

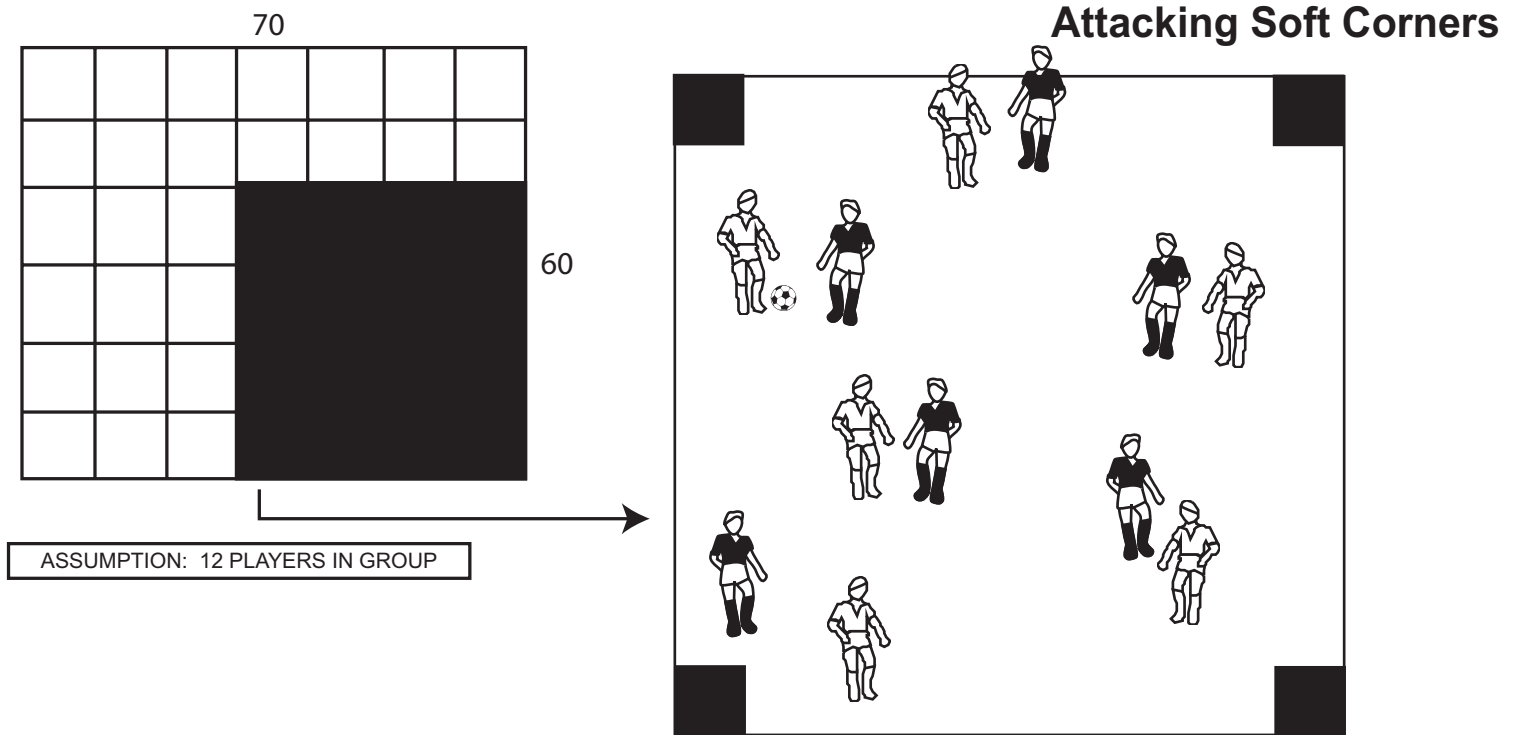


THE OFFICIAL CAMP AND CLINIC OF MAJOR LEAGUE SOCCER

**TRYOUT  
&  
PLAYER EVALUATION**

**Games - Striker**

# MLS TOURNAMENT - Creating Space



## Purpose

To develop one touch passing, receiving and turning with the ball in a conditioned game.

## Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

## Game Objective

The light team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The dark team is attacking to the right side of the diagram.

