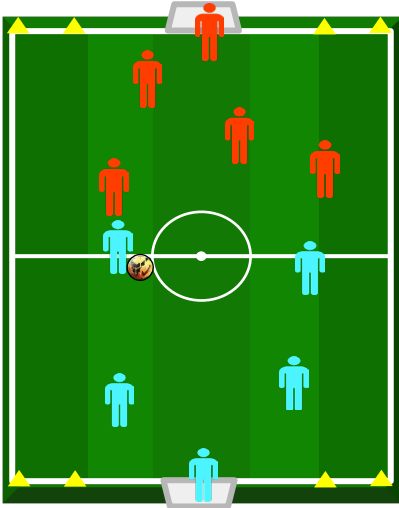


Principle of Play: Attacking

Session Objective: Attacking 1v1 – Dribbling to beat a player.

Key behaviors/habits: Keep the ball moving with your first touch, keep the ball out of tackling range



ORGANISATION

4v4+ GK's

25x30m (for 4v4+GK's ) adjust for more or less players

EQUIP: balls, bibs, cones, larger goals x2 (can use poles)

RULES

1 point for dribbling through wide gates

1 point for scoring in central goal

2 points for a goal in central goal after beating a player

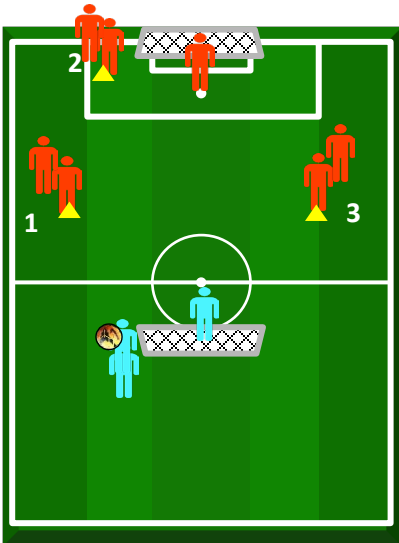
COACHING POINTS

Head up, identify the defender

Approach the defender, keeping the ball close

Move the ball and/or the body to beat the defender, timing the move at the right time

Accelerate away from the defender with your head up to set for next action



ORGANISATION

1v1 + GK's

25x15

RULES

Blue start with the ball and set off to score in the orange goal when the coach shouts a number

Depending on the number called determines which angle the defender defends from

If the orange defender wins the ball, they transition to score in the blue goal

After the attackers turn, they replace the defenders position, and the defender replaces attacker

The attacker has 6 seconds to score

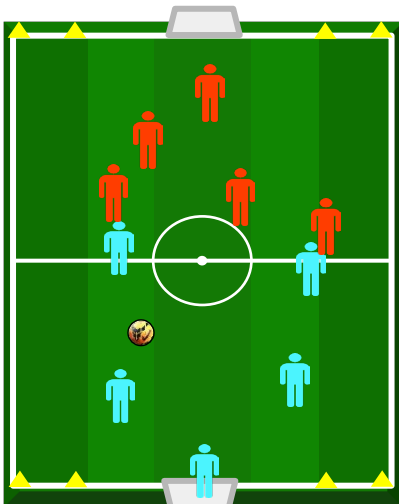
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