

## **Topic:** Individual Attack

Free Dribble: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc  Small Sided Game  Organization  1v1 to Two Double Goals: In a grid about 12x15 yards with four sets of cones creating I goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner: • Center of the goal = 5 points, dribbling only • Outer goals = 1 point, passing only.  Small Sided Game  Organization  1v1 to Two Double Goals: In a grid about 12x15 yards with four sets of cones creating I goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner: • Center of the goal = 5 points, dribbling only • Outer goals = 1 point, passing only.  Small Sided Game  Organization  Time: 15 minutes  Coaching Pts.  Sweep the ball close  Keep your head up and use peripheral vision • Keep the ball close • Keep your head up of the defender and dribble past him/her with a burst of speed • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed • Encourage players to be creative with the ball at their feet • If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal  Time: 15 minutes  Coaching Pts.  • Work together to score • Verbal & visual cues: • Space • Iv1 • Support • Use support players to make attacking decisions • Demand the ball • Encourage players to be creative and take risks near the end zone.  Time: 20 minutes  Coaching Pts.  Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.  Time: 30 minutes  Coaching Pts. • All of the above	Technical Warm up	Organization	Coaching Pts.
Iv 1 to Two Double Goals:	West approximate to the state of the state o	Free Dribble: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc	<ul> <li>Keep the ball close</li> <li>Use all surfaces of the foot         <ul> <li>Inside/outside</li> <li>Sole</li> <li>Laces</li> </ul> </li> <li>Keep your head up and use peripheral vision</li> <li>Change of direction and speed</li> <li>Time: 15 minutes</li> </ul>
In a grid about 12x15 yards with four sets of cones creating 1 goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner:  • Center of the goal = 5 points, dribbling only  • Outer goals = 1 point, passing only.   **Organization**  Time: 15 minutes**  Coaching Pts.  **Overbal & visual cues:  • Space  • Iv1  • Support  • Work together to score  • Verbal & visual cues:  • Space  • 1v1  • Support  • Use support players to make attacking team shape (support, width and depth of the attack).  **Game**  Organization**  Organization**  **Organization**  **Organization**  Organization**  **Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.  **Neep your head up  • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed  • Encourage players to be creative with the ball at their feet  **Organization**  Organization**  **Organization**  Organization**  **Coaching Pts.**  Organization**  Organization**  Organization**  Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.  **Neep your head up  • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed  • Encourage players to be creative with the ball at their feet  **Organization**  Organization**  Organization**  Organization*  Organizati	Small Sided Game		
3v3 or 4v4 to 4 Goals:  In a 30x35 yard grid, place a three yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.  Coach: help the players with attacking team shape (support, width and depth of the attack).  Cognization  Organization  Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.  • Work together to score  • Verbal & visual cues:  ○ Space ○ 1v1 ○ Support  • Use support players to make attacking decisions  • Demand the ball • Encourage players to be creative and take risks near the end zone.  Time: 20 minutes  • All of the above  Time: 30 minutes	were sports-graphics.zom	In a grid about 12x15 yards with four sets of cones creating 1 goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner:  • Center of the goal = 5 points, dribbling only	<ul> <li>Keep your head up</li> <li>Execute a feint to unbalance the defender and dribble past him/her with a burst of speed</li> <li>Encourage players to be creative with the ball at their feet</li> <li>If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal</li> </ul>
Time: 20 minutes    3v3 or 4v4 to 4 Goals:	Exp. Small Sided Game	Organization	Coaching Pts.
GameOrganizationCoaching Pts.7v7 ScrimmagePlay with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.• All of the above Time: 30 minutes		In a 30x35 yard grid, place a three yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.  Coach: help the players with attacking team shape (support, width and depth of	<ul> <li>Verbal &amp; visual cues:         <ul> <li>Space</li> <li>lvl</li> <li>Support</li> </ul> </li> <li>Use support players to make attacking decisions</li> <li>Demand the ball</li> <li>Encourage players to be creative and take risks near the end zone.</li> </ul>
7v7 Scrimmage Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field. • All of the above Time: 30 minutes	www.sports-graphics.com	Ougavi-atio-	
by 35-45 yard wide field. Time: 30 minutes	Game		
COOL DOWN Activities to reduce heart rate, static stretching & review session – Time 10 min.	7v7 Scrimmage COOL DOWN	by 35-45 yard wide field.	Time: 30 minutes