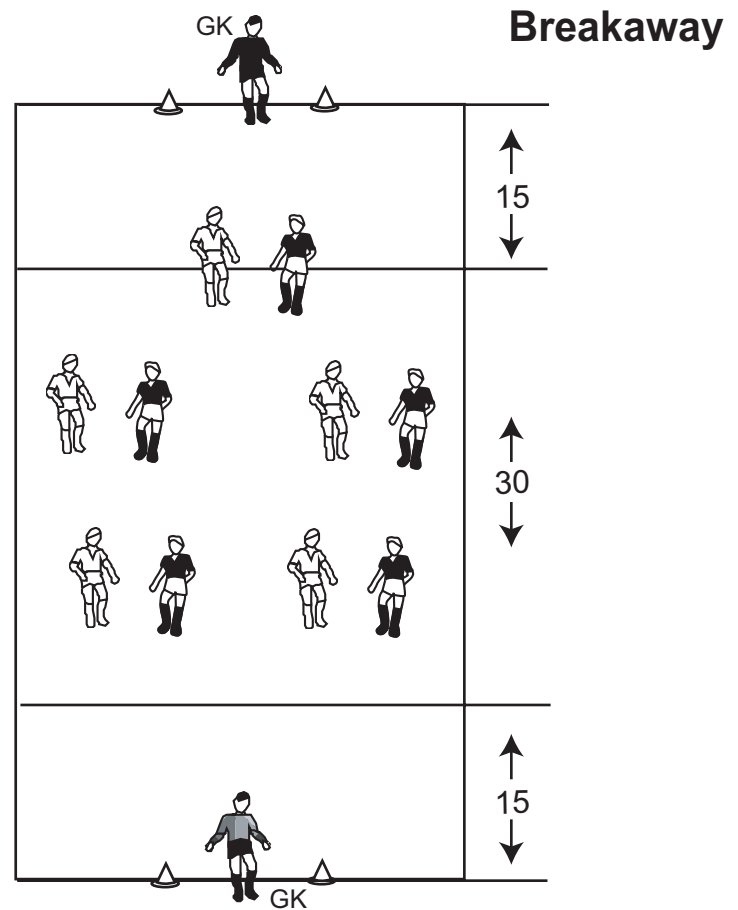
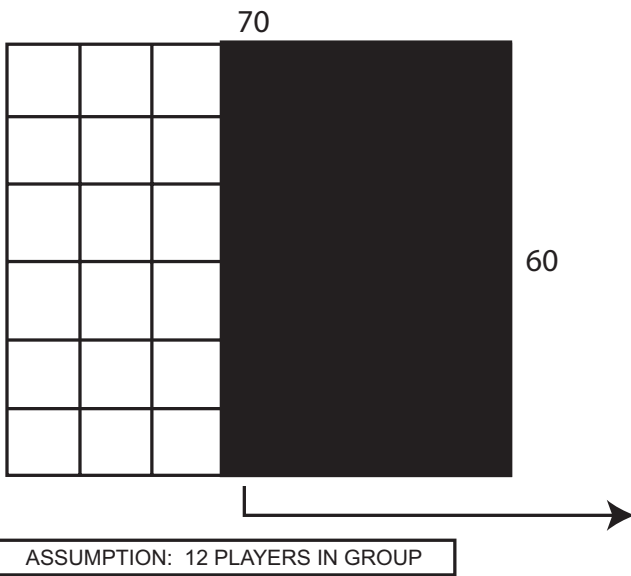
## Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

## Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.

# A.T.T.A.C.K. - Scoring



## Purpose

To develop finishing the breakaway.

## Organization

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

## Game Objective

The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.

