

1 1 V 1 1 A T T A C K I N O U R O W N H A L F

REINFORCEMENTS

- Really good pass with inside of the foot - That was a good pace and to the front foot.
- Great wall pass!
- 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!
- Loved how we played back to the keeper there. He/she had a lot of space.
- Well done finding that 2v1 centrally

COACHING POINTS

- Skills
 - Dribbling to create space by committing defenders
 - First touch in to space, big and fast if space allows
 - Receive across body and open to the field
 - Scan for space before receiving the ball
- Tactical
 - Recognize space prior to receiving
 - Identify 2v1s and how we can get there
 - What if we win the ball in our own half, how do we transition?
 - Understanding positional roles

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 central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run
 - As an outside defender, can we use the CM for a wall pass to get behind?
- Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

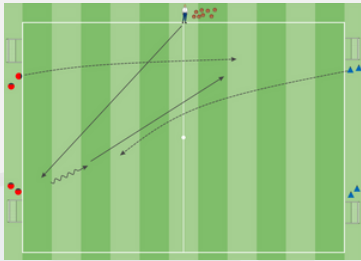
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Combination play
- Reading defensive shape
- Where to go next
- Shape - width/depth
- Recognize 2v1s
- Playing out of the back
- Self-Reflection

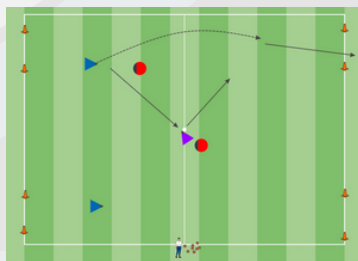
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A.01 2v1 (2 Goals)



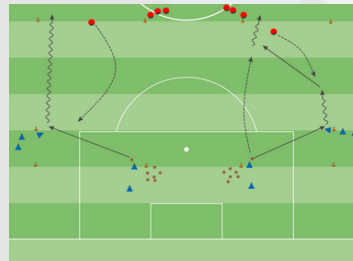
- 18 X 25 yard grid
- Players split in two groups
- Ball played in by coach
- Side that gets ball, brings two players on, side that doesn't defends with one player
- Alternate side that gets ball each time
- When ball goes out of play, quickly get it and get back in line
- Score through goals, keep track of score

A.02 2v2+1 (2 Goals)



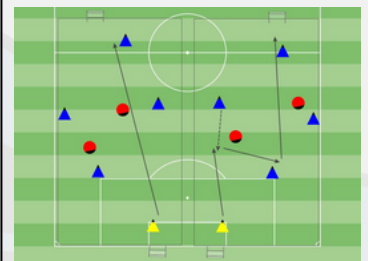
- 18 x 25 yard grid
- 2v2 with a neutral player to score in two goals
- CAN introduce wall pass to high level U9/U10 players
- Rotate neutral every few minutes
- Can play to endzones (pass or dribble) - this would be less challenging if needing success
- If we dribble and commit a defender, who has space?

A.03 2v1 On Flanks



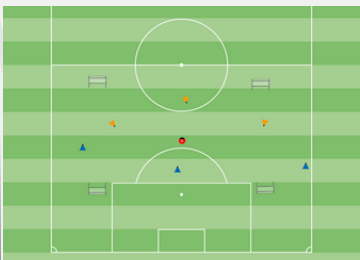
- Two grids on the flanks, outside the box - roughly 15 wide x 22 long
- Three lines - can keep for a time limit or rotate through
- Central back line plays ball to outside player
- 2v1 to endlines from there
- As soon as ball is passed from teammate to wide player, that will initiate immediate pressure
- Dribble to commit or to score if space allows
- Pass if teammate has more space

A.04 4+GK vs 2



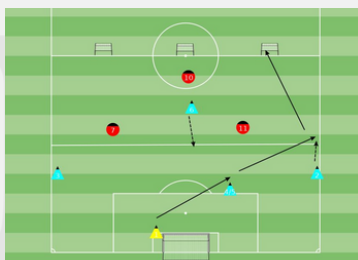
- Two grids on the flanks, roughly 25 x 35
- Ball starts with Gk
- Blue players signify a CB, OB, CM and Wing player
- Can add defender to increase challenge
- Goals with GK can be a shared large goal and then alternate balls in for a rest on each side or train one side then train the other
- Could remove sides, add a couple defenders and move directly in to a 8v6.

A.05 3v3+1 (2 Goals)



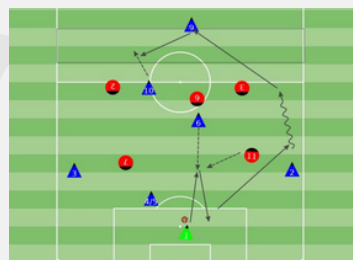
- 3v3 + neutral to four goal
- Set goals up on box and close to half line. Make it bigger to make it less challenging
- Rotate players/positions every few minutes
- Focus on space, where is it? who has it?
- We should always have someone with space.
- Keep score - score through goals

A.06 4+GK v3



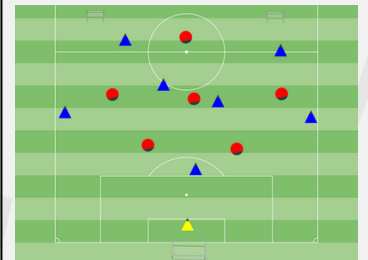
- 4+Gk vs 3 to one large goal and three counter goals
- Space is not a full half field as shown, cut down as needed
- Goals would signify a pass into the opponents half
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when ball goes central

A.09 7v5 to Endzone



- 7v5 to one large goal and endzone
- Freeplay, but starting with GK will give more repetitions
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when it gets central
- Focus on space... where is it

A.07 8v6 Own Half



- 8v6 to one large goal and two or three counter goals
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when it gets central
- Focus on space... where is it