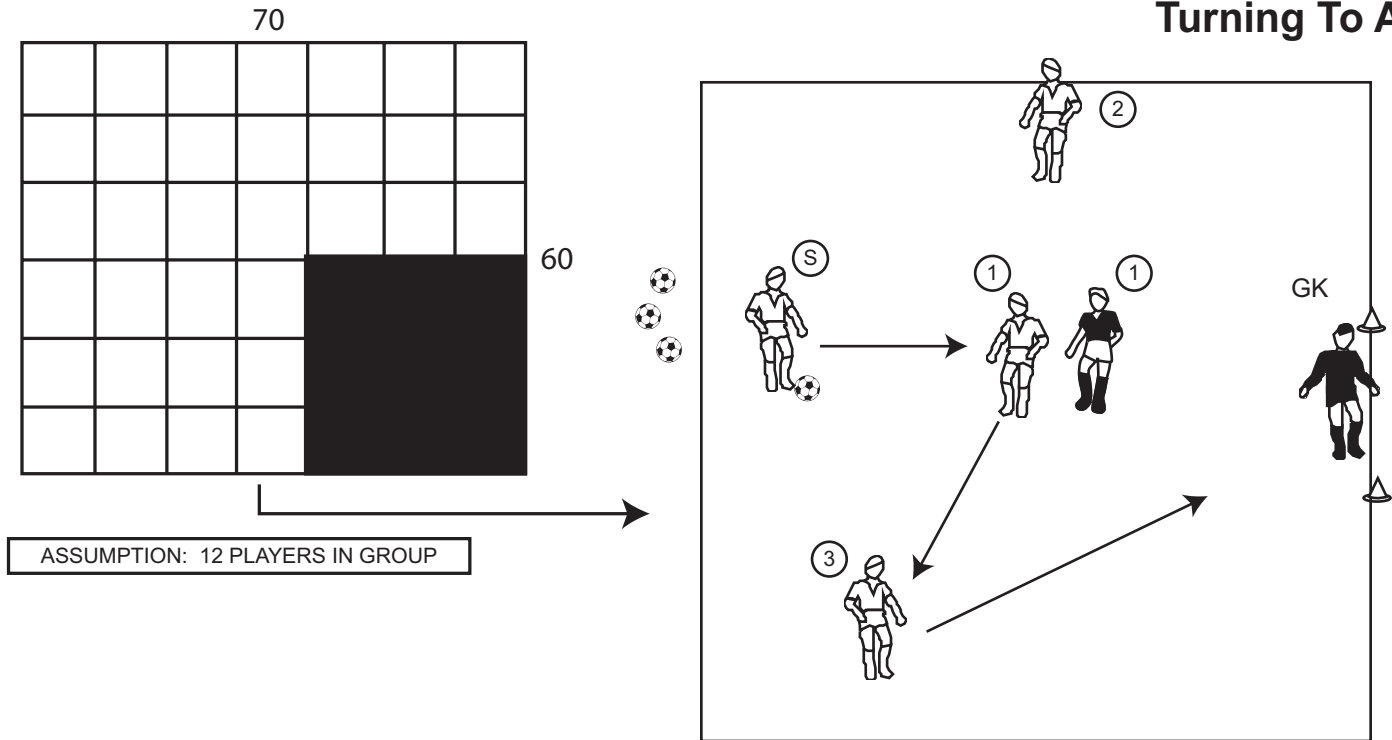
THE OFFICIAL CAMP AND CLINIC OF MAJOR LEAGUE SOCCER

**TRYOUT
&
PLAYER EVALUATION**

**Games - Advanced Player
Ages 12 - 18**

PRACTICE LIKE A PRO - Creating Space

Turning To Attack



Purpose

To develop turning on an opponent in a functional practice.

Organization

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

Game Objective

Light player #1 creates space by moving away and then turning back towards the server. The server passes to light player #1, who must control the ball, turn and lay the ball off to either supporting light player #2 or #3. Light player #1 sprints past the defender to receive a return pass which he shoots on goal. Light players #2 and #3 follow in for rebounds.