## Progressions

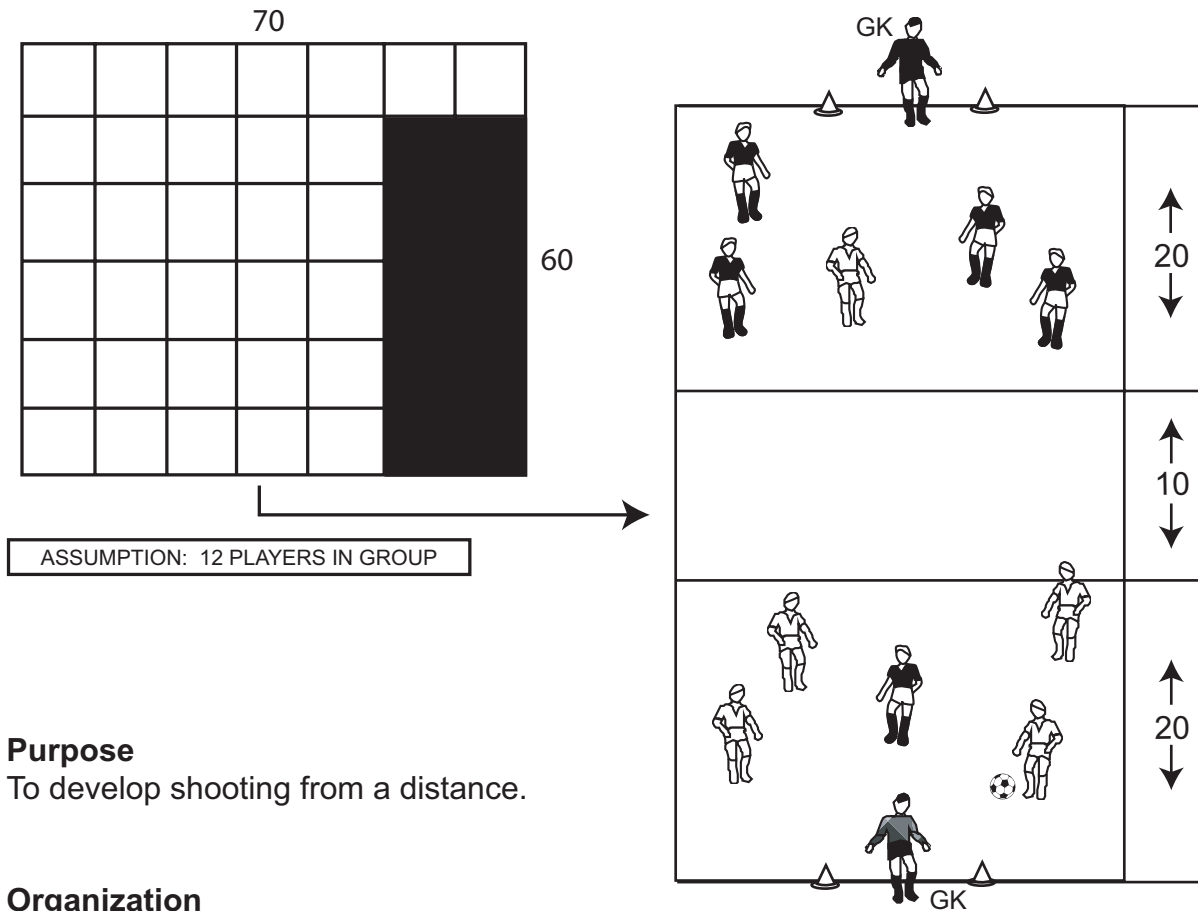
Allow a single defender to pursue the attacker to pressure or block the shot.

## Key Coaching Points

1. Be composed. Try to get to a central position in front of goal.
2. Assess the position of the goalkeeper before selecting the shooting target.
3. Use an early fake or body swerve to unsettle the goalkeeper and move him out of position.
4. If the goalkeeper comes out quickly, you can dribble around him.
5. If the keeper comes then stops you may be able to chip him.
6. If you choose to shoot, think about placing the ball past the keeper.

# ALL OUT ATTACK - MLS Competition

## Power Shot 2



### Purpose

To develop shooting from a distance.

### Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.

### Game Objective

The four light players combine to advance the ball past the lone dark defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone light player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

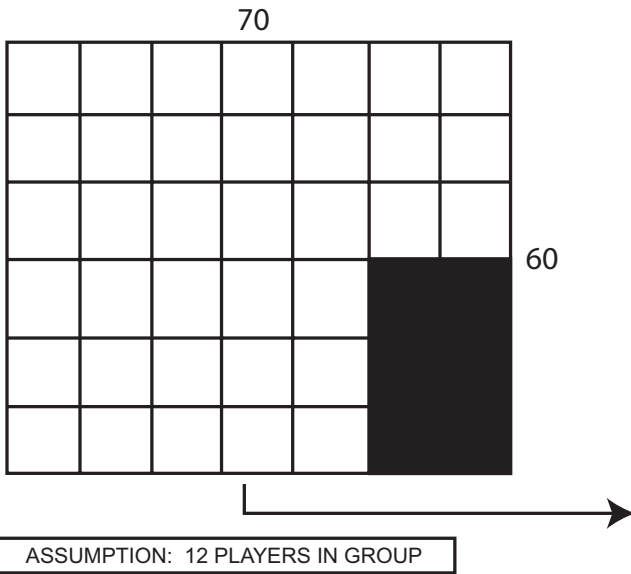
### Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

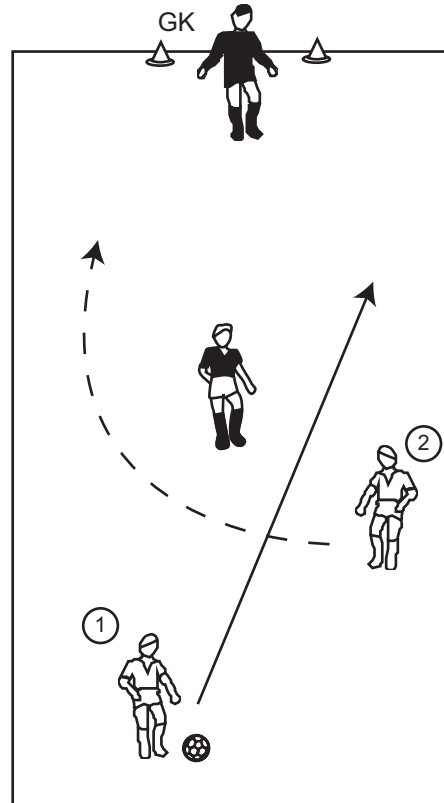
### Key Coaching Points

1. The light player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.

# COACHING SESSION - Combination Play



## Cross-Overs



### Purpose

To develop cross-over runs.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Light player #1 dribbles towards the dark defender. Light player #2 makes a crossover-run in front of the defender as light player #1 approaches. Light player #1 has the option to exploit the space created by light player #2 up the right touchline or to pass the ball into the space in front of light player #2 on the left touchline. Rotate positions.

