



Attacking 1v1

Category: Technical: Attacking skills

Difficulty: Moderate

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Individual-Adult Member

Description

1v1 attacking

Warm up (10 mins)

Organization 20 x 20 square

Inside the square place several cones to act as defenders

Each player has a ball at their feet.

players are encouraged to dribble around the square and attempt to move around the cones.

Add dynamic stretches, high knees, heel flicks, kick through, open the gate, skipping and windmills

Coaching points

1. Don't get too close to defenders
2. once we have beat the defender can we accelerate away.

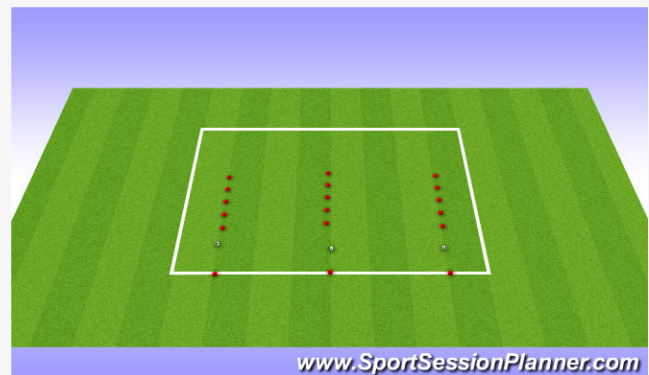


SAQ (10 mins)

Line 1 left foot only

line 2 right foot only

Line 3 inside only



Technical (15 mins)

Organization

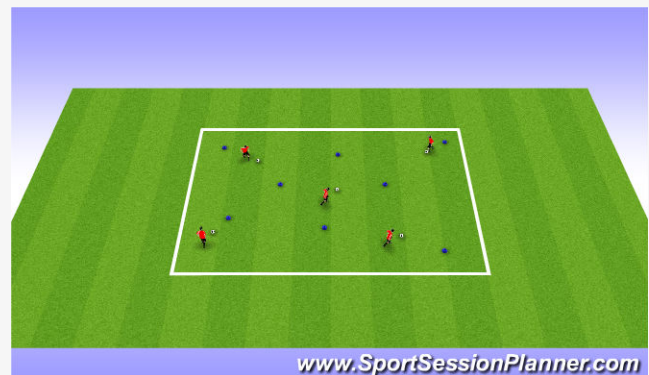
Same as warm up

Instructions

Players attack cones and perform skills to beat them

Coaching Points

1. Distance from cone- not too far and not too close
2. speed on approach can we slow down to perform the skill
3. accelerate away from cone
4. can we use our body to make defender move



SSA (15 mins)

Organization

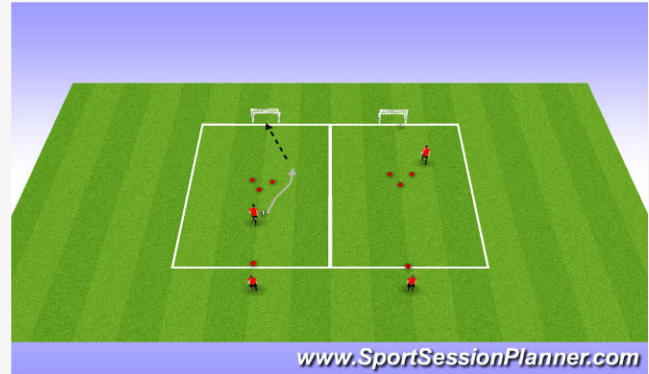
20 x 20 split into 2 areas.

Add a goal at the top. make a triangle of cones to act as a defender

Player beats defender and shots at goal

Coaching Points

1. accelerate away from defender
2. after accelerating can we get our head up and see where we are
3. quick finish



Game (15 mins)

Game

Encourage players to take on individuals