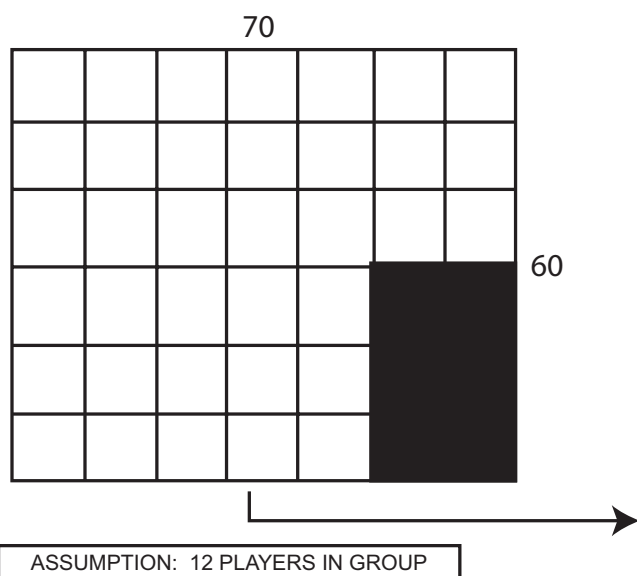
Progressions

1. Vary the speed and height of the serves.
2. Allow light players #2 and #3 to shoot directly on goal.

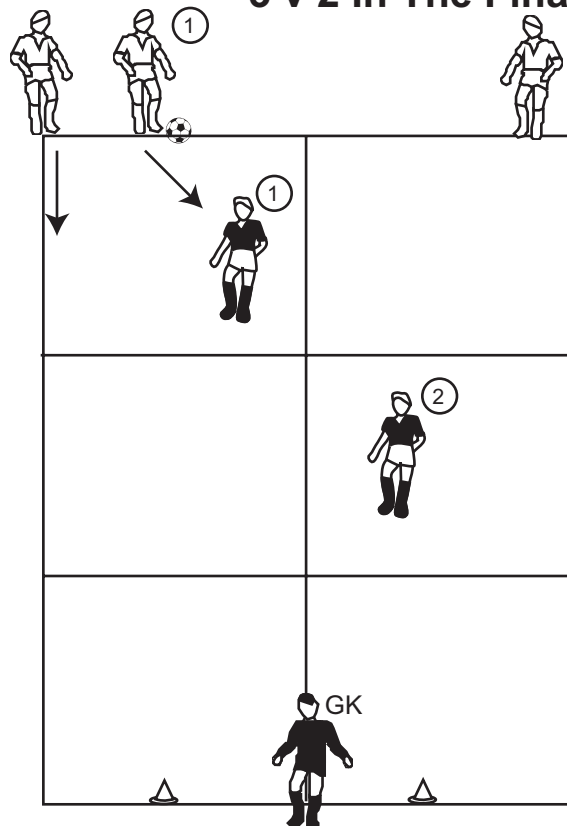
Key Coaching Points

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.

PRACTICE LIKE A PRO - Combination Play



3 v 2 In The Final Third



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 20 x 30 yard area in 20 x 10 yard grids. Groups of six. One ball per group. Position light attackers and dark defenders as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 is in possession of the ball. Light player #1 must combine with his light teammates to beat dark defenders #1 and #2, who each defend a 10 x 20 yard area. When they advance into the goal scoring area beyond the final defender, they must shoot on goal. Rotate positions

