

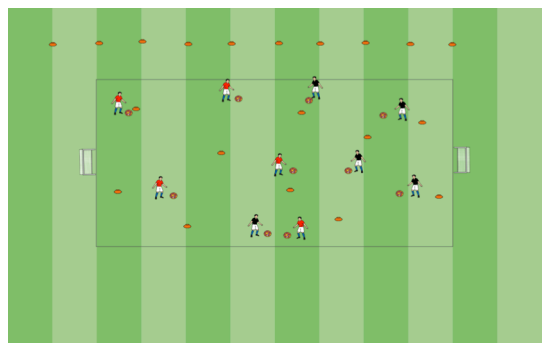
Coach: Stephen Bird

Attacking 1v1

Keeping the ball close and away from the defender



A Lifetime of Soccer



Warm-Up

Work: 10 Mins

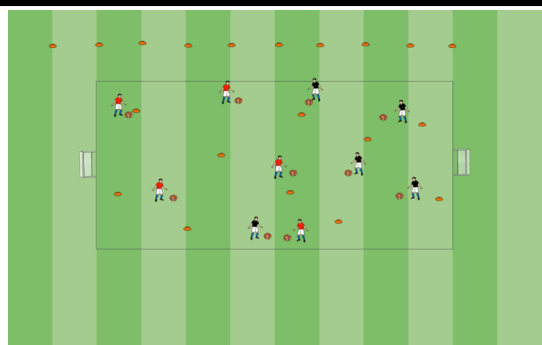
Each player has a ball and is dribbling around the area. Each player needs to find a empty cone and dribble towards it. Every time the player gets to a new cone they must use a different part of their foot until they hit another cone.

Who can hit the most cones?

Can you change your speed and direction to get to the new cone?

Progressions – Different foot every time they get to a new cone. Add in a skill move.

Organization: Cones can be randomly placed in the area but make sure they're spread apart.



Technical

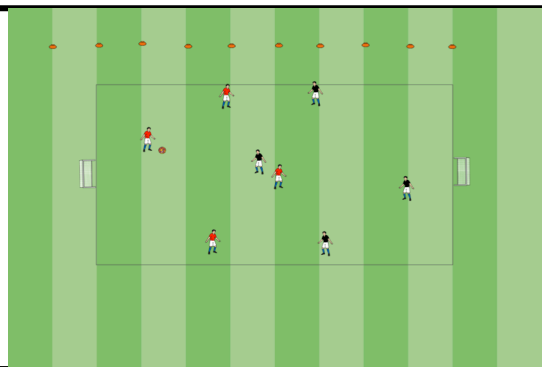
Work: 12-15 Mins

Split the players into two groups. One group is the 'guarders' and the other groups are the 'attackers'. The attackers are trying to stop their ball on an empty cone for 3 seconds to get a point. The guarders are trying to block them by putting their ball on the cone for 3 seconds before finding a new one.

Attackers are trying to get as many points as they can in a two-minute round.

Switch guarders and attackers around.

Organization: Same area as before.



Scrimmage

Work: 15-20 Mins

4v4 game or 3v3 game depending on the numbers.

Organization: Grid size – Two fields going on at the same time.

Key Coaching Points:

- 1) Can you recognize space and find the empty cone?
- 2) Can you use your imagination when on the ball? I.e. skill move/feints
- 3) How can you keep away from the guarders?