

# U 1 1 / U 1 2

## W E E K 1 A N D 2 - A T T A C K

### REINFORCEMENTS

- Really good pass with inside of the foot - Good pace!
- Can you show everyone how you received that, that was great!
- Well done "Timmy"! Way to get as wide as you can when the GK got the ball.
- Good work getting that defender to come closer by dribbling. You really opened up space for your teammate!
- Way to take that space with big touches!
- When the defender took the pass away, you dribbled by!

### COACHING POINTS

- Dribbling
  - Small touches in tight space, big touch with space
  - If you have space, dribble
  - Dribble to bring a defender to create space for teammate
- Passing
  - Inside of the foot - heel down and toe up, ankle locked
  - Pass to foot that should receive the ball
- Receiving
  - Receive with body open to field
  - Take first touch to space

### QUESTIONS

- If we have space, what should we try to do? Dribble
- Can we take a big touch if we have space? Yes
- How do you know if you have space? Head up/Look
- What foot should you receive with if you have space? Furthest foot
- Should you face the sideline or the field when you receive it? Field
- What can you do to bring the defender closer? Dribble at them
- Why bring the defender closer? Space for teammate
- If you don't have the ball, where is space? Wide, high, back, angle
- What foot of your teammates should you pass to? Receive into space
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves is central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

### NOTES

- Use Activation-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

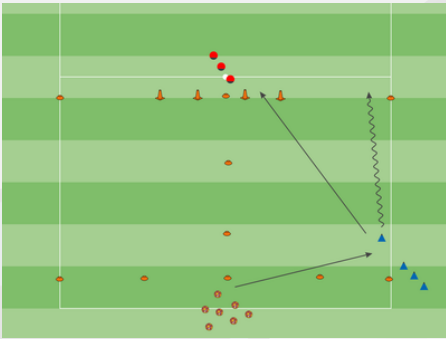
### STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Where to go
- Shape - width/depth
- Sustained focus
- Working in groups of 3-4

# U 1 1 / U 1 2

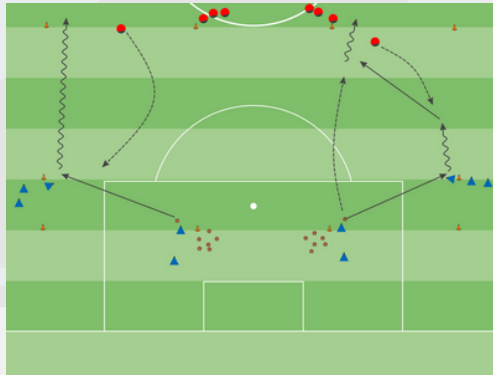
## W E E K 1 A N D 2 - A T T A C K

### 1v1 to End Line



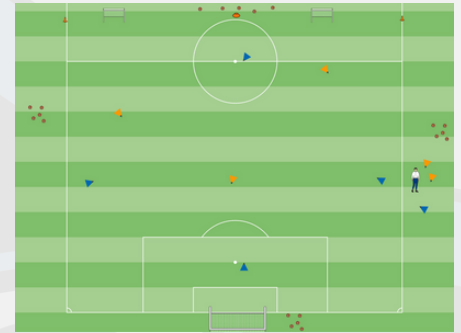
- Half field, split in half again
- Coach as shown with balls playing to blue player
- “As soon as ball is played” defensive player tries to win it
- Score by dribbling across end line - both teams
- Explore big touches - space or when opponent is beat
- Small touches - small space or when defender is close
- Where is defender? Is there space?

### 2v1 to End Lines



- Half field, split in half again
- Attacking player plays ball in
- “As soon as ball is played” defensive player tries to win it
- Score by dribbling across end line - both teams
- Explore big touches - space or when opponent is beat
- Small touches - small space or when defender is close
- Where is defender? Is there space?
- Free player - can they receive it?

### 4v3



- Half field - a little bigger (if possible)
- 4 defending larger goal (no GK)
- 3 defending small counter goals
- Coach can play ball and can use kick ins
- Should be more free play with little to no stoppage
- Where is the space? Is there a teammate with space? How many defenders? How many on your team?
- Height, width, depth
- Free player
  - Can we find the free player?
  - Does the free player have space?

### Week 1 Guide

1v1 (20 minutes) - 2v1 (20 minutes) - Play (20 minutes)

### Week 2 Guide

2v1 (20 minutes) - 4v3 (20 minutes) - Play (20 minutes)

### Standards

- Dribbling
  - Scanning, Space, Where are defenders, Where are teammates
  - Big touches vs small touches - There is a place for big touches (Don't see it enough at older ages)
  - Dribble to commit a defender
- Passing - Will get to next week - focus on dribbling (technical), Space/free player (tactical)
- Introduce
  - Height, width, depth
  - Introduce (through 4v3 environment) - free player

### Focuses

- Rules, focus, concentration, routines - Get back in a routine
- Set a high standard!
- Group players appropriately