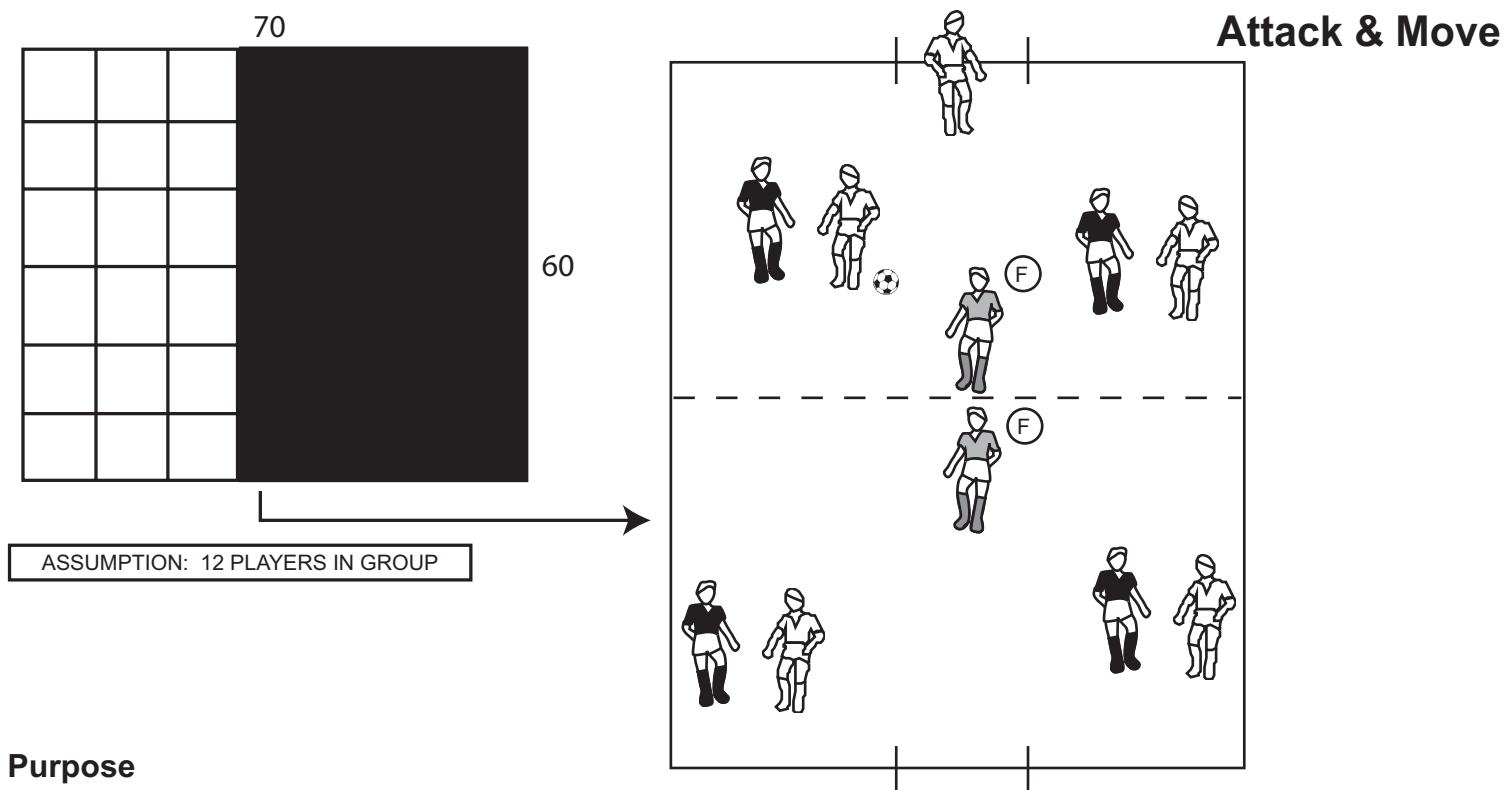
Progressions

Allow only one pass per area between light teammates and encourage players to run with the ball.

Key Coaching Points

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. Can you pass into the space behind the defender?
4. Play in the direction you are facing.
5. Attack at pace.

PRACTICE LIKE A PRO - Passing & Support



Purpose

To develop movement off the ball in attacking areas.

Organization

Set out a 40 x 60 yard area. Station two teams of five players and two floating players in the area as shown in the diagram, with goals at each end of the field.

