



Creating and Taking Chances

Session 32 • Attacking and finishing • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Whole Picture

0:10 – 0:25 • 15 MIN

Make One, Take One

0:25 – 0:40 • 15 MIN

The Chance Count

0:40 – 0:55 • 15 MIN

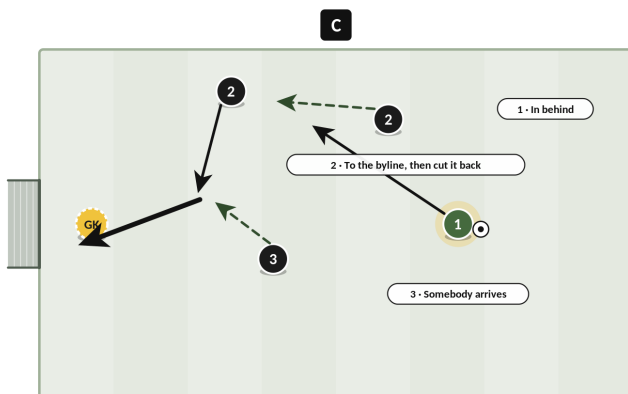
The Attacking Exam

0:55 – 1:00 • 5 MIN

Review, with the players

32.1 THE WHOLE PICTURE

Warm-up • 10 min



EVERYTHING FROM THIS BLOCK, IN ONE MOVE

SET UP

- 34 × 20 m with a full goal and goalkeeper at one end.
- Groups of four: one passer, one runner who becomes the crosser, one arriving finisher, one retrieving.

RULES

- All four parts must happen — in behind, to the byline, cutback, finish.
- A completed sequence counts even if the finish misses.

COACH IT

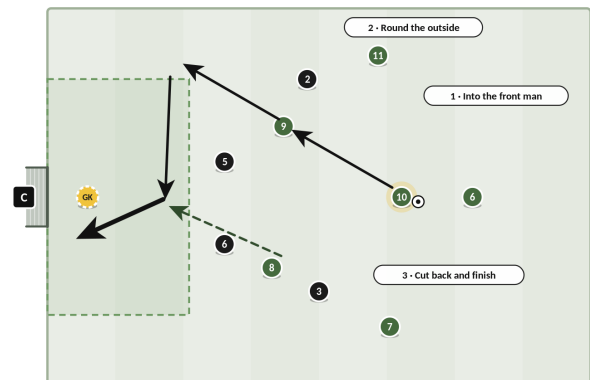
- Technical: Four techniques in twelve seconds — the weighted pass, the carry at speed, the firm low cutback, and the one-touch finish.

SAY

- Wait. Come in behind the ball, not in front of it.
- Along the ground.

32.2 MAKE ONE, TAKE ONE

Technical practice • 15 min



SIX AGAINST FOUR • TWELVE SECONDS • MAKE A CHANCE EVERY TIME

SET UP

- 46 × 32 m with a full goal and goalkeeper, the box marked.
- Six attackers against four defenders, starting from the halfway line.

RULES

- Twelve seconds per attack, eight from minute 11.
- A chance = a shot from inside the box that is not blocked. Score it whether or not it goes in.
- A goal also scores in the goals column — the two ...

COACH IT

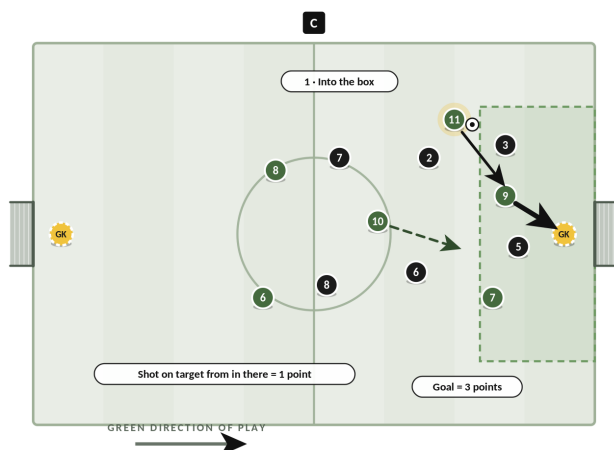
- Technical: All of this theme under time pressure. The weakest link will show itself within four minutes and that is what to work on next.

SAY

- Six against four should be enough. What are we doing with the extra two?

32.3 THE CHANCE COUNT (6 v 6 + GKs)

Skill game • 15 min



GREEN DIRECTION OF PLAY

SET UP

- One pitch, 44 × 30 m, both full goals with a goalkeeper in each.
- Boxes marked at both ends.
- 6 v 6 outfield plus two goalkeepers (14). With ...

RULES

- A shot on target from inside the box = 1 point. A goal = 3 points.
- Shots from outside the box score nothing, on target or not.

COACH IT

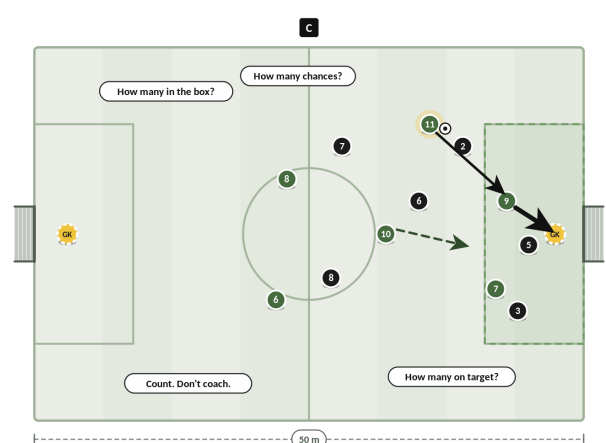
- Technical: Finishing under fatigue, and the first touch inside the box that makes a shot possible.
- Tactical: More players in the box means more ...

SAY

- Nothing scored, calmly, every time.
- Session 29 again — the chance count will be low and ...

32.4 THE ATTACKING EXAM (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and marked boxes. No conditions.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- No conditions. Goals are goals.
- Keepers restart within eight seconds. No offside.
- The coach says nothing for the first seven minutes.
- Two individual interventions maximum after the ...

COACH IT

- Technical: Whatever survives. Note it rather than fixing it.
- Tactical: The four this theme markers: chances ...

SAY

- The number that summarises the block. Anything above six in seven minutes is good at this age.