

1 1 V 1 1 A T T A C K

N E A R O P P O N E N T S G O A L

REINFORCEMENTS

- When a player creates, using deception or small touch, just enough space to shoot
- When a player uses their instep to hit a driven shot
- When players creates space wide using combination play
 - Wall pass or overlap
- When a ball is played between defenders and the receiving attacking player takes touch towards goal
- When an outside back gets forward and completes a cross
- When a player scores off a volley/header from a cross
- When a player takes a player on in the flank and beats them, creating space centrally

COACHING POINTS

- Receiving
 - Across body with inside of the foot
 - Into space - Towards goal
- Passing/Finishing
 - Inside of both feet
 - Instep of both feet
 - Volleys/headers
- Where are the defenders? Where is the space? How can we get there quickly?
- Can we get central players involved to get outside backs in the attack
 - Can we use combination play to get outside backs forward?
- Dangerous balls into the box
 - Variety of crosses - early, late, on ground, driven, flighted to back post
- Shooting from distance - technique
- Self-reflection reminders post training

QUESTIONS

- If you dribble at defenders, what will happen? Does it create space?
- What is the difference in how we finish close or further away from goal?
- What foot should you receive with if you have space? Furthest foot
- Why bring the defender closer? Space for teammate
- Who can we look for if we don't have space going forward? Outside backs on flanks, DCM in central areas
- When the ball moves central (CM) where should the outside players go? Wide How? Backpedal or rounded run
- Is there more space on the other side of the field? How do we go there? Does it make sense to get there quickly with driven ball or shorter passes?
- What kind of balls can we play to unbalance the back line? Vary crosses
- Why would we play someone with less space intentionally? To bring more defenders wide, creating more space centrally
- What foot of your teammates should you pass to? Foot towards the goal so they can take touch towards the goal

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

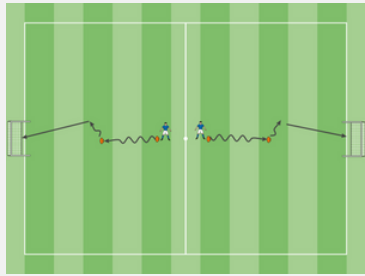
STANDARDS

- Dribbling
- Passing/Finishing
 - Inside/instep of both feet
 - Headers/volleys
 - Variety of crosses
- Shape - Width/Depth
- Positional roles within the system
 - Who is involved in final 3rd
- 2v1s
- Receiving
 - Across body with inside of both feet
 - Bouncing balls
 - Where to go- 1st touch
- Reading defensive shape
- Combination play
- Switching the field
- Individual and team discipline
- Self-Reflection

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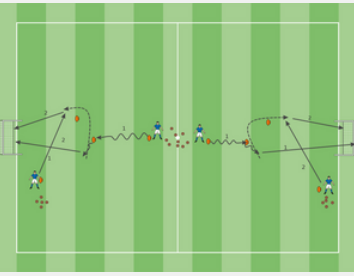
N E A R O P P O N E N T G O A L

N.88 Central Shooting



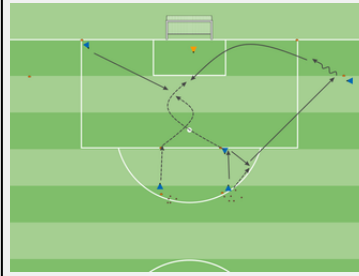
- Two cones, dribble at cone, use move or cut with outside of foot and shoot
- Lines on top of first cone
 - Limit lines so lots of reps - use more than one goal - alter foot
- Variation
 - Start on second cone, create separation by backpedaling away, pass in to foot towards goal, take touch to goal and shoot.
- Focus on instep further out or inside close

N.89 Central & Wide



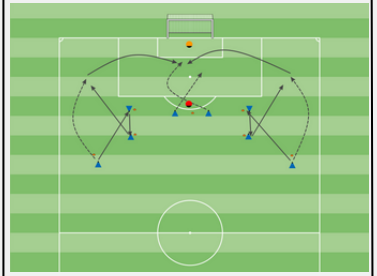
- Three cones - Just add ball played in across body from wide position
- As soon as player shoots, player runs back around cone to play with opposite foot from other side
- If balls aren't played in well, coach can play ball
- Focus on instep from first position and inside from second position
- Let ball cross body if it is played in front of player

N.90 Crossing



- Four lines - rotate through
- Line on right in example
 - Plays pass to player on 18, receives one touch back, then plays wide
 - Player on 18 runs in for a cross
- Line on left in example
 - Runs forward towards cone, then breaks off wide for a ball across goal - one touch score
- Focus on variety of crosses

N.902 Crossing II



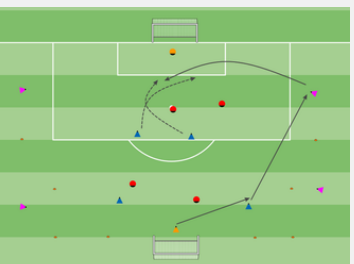
- Area outside box
- Defender central
 - Can add simulated pressure on outside
- Have each grouping (two outside groups and one inside group) rotate within themselves then switch every few minutes of reps
- Focus on variety of crosses
 - Touch to endline and ball played in on ground or air
 - Driven crosses
 - Flighted crosses

A.24 4v3(or 2) to Goal



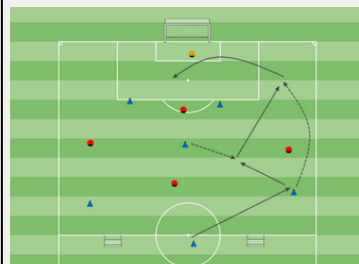
- Just smaller than width of 18, but a tad longer.
- 4v3 or 4v2 (if needing more shots) to goal
- Ball can be played in from coach or CM player
- Defending team plays to target CM
- Can do three counter goals
- Focus on creating just enough space to shoot or put someone in on goal with a pass to foot in to goal
- Use offside

A.25 Box - Flank N



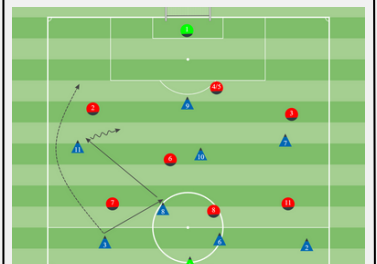
- Fields about the size of two penalty boxes
- Play 4v4-6v6
- Flanks on sides (can use one or two on each side)
 - If two are used, just stay on one half
- Flank player - limit touches - and can take a touch inside to goal for a late cross on ground
- Focus on finding flank players and scoring from wide areas
- Focus on finishing technique

A.26 6v4+Gk



- Attacking half of the field
- 6v4 + Gk to large goal and two counter goals
- Use 2v1s to create space on width
 - Example shown with wall pass
- Start ball with blue team at half-line
- Where is the space? If it is central, can we get there or can we shoot/score? If it is wide, can we get there to open up central areas?
- On this field, there should be ample space to create scoring

A.28 8v7+Gk



- Attacking 2/3 of the field
- Eight "coached" players going to goal
- 8v7+GK going to goal
- Can we find areas where we have more players than defenders and use it to get forward
- Ball played from where it went out including corners, goal kicks, throw-ins.
- Can add a supporting neutral if needed
- Use outside backs to get forward