Game Objective

Both teams score 1 point for a regular goal, but can score a goal worth 2 points by combining with a floating player in the defensive half and executing a successful movement off the ball, such as an overlapping run or give and go. If they can do the same in the attacking half, the goal is worth 5 points. The first team to 10 points is the winner.

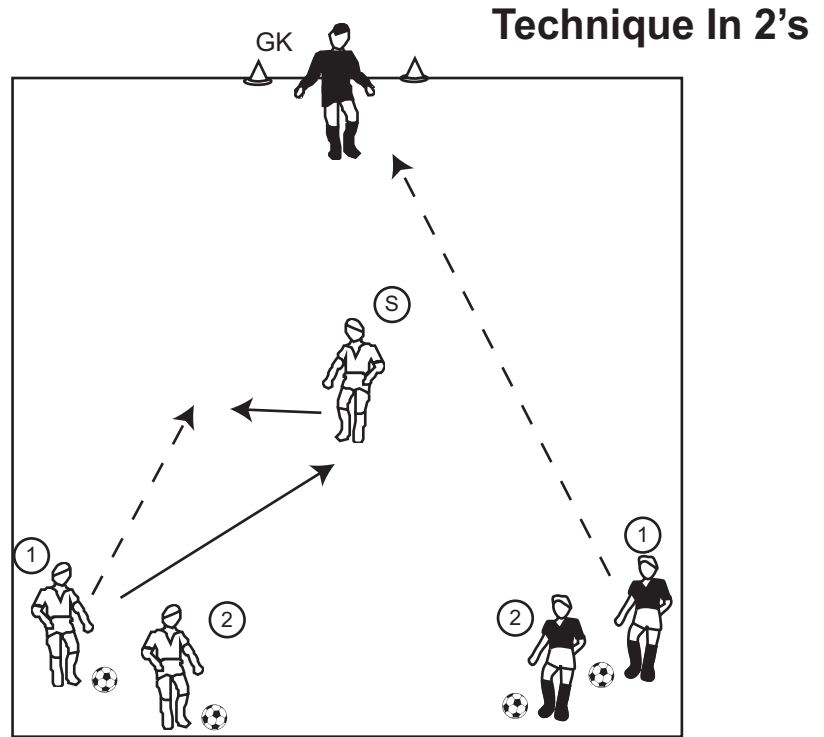
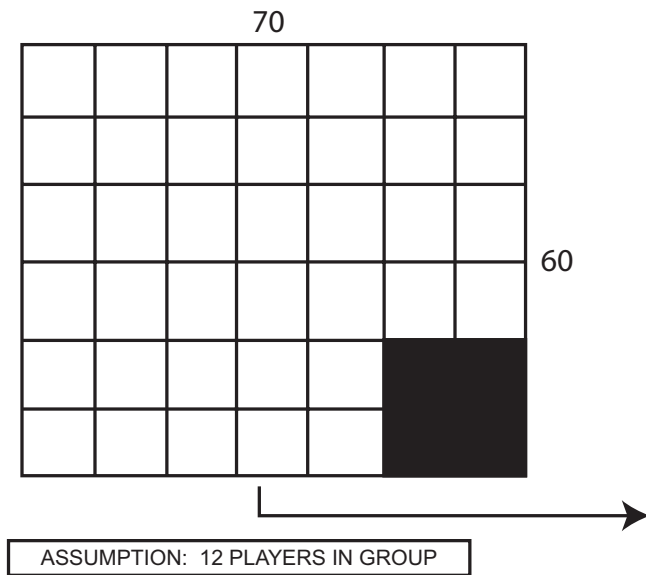
Progressions

1. If a team can combine successfully with the floating players in both halves they win the game!
2. Every successful movement off the ball prior to the build up to goal adds an additional point.

Key Coaching Points

1. Create space long and wide.
2. Look to combine with a floating player in the attacking half first. Remember your passing priorities!
3. Communicate effectively with your teammates.
4. Be creative and vary your movement.

