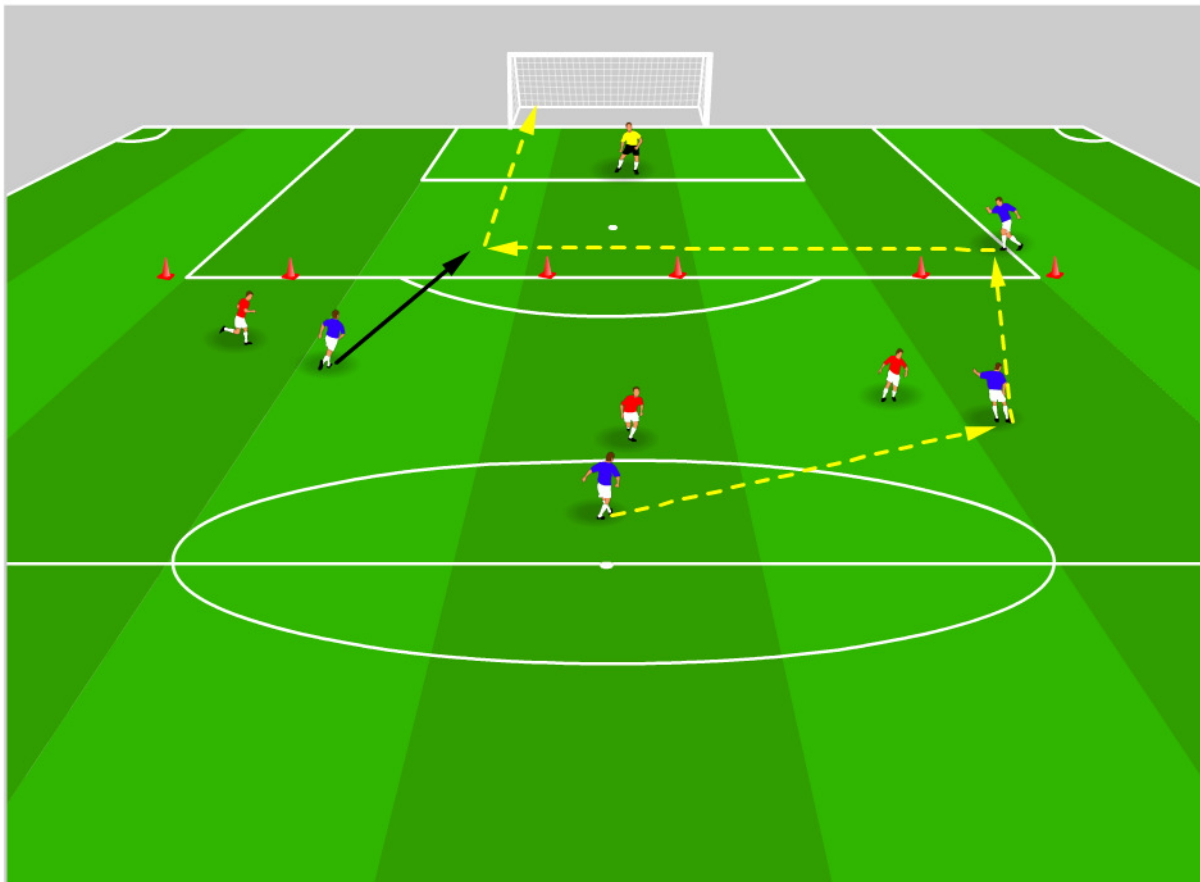


Gap Goals for Forward Players - Atletico Mineiro



Date:	17 Nov 2010	Measurement:	2 Thirds of Pitch
Time:	.	Players:	6+
Duration:	15	Level/Age Group:	12+

Description: Three small goals are created at the top of the penalty area using cones. Three attackers keep possession while a forward positions himself behind one of the goals. The attacking team tries to pass the ball to the forward through the goal he is behind. The forward then lays the ball off to an attacking player who has made a run into the penalty area and take a shot on goal.

Objective: To develop creating space and attacking play from midfield to forwards.

Coaching Points:

1. All players should create space before receiving the ball
2. Quality of passes.
3. Movement to breakdown defence.
4. Defenders - Close down the gaps, balance, recovery runs and defensive lines.
5. Defenders - Transition to counter attack when the ball is won.

Progression:

1. Forward behind the the 3 goals can look to score himself instead of laying the ball to attacking teammate.
2. Introduce a defender behind the 3 goals.

This Practice was taken from the Book - “Modern Soccer Coaching – Tactical” Part of a 2-Book Set

This two book set contains practices that focus on techniques, tactics and systems of play from top professional teams and their **Academies like Manchester United, Liverpool, PSV Eindhoven and Valencia C.F.**

Also included are sessions from National Teams, and top clubs like **Aston Villa F.C., Inter Milan, Vitessa and Real Madrid.** These, plus **sessions from Jose Mourinho**, Wayne Harrison and conditioning sessions from Scott Moody with the Center for Athletic Performance make this book a must have for any serious soccer coach.



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