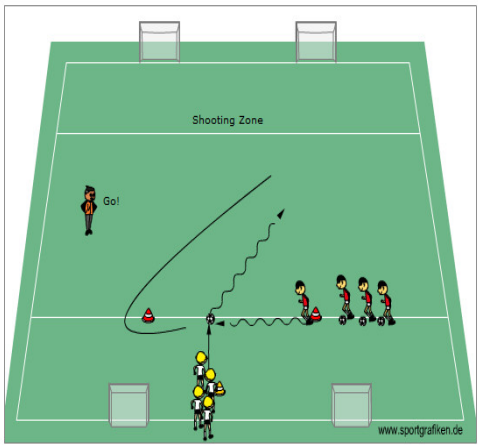
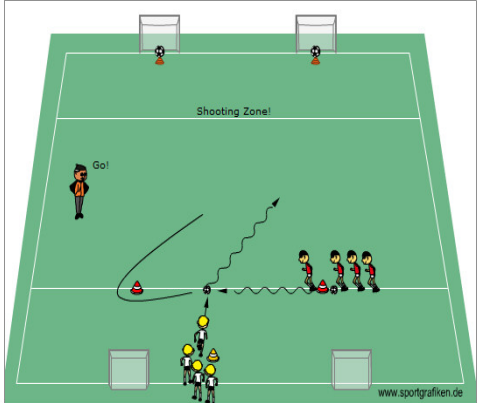
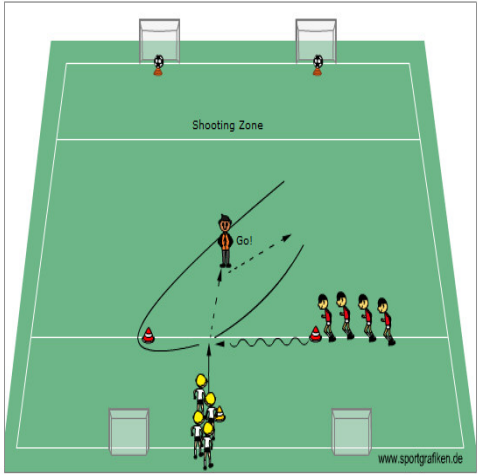




LUSC Soccer Speed

<h2>Coerver Explosive 1v1</h2> 	<h2>Activity Description</h2> <p>The Game: The red player dribbles straight across, as he/she nears the disc (2 to 3 yards away) he <u>steps on the ball</u> and <u>must sprint around the disc before he can defend</u>. The white player runs onto the ball immediately after the red player stops it. The white line should be about 5 yards away from where the red will stop the ball. Attackers must enter the shooting zone to score. They can attack either goal. Switch lines after each attack.</p> <p>Focus:</p> <ul style="list-style-type: none"> • The white attacker should “run with the ball” (attack at speed) • The red defender must recover at speed. • Finishing at Speed <p><i>If the defender does recover, can the attacker use the defenders momentum to his advantage by cutting across his body and attack the other goal?</i></p>
<h2>Shooting with Precision</h2> 	<h2>Activity Description</h2> <p>The Set-up: same as initial exercise, but now two balls are placed on discs a yard in front of each pugg goal.</p> <p>The Game: Same as initial exercise, but now the attacker must shoot his or her ball at the ball placed on the disc knocking it into the goal. This will force a more precise shot from the attacker.</p> <p><i>Coach can either call Go! to start the activity or ask the next player in line with the ball at their feet to start his/her dribble once a shot has been taken.</i></p>
<h2>First Time Entry</h2> 	<h2>Activity Description</h2> <p>The Game: The red player dribbles straight across, as he/she nears the disc (2 to 3 yards away) he steps on the ball and must sprint around the disc before he can defend. <u>The white player runs onto the ball and passes the ball to the coach first time “one touch”.</u> White should carry on forward to support the pass. Coach will slip the ball back into the path of the white player and a 1v1 ensues. Attackers must enter the shooting zone to score. They can attack either goal. Switch lines after each attack.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Pace of the pass • Proper Movement of the supporting run (show away from the recovering defender!). • Speed of Attack (pass, dribble, finish) • Decision Making • Fitness <p><i>Note: More 1v1 battles will ensue now that the pass has been added into the activity.</i></p>