

Coach: Stephen Bird

Team: U9-U10

Topic: Attacking 1v1

Week: Three



A Lifetime of Soccer

What: Being brave on the ball and facing the defender.



Warm-Up

Work: 10 Mins

Players are dribbling around the area. When the coach shouts the following:

- 1) Turn with the ball
- 2) Skill move (Coaches choice, e.g. scissors)
- 3) Dribble out of the area as fast as you can
- 4) 10 Tic Tocs

Organization: Area 30 x 35. Can vary depending on the number of players/level.



Technical

Work: 12-15 Mins

'War' game. Players are in groups of two and pass and move around the area. When the coach shouts "war" the player who has the ball will attempt to keep the ball while his/her friend will attempt to steal it and keep it. When the coach shouts, "freeze" whoever has the ball wins the point. Play a few rounds and then switch partners.

Organization: Use one group as an example to show everyone else.



Skill

Work: 12-15 Mins

1v1 to goal. Players will dribble out and attempt to beat the defender and score on goal. If defenders steal the ball they will try and score in the opposite goal. If there is a defender waiting on the other side, attackers can start the game straight away (plenty of games at the same time).

Progression- Players have to attempt a skill move or nutmeg to score

Organization: Intensity throughout the 1v1's. Keep the games going



Scrimmage

Work: 12-15 Mins

Key Coaching Points throughout the session:

- Facing the defender to see the space/defenders movement
- Chin up when dribbling
- Small touches when drawing the defender in
- Be brave on the ball (use skill move to beat the defender)
- Look for space and change speed & direction

Organization: Keep the balls close to you so can keep adding balls into the game.