

Description

Attacking 1 v 1 - Individual Skills To Beat A Player

Warm Up

Organization

15 x 15 Yard square

Players in two's with one ball per pair

Player with the ball, moving around, through the gates inside the square

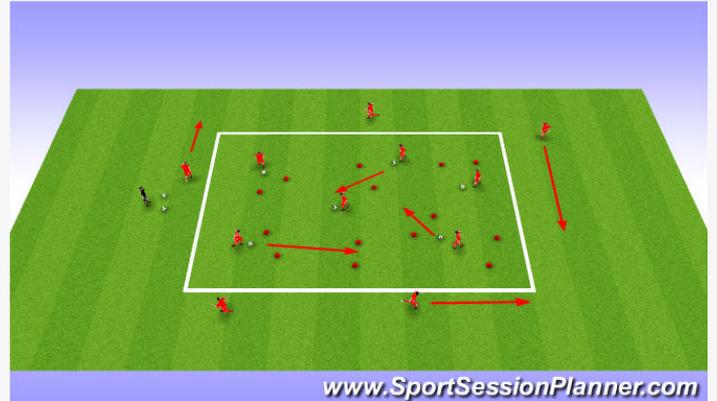
Competencies

- Head up
- Bend knees, low center of gravity
- Look for space
- Small controlled touches
- Use both feet
- Use various parts of both feet
- Lots of changes of direction and speed
- Drag backs
- Scissors
- Cruyff turns
- Drag and Tap

Players without the ball perform a variety of dynamic movements around the outside of the square travelling in any direction

- Side steps
- Karaoke
- High Knees
- Open and Close the Gates
- Thigh and Hamstring Stretching

On the coaches command the player with the ball must find his/her partner with a pass and change positions



1 v 1 Attacking

Organization

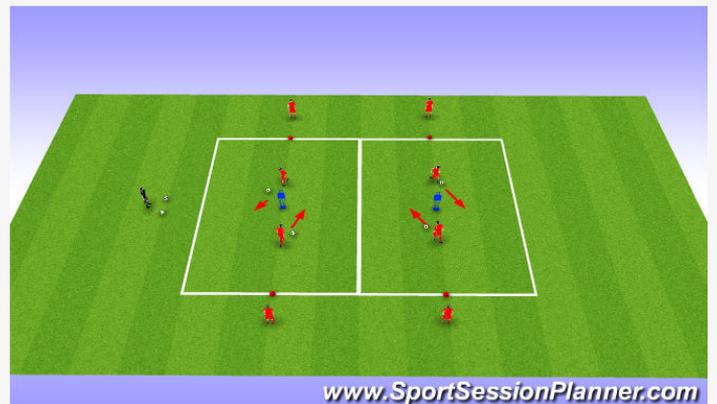
Creates two channels in the 15 x 15 Yard square

Players attack the mannequin and perform a variety of attacking 1 v 1 skills to beat the defender then pass to the opposite group

- Step Over (Scissors)
- Double Step Over
- Skate Step
- Inside Outside

Competencies

- Attack the defender with pace
- Identify distance from defender to maximise success (too near vs too far)
- Be creative with movement
- Add imagination and disguise
- Once the defender is beat, accelerate



1 v 1 Attacking To Goal

Organization

Add goals active defenders and GK's to the exercise

The defending team passes the ball out and apply pressure once the attacker has had his/her first touch

Rotate attacking team and keep score



Small Sided Game

Organization

4 v 4 or 5 v 5 with GK's

Encourage players to attack 1 v 1 as often as possible

Players need to recognize when they can isolate a 1 v 1 rather than pass

