



SESSION 1

1v1 ATTACKING



Warm Up : Basic Dribbling

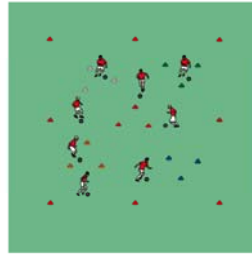


Organisation

Set up a 15x15yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

Technique Practice : Triangle Feints



Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

Fun Game : Gate Game



Organisation

Mark out a 20x20yd and mark out a series of small gates marked out by cones (see Diagram). Select 2 players whose job is to block the gates. Players with the ball must attempt to dribble through the gates while the 2 players without the ball attempt to block the gates.

Progression

- Players are allowed to win the ball

Skill Practice : 1v1 Attacking 2 goal game



Organisation

Set up a 15x10yd grid with 2 small goals either end. Players form a line either end between the 2 goals. The attacking player starts with the ball and attempts to dribble through one of the 2 goals.

Progression

- Player passes ball to attacking player

Small Sided Game U11-U13 : 3v3 or 4v4 Dribble across the end line



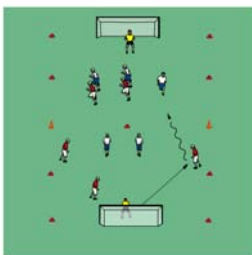
Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 3v3 and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

COACHING POINTS

- Players are encouraged to dribble and take on defenders in 1v1 situations when space is available
- If space is not available players should keep possession by dribbling or passing ball into their own end zone.
- Movement of support players to create space for the player on the ball
- Support behind dribbling player in case possession is lost
- Quality of end product

Small Sided Game U14-U16 : 6v6 Dribble out from the back



Organisation

Set up a 50x30yd field with 2 goals. Split the field into half's with 3 defenders and 2 Strikers in each half. Players are restricted to their own half. Defenders when attacking can dribble across the half way line to assist strikers.

COACHING POINTS

- Create space, back 3 spread out strikers push on.
- Back players take opportunities to run the ball forward when space is available
- If space is not available to run the ball forward quickly switch the play to bring in opposite full back
- Players are encouraged to dribble and take on defenders in 1v1 situations when space is available in attacking half
- If space is not available players should keep possession by:
 - Looking for the forward pass
 - Passing to team mate in a better position
 - Passing back to a team mate
- Movement of support players to create space for the player on the ball
- Support behind dribbling player in case possession is lost
- Quality of end product

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the group:

1. **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
2. **Which direction does the ball move when dribbling with the Inside, Outside and Sole of the foot?**
Inside across body, outside away from body and sole all directions.
WHY?
Because it does not effect your running style.
3. **Why do we need to keep are head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
4. **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints

5. **Who can show me a move to beat a defender?**
(Select player to demonstrate)
6. **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender attacking the space behind
7. **When is it best to take players on in game situations?**
In 1v1 situations, when there is space to attack behind the defender and when you have a team mate giving support behind.
8. **When the space is not available to dribble or take on players what is the best thing to do?**
Pass to a player in a better position (Scoring Position?) and keep possession