CREATING GOAL-SCORING OPPORTUNITIES (1)

Passing quality -> transition attack -> combination play -> match condition

SESSION OVERVIEW

SESSION AIM

Develop the technical and tactical qualities needed to create and finish goal-scoring opportunities through combination play, at

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Creating Chances	**Passing Through Gates**	**2v2 + 1 Transition**	**4v4 Match Condition**

ACTIVITY 1 | PASSING THROUGH MINI-GOALS

ORGANISATION

Use half a field. Players work in pairs with one ball. Create numerous 4-yard mini-goals using cones across the area.

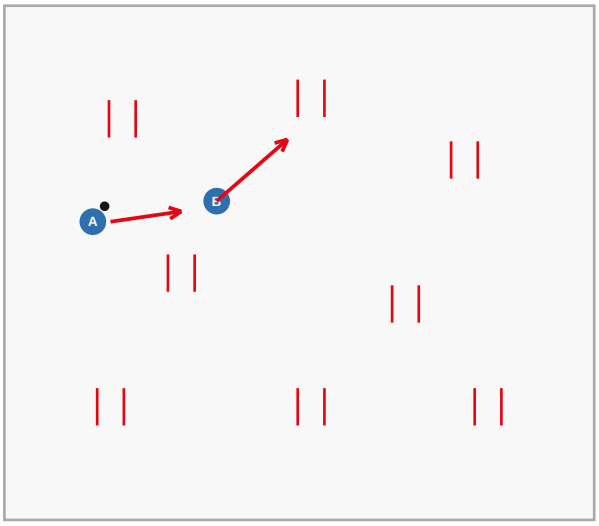
HOW IT WORKS

Players pass through a mini-goal to their partner, then both jog to a different mini-goal and repeat. They must use a new gate after every pass. Encourage inside-foot passing, instep passing and bending the ball along the ground. Include short stretching breaks during the activity.

COACHING POINTS

- Focus on good body mechanics and control.
- Maintain balance and stable body position.
- Keep eyes on the ball at contact.
- Use a quality preparation touch and choose the correct contact surface.

DIAGRAM



Pass through a gate, then move quickly to find a different one.

PROGRESSIONS

1. Add 2-4 neutral defenders who move freely to block passing lanes.
2. Rotate defenders regularly to maintain intensity.

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ACTIVITY 2 | 2V2 + 1 TRANSITION ATTACK

ORGANISATION

Mark out a 20 x 25-yard area with a full-size goal and goalkeeper at each end. Play 2v2 plus one neutral player who always supports the team in possession. Remaining players wait on the end lines with spare balls.

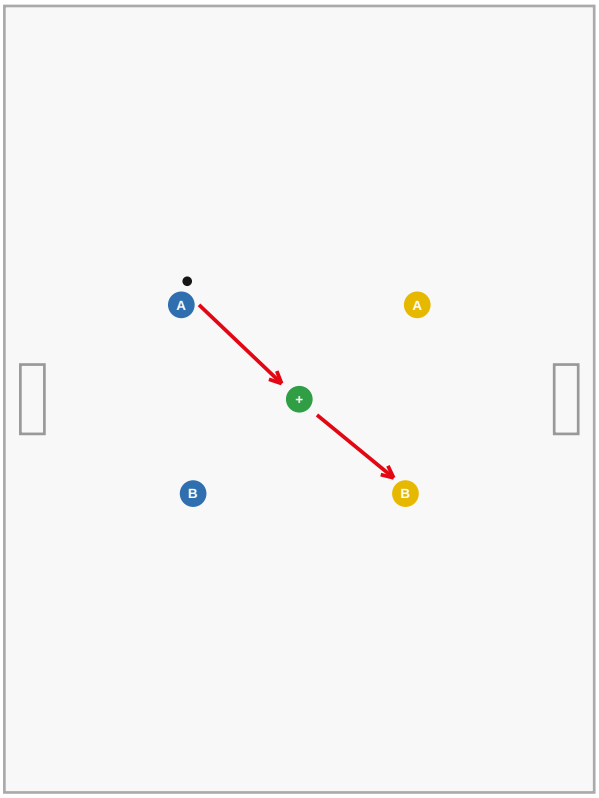
HOW IT WORKS

One team attacks while the other defends. As soon as the attack ends with a shot, goal or the ball leaving play, the defending team receives the next ball and attacks in the opposite direction. Two new opponents enter immediately as defenders. Use flying changes to keep the tempo high.

COACHING POINTS

- Attack with an aggressive, positive mentality.
- Decide quickly whether to pass, shoot or dribble.
- Support the ball at useful angles and distances.
- Use combination play to unbalance the defence.

DIAGRAM



Use the neutral player to create quick attacking combinations during transition.

