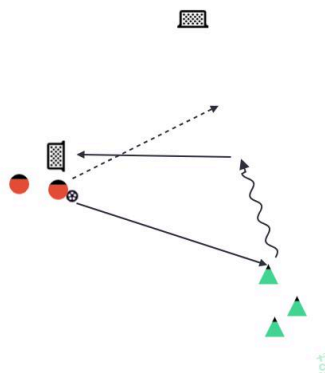


U15 Fall 2025 8/28 Practice session. Changing point of attack

Warmup game: Get through gate without being tagged. Gate per pair, one on one side one on the other. One has to get to other side of gate without being tagged.

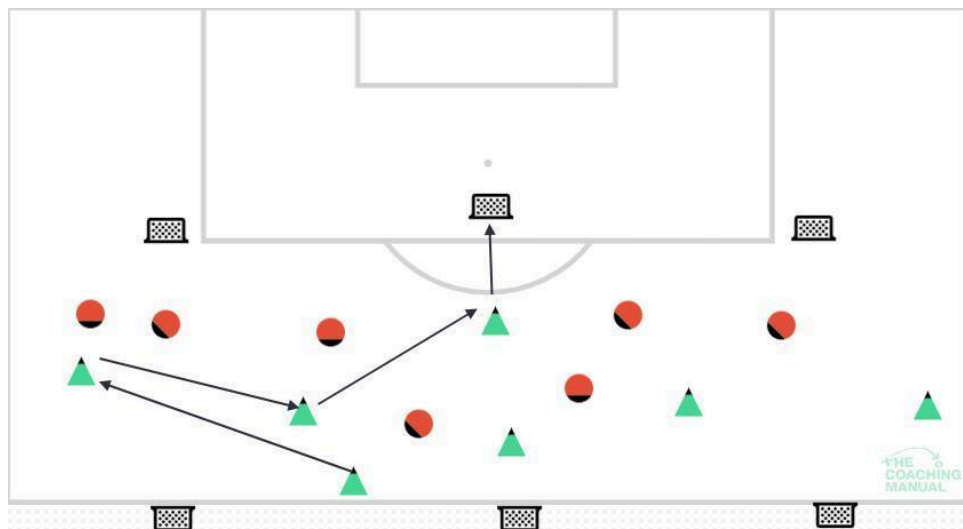
Dynamic/Ladder/Plyo

1v1 2 goals one forward one to side. This is to simulate either taking on the 1v1 or passing/crossing to change the attack.



5v5 +GK – Set up with 2-1-2, if we can't go forward can we switch? Can we find through balls (penetrating passes).

Impossible game: 7v7 6 goals spread out to provide the options for switching and finding the penetrating pass.



Scrimmage:

Maybe a shooting game or pattern at end.