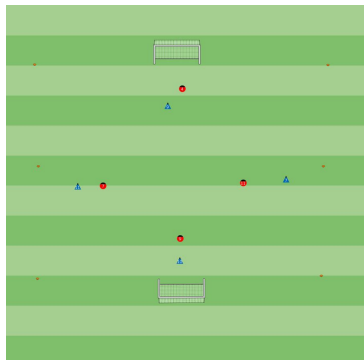


TRAINING SESSION: ATTACKING DRIBBLING # 7,9,11

Objectives

To improve the attackers ability to dribble and take on opponents 1 vs. 1

Play phase 1 offense 7,9,11



4 v 4



soccer ball, goals, pinnies and cones



Intensity: 8



20:00 min

(2 x 09:00 min, 01:00 min rest)

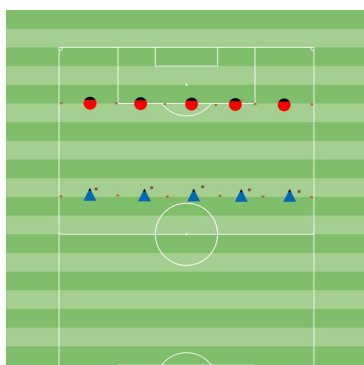
Coaching Points

Two guided questions: * Where should you make a lot of moves? * Do you need to speed up after you make a move?

Description

Play a 4 vs. 4 scrimmage on a field 40 x 20 yards.

1 vs. 1 line soccer



1 v 1



soccer balls and cones



Intensity: 9



08:00 min

(16 x 00:20 min, 00:20 min rest)

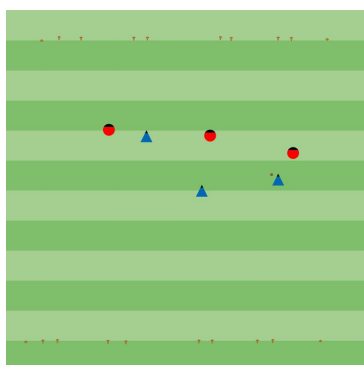
Coaching Points

* Approach with speed* Make sure that you fake out the opponent and not just try to run past them* When you see the space to dribble to the end line, speed up and use the outside of your feet* Try to make any moves: rolling, scissors, any move you know

Description

Playing 1 vs. 1 line soccer. The players play in a 20 x 8 field, the main attackers going towards the goal. The coaches encourage the players to make moves and take on the opponent. 20 second games

6 goal game 3 vs. 3



3 v 3



Soccer balls, pinnies and cones



Intensity: 8



15:00 min

(4 x 02:30 min, 00:30 min rest)

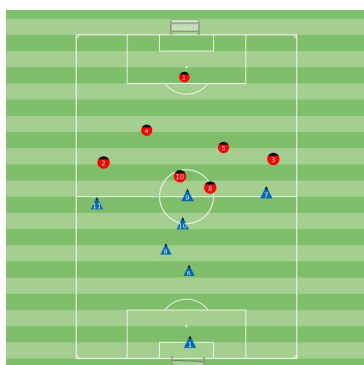
Coaching Points

* Can you dribble fast and go deep?* Can you make any moves and take players on 1 vs. 1* Can you find the free goal to dribble through?

Description

Set up this activity multiple times. The teams are trying to score on 4 small goals, made up from cones. The three players per team defend the 4 goals and attack the 4 goals on the other side. Can the team in ball possession find the open goal? You score by dribbling the ball through the goal.

Play Phase 2 offense 7,9,11



6 v 6



soccer balls, pinnies and cones



Intensity: 6



30:00 min

(3 x 08:00 min, 01:30 min rest)

Coaching Points

* Can you play high up the field?* Should you stay wide?* How do you create triangles and what how is the midfield involved?* Can you switch the point of attack?

Description

Play a 6 vs. 6 to two large goals