

SESSION PLANNER



Topic: 1v1 attacking through dribbling

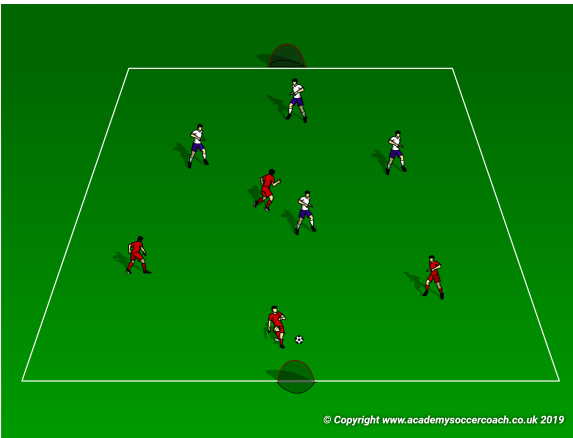
Objectives: Develop ability to attack the net, beating defenders, and winning the ball from the attacker

Goal: Develop attacking/defending techniques

Technical Aspects covered

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

Warm-Up Phase



Description:

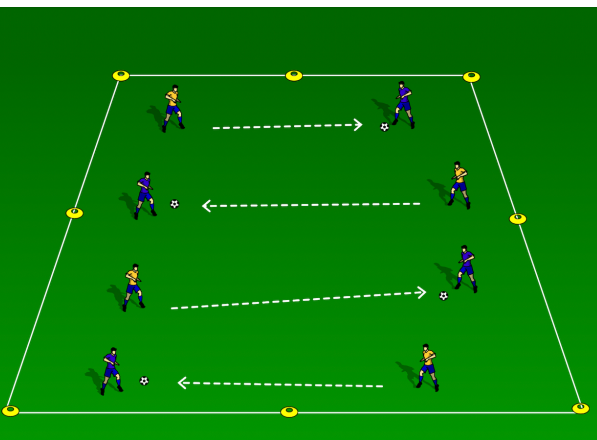
1v1s, 2v1s leading into a scrimmage with everyone as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

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: Ball mastery under pressure – All players pair up with another player with one between the pair. On the coaches go the player with the ball passes to their partner without the ball. As soon as this happens the player with the ball looks to keep possession from the player who passed the ball to them. The players play for 1 minute, and the player who kept the ball gets 1 pt. Everyone finds a new partner.

Duration: 5-10 mins

Intensity: 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

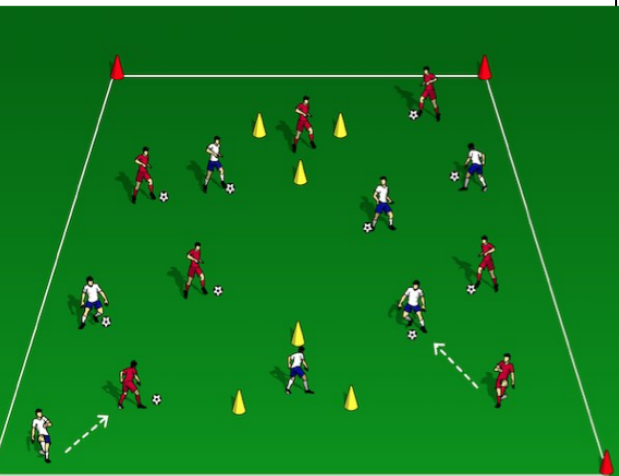
Who: Entire group

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 players into two teams, every player will have a ball at their feet with the exception of the two doctors. The doctors reside in their respective triangle of cones and cannot be hit with a ball while in their triangle. All other players have to kick their ball against the lower part of the leg to freeze their opponents. Once frozen the player must sit on their ball and yell "Doctor Doctor Help Me" The Doctor of that team will run out of their triangle and tap the frozen player on the shoulder to unfreeze the player. If the doctor is hit outside of their triangle the other team wins. Switch out the Doctors when a team win or after 2 minutes.

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

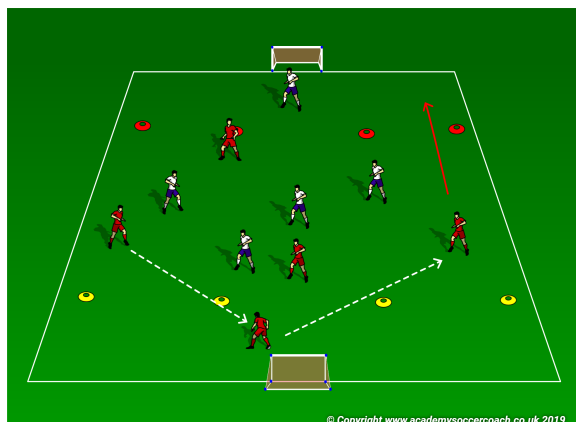
Duration: 15 minutes

Intensity: Medium/high

Coaching Points:

- Head up & scanning the field
- Fast dribbling while looking for a player on the opposite team.
- 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