

# THE SPORTING RESOURCE



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FA Learning Youth Award Module 1

Score First and win

Directions:

- Needs 3 teams of four plus 2 goalkeepers (or any other appropriate overload)
- Both teams start at the same time and try to score against 2 defenders.
- Defenders try to break up the attacks, and can put the ball out of play to stop their side of the practice.

FOR SAFETY AND REALISM THE GOALS CAN BE SET BACK FROM THE PLAYING AREA TO GIVE THE GOALKEEPER A REALISTIC 6 YARD BOX.

Progressions:

- Change the overload/area size depending upon age, ability and maturation.
- Place balls around the outside and designate which one is used to make sure the attacks are built up from different areas (balls can be numbered and coach calls number- this gives the defenders a chance to read and close down quickly depending upon their position in relation to the ball)
- Add supporting side players
- Players change if they pass it out to a supporting side player.
- Goals must be scored in a particular way ie volley, head, right foot/left foot, from distance, close in, in the bottom/top corner etc.
- Add safe areas where crosses/shots from distance can be made without defenders stopping them.
- Add gates for defenders to dribble pass through.

The Sporting Resource

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# Fa Youth Module Pre Course Answers

**Yan Bai**



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