

## Attacking Moves

OBJECTIVE: To improve the players ability to beat opponents in 1v1 situations

TEAM TACTICAL PRINCIPLES:

WHAT Increase the players ability to beat opponents in 1v1's

WHEN: When a player in possession is in a 1v1 scenario

WHERE: offensive-third, middle-third, defensive-third

WHO: All Players

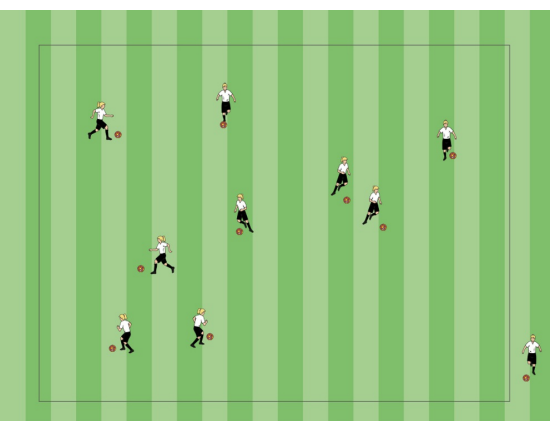
WHY: So players can move the ball up the field while retaining possession

David Brown

AGE: U9 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

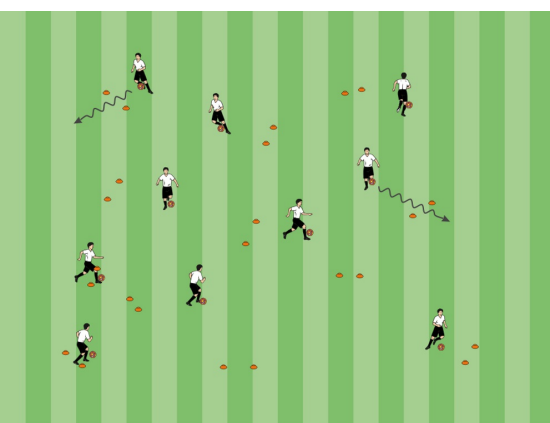


### King of the Ring

EXERCISE RULES: Set up an area. No bigger than 15x15. Try and limit to 10 players per group. Can move players up or down depending on ability/success

FOCUS TEAM OBJECTIVE: To keep ball in area

NOTES: When ball goes out, player does toe taps, or a different ball mastery skill to get back in Check shoulder. Feel pressure. Accelerate into space. Protect the ball

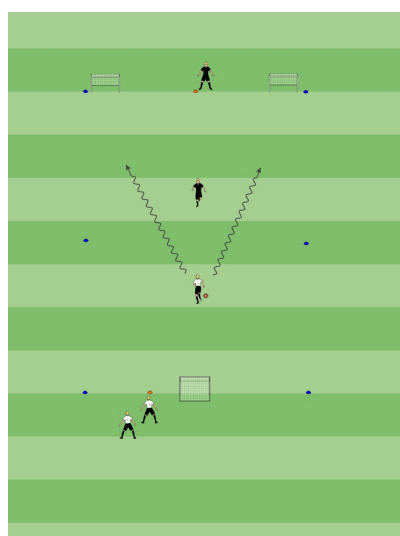


### Free Area Foot Skills Practice

EXERCISE RULES: Players dribble freely around the area. They will use the gates to perform the foot skills that the coach has asked them to practice. Foot skills to practice are; Matthews, Scissors, Step Over

FOCUS TEAM OBJECTIVE:

NOTES:

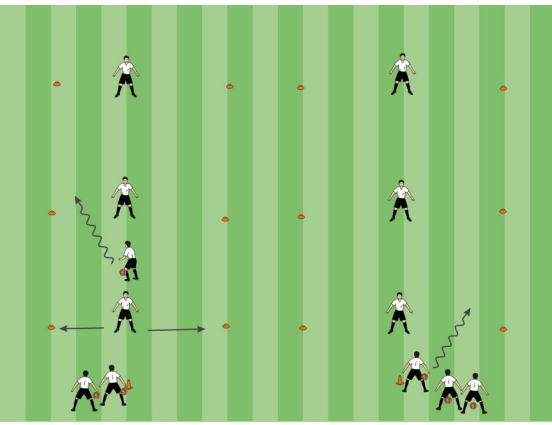


### Direct Foot Skills 1v1s

EXERCISE RULES: Split players into two lines. One line passes ball out then becomes defender. Attackers are trying to score in either wide goal. Defender tries to score in the one goal behind attacker. Move players up and down based on scores

FOCUS TEAM OBJECTIVE: To increase the players ability in 1v1 situations

NOTES: Change of speed and direction. In slow out quick. Exaggerate. Creative How do we create space for ourselves? How do we unbalance the defender? Why do we want to be creative with the ball? Exaggerate moves. Move ball across defender during skill. Be creative to remain unpredictable to opponents.

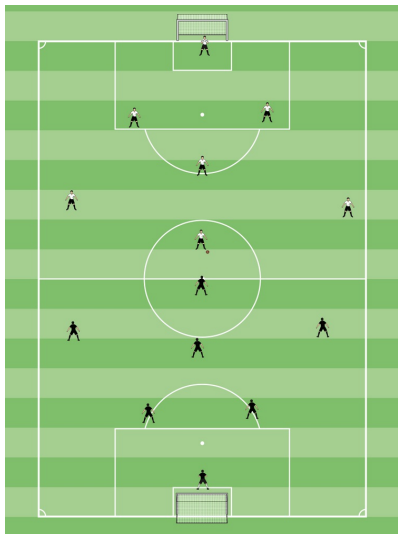


### Gauntlet

**EXERCISE RULES:** Set up area. Defenders must stay on their line. Point system in place to reward players for each opponent they dribble around. If tackled, the attacker switches with the defender. Players can begin their go as soon as the ball in front finishes.

**FOCUS TEAM OBJECTIVE:**

**NOTES:** Creativity. Change of Speed and Direction How can we get around each player? Where do I want to dribble. Do I want small or large touches because of the defender in the next space? Changes of speed and direction. Use fakes to unbalance defenders. Small touches so second defender cant intercept the ball



### 7v7 Scrimmage

**EXERCISE RULES:** Play a regular 7v7 scrimmage

**FOCUS TEAM OBJECTIVE:** To practice the learned skill in a game scenario

**NOTES:**

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?