

Topic: Individual Attacking/Transitioning

Goal: Develop individual attacking and transitioning techniques

Objectives: Develop ability to dominate opponent when attacking 1v1 and learning to transition from defense to offense

Technical Aspects Covered: Attacking techniques, dribbling, RWB, first touch, attacking transitions

Warm-Up Games

Description: Split players into two teams and have them line up on cones diagonal from each other. Two players will play at a time. Set a time limit of 15 seconds for each set. Choose one team to be offense and the other will be defense. The player on offense will look to dribble through one of the gates on the opposite side. A player will get a point for dribbling through the gate under control, while the defender gets two points for winning possession and going through their gates. Encourage the defender to win the ball as close to the gates they are trying to dribble through to encourage pressing a player with the ball quickly.

Duration: 15-17 Mins

Intensity: High

Individual Ball Mastery

Description: Place a small box the middle of the grid and create four lines all facing the box. All 4 lines will go at the same time. Players will dribble to the box in the middle and execute a skill move to get around the box and go to the line directly in front of them.

Skills moves: Roll Over, Step Over, Inside Chop, Outside Chop, Ronaldo Chop.

Duration: 8 mins

Intensity: Medium/high

Coaching Points:

- Ask the players which moves they have learned and see which ones are their favorites
- Encourage players to use both feet and all 6 parts of their feet – inside, outside, heel, sole, laces and toe
- Head up and scanning the field, checking shoulders constantly to spot the spaces
- Test self with both feet, particularly performing dribbling moves and accelerating

Description: Small sided game between two teams 4 players per side. Players should be given positions, 1 defender, 2 midfielders, and 1 attacker. After 5 minutes sub 1 player into defense but take the right midfielder off. When this occurs the defender will go to left mid, the left mid will go to the attacker, and the attacker will go to right mid. Adapt this rotation/substitution based on the number of subs.

Duration: 30 Mins

Intensity: High

Coaching Points:

- Look for opportunities to dribble and take space
- Can players recognize these opportunities?
- Can we dribble under control?
- Can we pass to another teammate accurately?