COACHING SESSION - Scoring & Finishing



Purpose

To develop striking the moving ball and finishing.

Organization

Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 passes the ball to the server, who passes the ball back into the path of light player #1. Light player #1 shoots low and to the far post. Dark player #1 runs to the area of the far post to pick up any rebounds or shots wide of the far post. Light player #2 and dark player #2 repeat the practice. Rotate positions.

Progressions

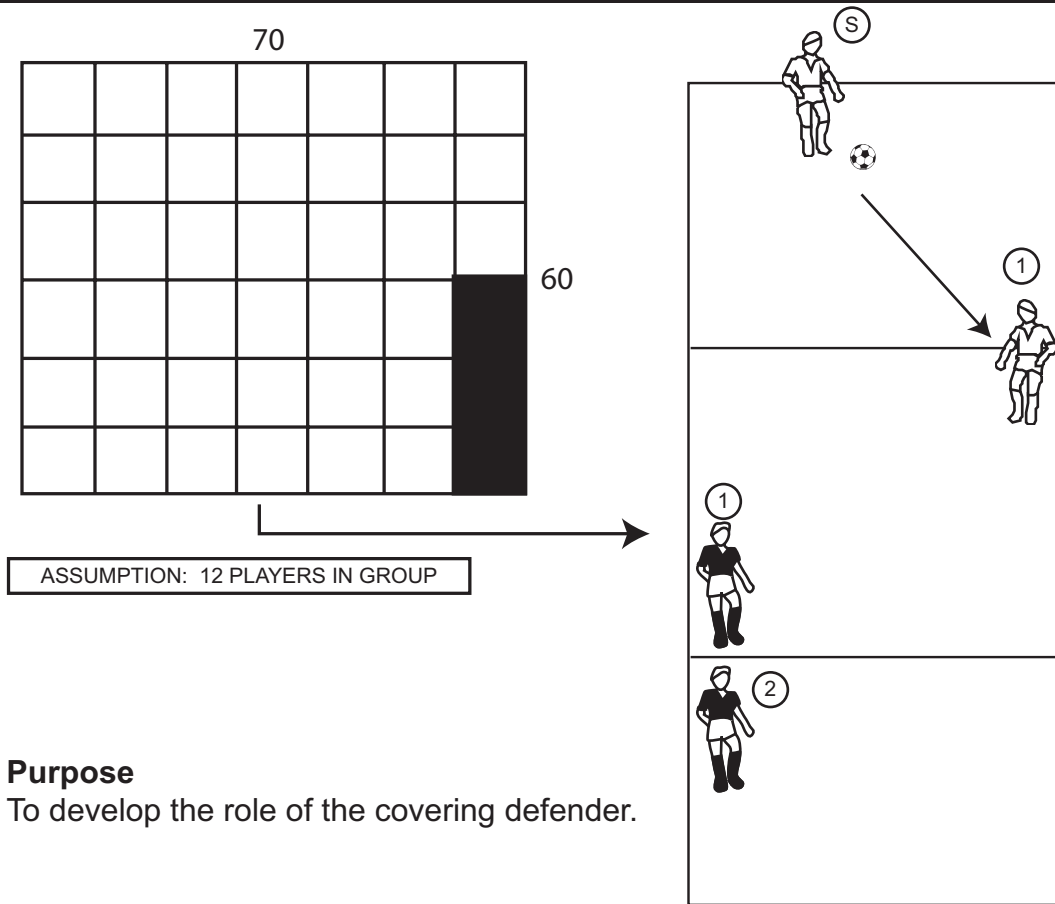
1. The server moves to provide passive resistance to the striker.
2. The player directly behind the striker moves in to pressure the attacker.

Key Coaching Points

1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. The far post run must be timed so that the player arrives at the ball at full speed.
4. Shoot low and to the far post.

COACHING SESSION - Defending To Win

Defending 2 v 1



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

Server plays the ball to light player #1. Dark defender #1 closes down the space to light player #1 while the covering dark defender #2 positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.