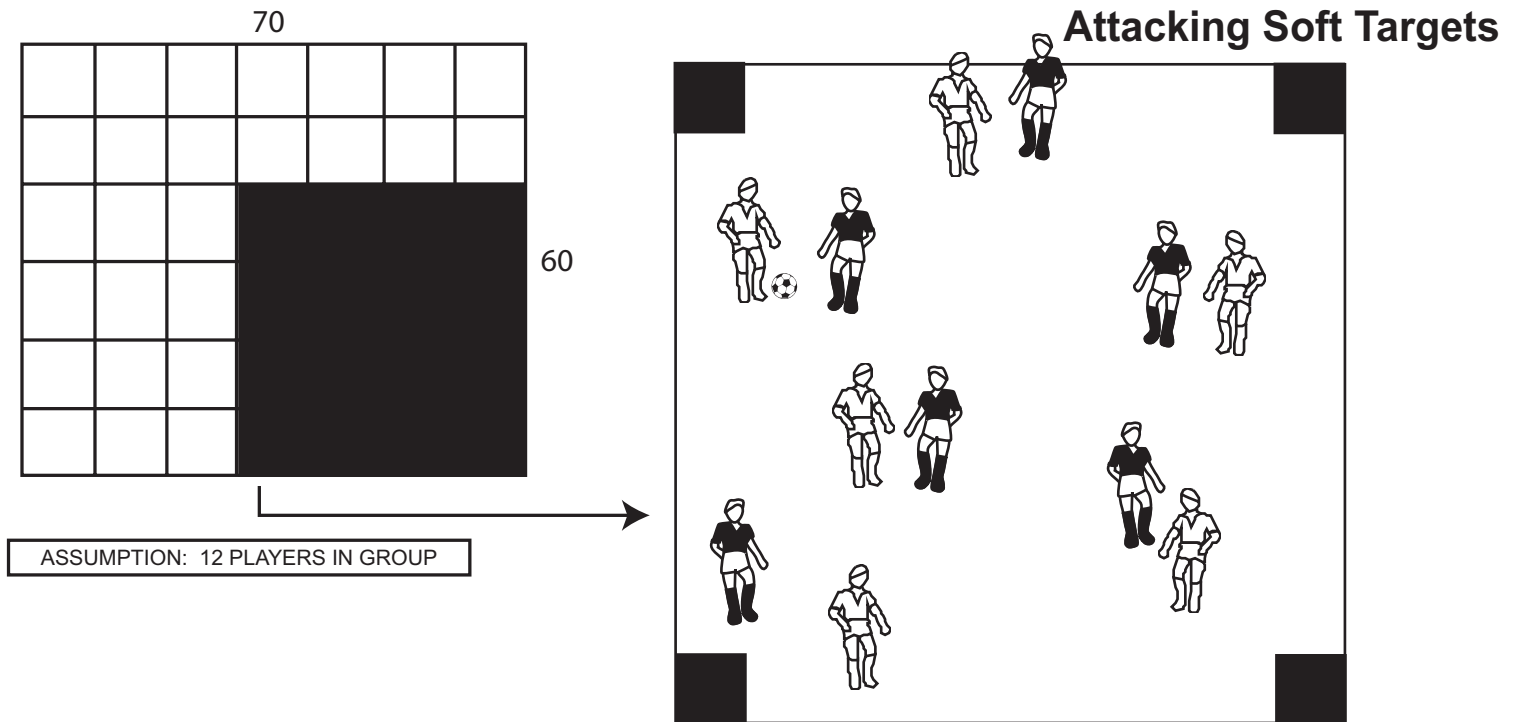
### Progressions

Light player #1 passes the ball to light player #2, who dribbles across the area in front of the dark defender. Light player #1 can either take the ball off light player #2 as they cross or make a decoy run up the touchline causing the defender to hesitate and allowing light player #2 to beat him to the inside.

### Key Coaching Points

1. The player dribbling the ball should do so on the farthest foot from the defender, thus screening the ball.
2. The two players must communicate clearly to establish which player is taking the ball.
3. After crossing over, then accelerate away into the space available.

# MATCH - Attacking Play



To develop one touch passing, receiving and turning with the ball in a conditioned game.

## Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

## Game Objective

The light team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The dark team is attacking to the right side of the diagram.

## Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

## Key Coaching Points

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