



Individual and Small group attacking

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: F.C. Stars

FC Stars Worcester, bolton, United States of America

1v1 moves w/ cone

Set Up -

3 cones per group.

set up cones 6 yards

Coaching Points (1) (15 minutes)

Work on 3 moves (5 minutes each).

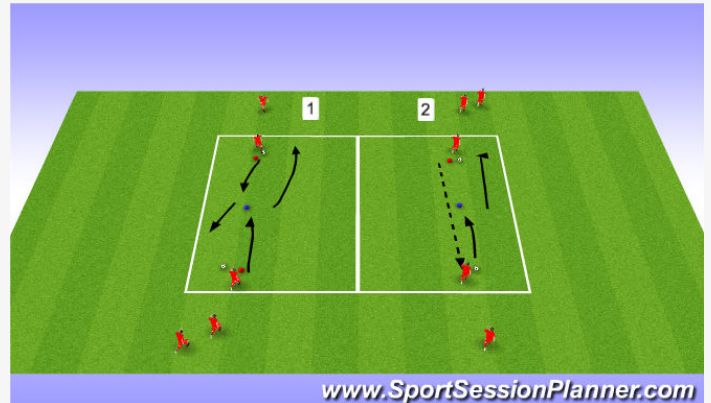
-Scissors , role over, matthews move

- All three moves the player is understanding the importance of exceleating after a move.

- Players are dribbling with head up and seeing where and when to do their move.

Progression (2) (5 min)

. One line is passing the other line is receiving with a quality first touch then dribbling at the cone to do one of the moves . Must not do the same move twice in a row.



1v1 w/ goal & defensive area

Set Up -

mini goal 5 yards behind the defending line.

10X10 grid

(1) (10-12 minutes) Defender must stay on the line to defend.

Attacking player must get behind the defender to shoot and score.

Defender switches after 5 times

Coaching Points

-Try the moves we practiced during the first stage.

- Go at the defender with speed

-Look to see how the defender is playing, Look where to penetrate space in behind

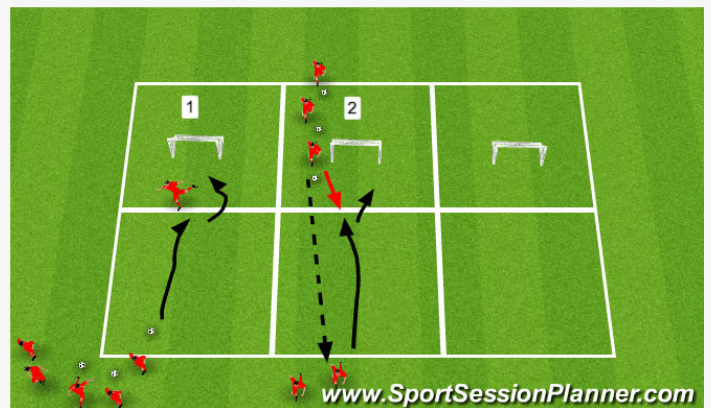
-Get the defender off balance and exceleate into the shooting zone.

Progressions (2) (10-12 minutes)

- A little more game realistic which involves receiving on the first touch and the defender is a lot more mobile

- Defender passes from the goal, defender can move anywhere around the defensive area but can not come out. If defender wins the ball , the play is done.

- Attacker needs to be in the defensive area to score.



small sided w/ zones & goal

Set Up -

(20 minutes)

25X20

4v4 (no goalies) 6v6 goals

Place goals 10 yards behind end line

Player must be over the end line to shoot

Coaching Points

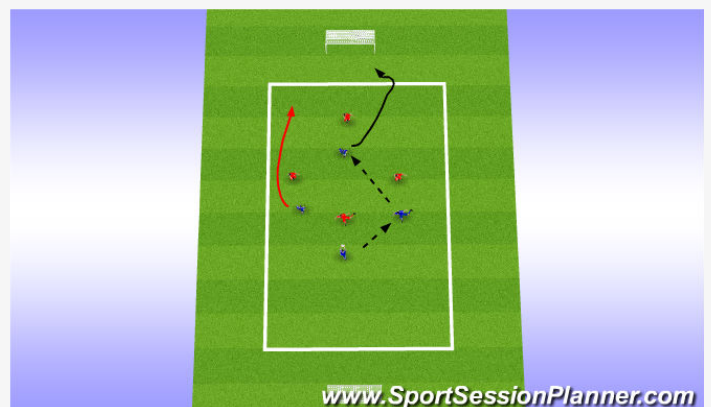
- Get head up and see when attacker can take the opportunity to take on a player to get in behind. If its not available look pass.

- Off the ball look to get involved to get numbers up.

- Quick transition when winning the ball.

Progressions

Take away zone restrictions, pull goals up to line and play 4v4



4v4 game

Set Up -

(20 minutes)

pull goals in to the line.

add goalies.

4v4 w/ goalies

Coaching Points

-Apply 1v1 moves

-Get the ball forward with speed and quality.