PROGRESSIONS

1. Limit the neutral player to one or two touches.
2. Add a time limit for each attack.

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ACTIVITY 3 | 2V2 COMBINATION FINISHING

ORGANISATION

Use a 20 x 25-yard area with a full-size goal and goalkeeper at each end. Play 2v2.

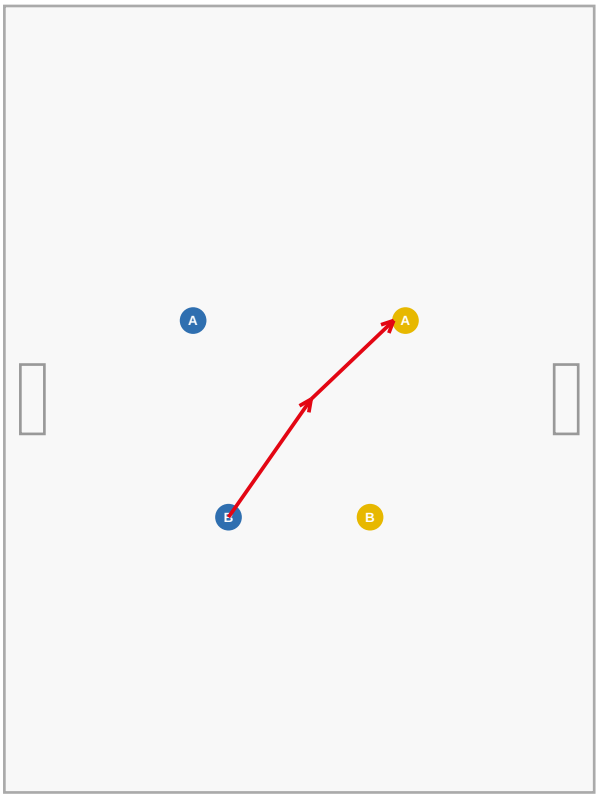
HOW IT WORKS

Teams compete normally and try to score. A goal scored after combining with a teammate counts double. Encourage movement that creates space for a teammate to penetrate. Players should be creative close to goal and recognise when to support, move away or attack space.

COACHING POINTS

- Use creativity and deception around goal.
- Scan early and anticipate the next action.
- Choose placement or power to suit the situation.
- Time attacking runs and create space for teammates.

DIAGRAM



Reward combinations and movement that create a clear route to goal.

PROGRESSIONS

1. Add one neutral player in each half who supports the team in possession.
2. Limit neutral players to one or two touches to preserve realistic speed.

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ACTIVITY 4 | 4V4 MATCH CONDITION

ORGANISATION

Mark out a 30 x 40-yard area with a full-size goal and goalkeeper at each end. Play 4v4.

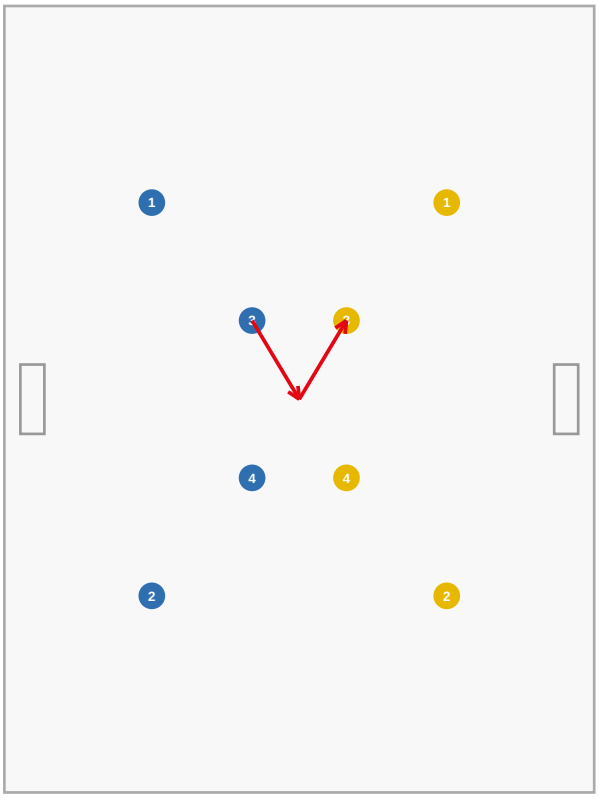
HOW IT WORKS

Both teams compete freely for possession and attempt to score. There are no restrictions. Encourage players to attack positively, support the ball and finish with purpose. Look for combinations such as a pass into a teammate, a lay-off and a third-player finish.

COACHING POINTS

- Maintain correct attacking shape and team balance.
- Frame the goal with supporting positions.
- Find a way to score rather than waiting for the perfect chance.
- React to rebounds and second balls with a strong finishing mentality.

DIAGRAM



Free 4v4 with emphasis on movement, combination play and finishing.

PROGRESSIONS

1. Award a bonus point for goals scored from a third-player combination.
2. Finish with unrestricted play and normal scoring.