

SESSION PLANNER



Topic: 1v1 attacking/counterattacking

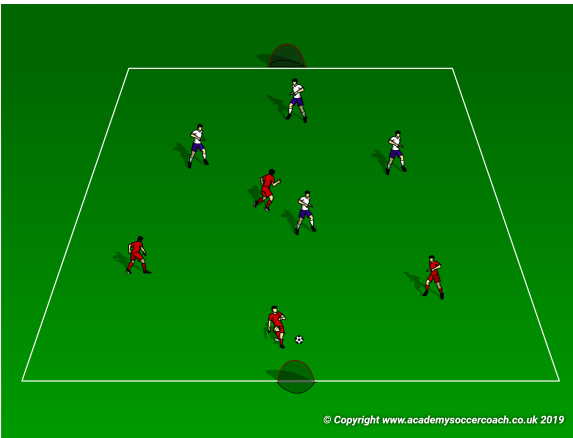
Objectives: Develop ability to attack and counter attack after winning the ball

Goal: Develop technique of attacking and what to do after you win the ball from a defender.

Technical Aspects covered

Dribbling, shielding, dribbling moves, first touch, scanning the field, shooting

Warm-Up Phase



Description:

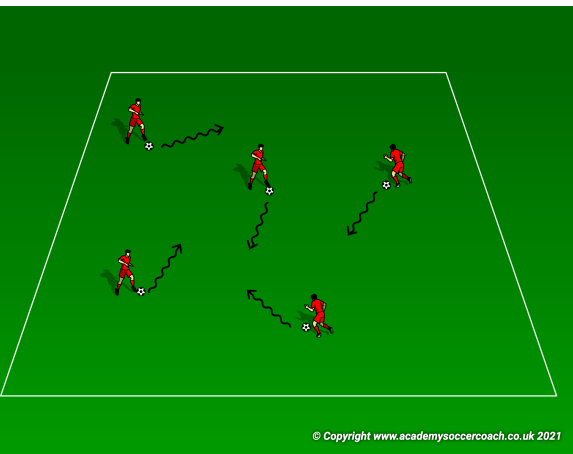
1v1s, 2v1s leading into a scrimmage with everyone as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

Duration: 10-15 Mins

Intensity: High

Coaching Points: Session will be heavily based around 1v1s so players are encouraged to dribble and take on defenders

Individual Ball Mastery, Technique Isolation



Description: Individual ball mastery – dribbling moves, turns etc. Coach will bring each player in and demonstrate each of the moves found below.

La Croqueta, Inside Outside, Outside Inside, Double Inside Touch, Maradona

Duration: 5-10 mins

Intensity: Medium/high

Coaching Points:

- Encourage use of both feet, head up, push self out of comfort zone
- Head up and constantly **scanning the field**
- **Checking shoulder** before turning, **accelerating into space** (individual ball work)
- Create space by moving ball, defender will naturally follow leaving one side exposed, defenders move when the ball moves
- Look for defender lifting back foot, this is the optimal moment to go past him/her...accelerate, don't delay

SESSION PLANNER



5 W's

What: Develop 1v1 techniques -attacking and defensive

Who: Entire group

Where: Anywhere on the field

When: 1v1 scenarios attacking space, defending against the dribble

Why: To attack the net/ counter attack

Opposed/Conditioned Technical Drill

Description: All players need a partner and one ball. The partners set up back to back with the ball in-between them. If done correctly the ball will be pushed between the two players backs without the use of hands needed. When the coach says go, both player will turn and the ball will drop. Both players should look to win the ball. The player that wins the ball is the attacker and the player without is the defender. The attacker looks to dribble towards the either goal and score while the defender tries to win the ball back. If the defender wins the ball they look to immediately counter attack and score on either goal.

Once a pair scores they can immediately reset and start again. After a couple of minutes have the players find a new partner.

Progression: players have to nutmeg an opponent to get a point

Duration: 15 minutes

Intensity: Medium/high

Coaching Points:

- Head up & scanning the field
- Dribbling moves if required and accelerate
- Accelerate, don't hesitate
- Be clinical

SOG

Description:

Small sided game. Gates can be used to encourage wide play. Have players create a point system by dribbling through the gate or passing through the gate to a teammate

Duration: 20 Mins

Intensity: High

Progression: Take gates away and allow players to play freely while looking to create opportunities to attack in wide areas.

Coaching Points:

- If you see space, use your pace
- If you hit a wall share the ball
- If you see a hit, let it rip