

SESSION PLANNER



Topic: 1v1 attacking

Objectives: Develop ability to attack the net, beating defenders, and winning the ball from the attacker

Goal: Develop attacking/defending techniques

Technical Aspects covered

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

Warm-Up Phase



Description:

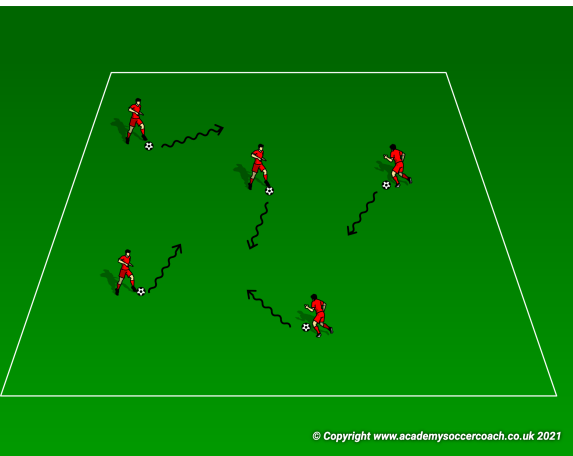
1v1s, 2v1s leading into a scrimmage with everyone as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

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.

Scissor double inside touch, Inside scissor outside, scissor pullback, & Cruyff

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

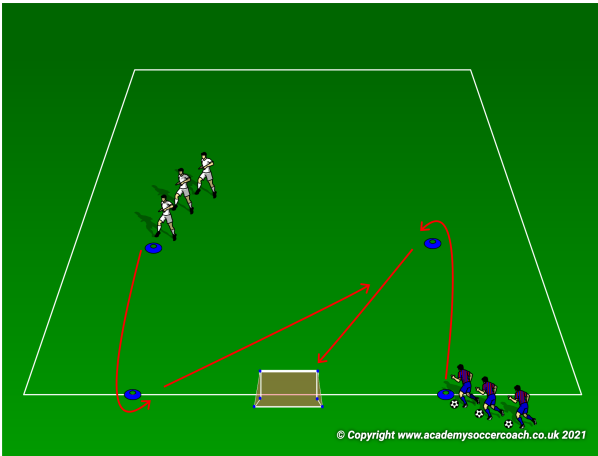
Opposed/Conditioned Technical Drill

Description: Split the players into two teams and place two cones across from each other on both sides. One group of players will line up at cone opposite of the touch line. The other group will be on the other side on the touch line with soccer balls. When the coach says go, players at the front of the line will go. The player with the ball will dribble around the cone directly in front of them and go around to face the net to try and score. The player without the ball will run around the cone directly in front of them and try to win the ball from the attacker. If the defender wins the ball they can have a go on goal. Players go back to their line. After 7 minutes have the players switch lines.

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

Duration: 15 minutes

Intensity: Medium/high



Coaching Points:

- Head up & scanning the field
- Fast dribbling around the cone, tighter touches around the defender.
- Dribbling moves if required and accelerate
- Accelerate, don't hesitate
- Be clinical

SSG

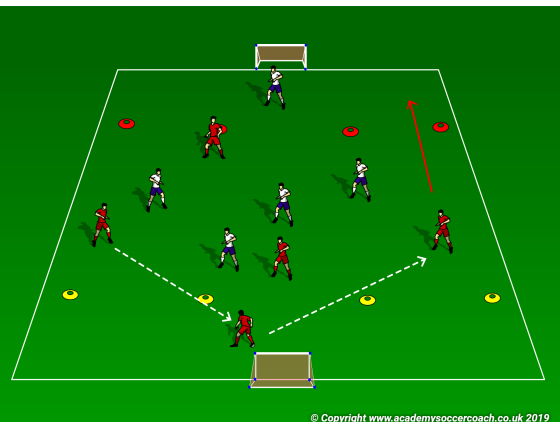
Description:

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