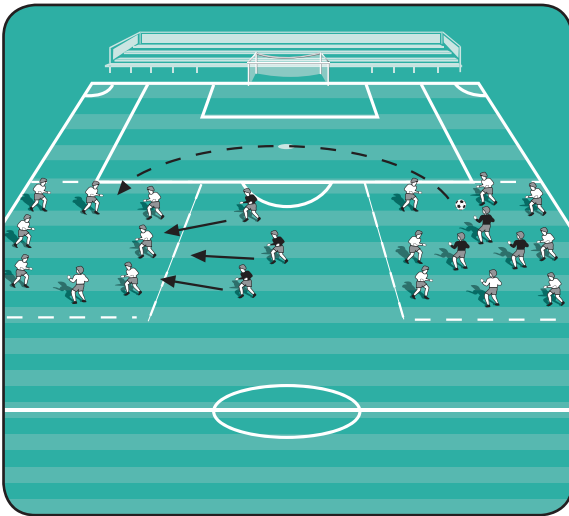


This session was observed and submitted by Ken Krieger, the Technical Director of Coaching for Prince William Soccer Inc. Ken holds a USSF "A" License and the NSCAA Director of Coaching Diploma. Salva Gonzalez, the Head Coach of Valencia C.F.'s U15 team, conducted the session during a coaches tour of the club. The session focuses on finishing and speed of play.

Objectives of the Session

1. Improve individual technique.
2. Improve swift passes and shooting on goal.
3. Improve defensive tactics when having to defend several goals.
4. Improve offensive aspects when attacking several goals.



Warm-Up

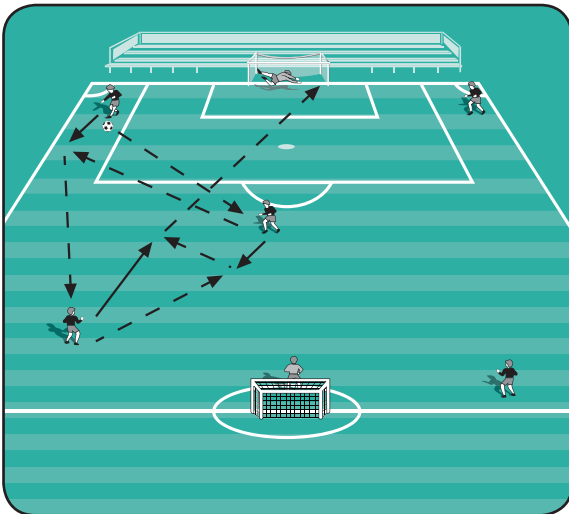
The players perform a series of dynamic stretches following a five minute run.

Changing the Point of Attack

Two teams of eight players are created and placed in two areas 30 x 30-yards each and placed 40 yards apart. There are also three defensive players in each area.

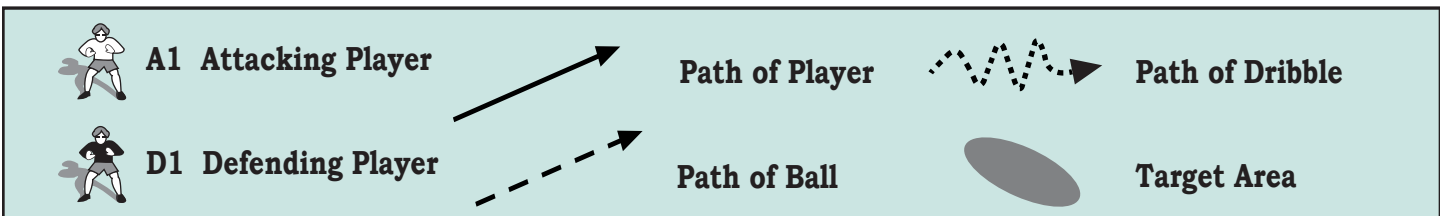
The game starts with the dark team keeping possession away from the three defensive players in white. After a minimum of three passes, the white team switch fields by passing to the other eight white players in the area 40 yards away. The three defending players who are waiting outside and between the two fields, wait until the first touch of the dark team and then move inside the area to apply pressure to the eight dark players keeping possession.

Each time the ball is successfully passed from one area to the other, three new players change with the three previous defenders.



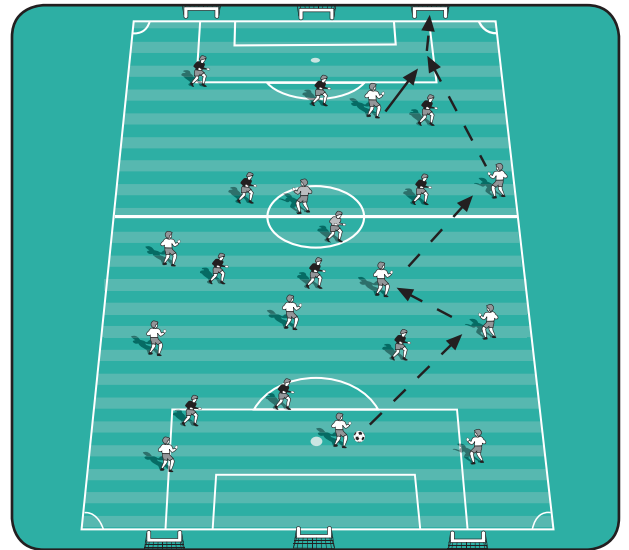
Technical Shooting with Goalkeepers

The exercise is organized on half of a field, with goals set-up on each end. The players look to create game-like shooting situations. Players, unmarked, play quick passes with teammates, wall passes and rebound-type passes arriving at a final shot on the goalkeeper. Players also look to create multiple long passing combinations, using players from central positions for support play, finishing on one of the goals with goalkeepers.

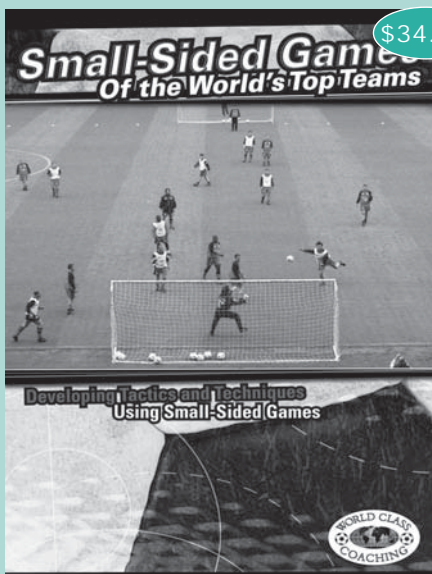


Three Goals Game

The game is played on a full field with three small goals on each end-line. Two goalkeepers are positioned in the center circle. Two teams of 10 play possession, once a team recovers possession, the teams must play through the two central goalkeepers. The goalkeepers look to create a goal-scoring opportunity using creative passing and distribution to their teammates. Goalkeepers look to make correct decisions in distribution, putting teammates in goal scoring situations.



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