
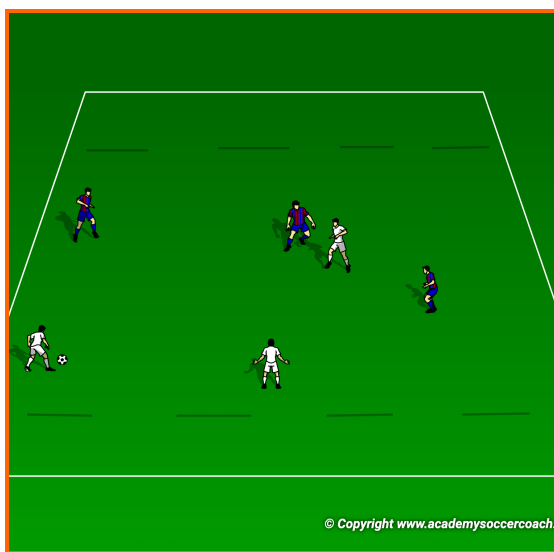


Spring 2024 	GOAL:	Attacking 1v1					G2/3
	PLAYER ACTIONS	Be Positive and Brave with the ball at your feet. When progressed, the right decision of when to pass and dribble!					
	KEY QUALITIES	Drive at Speed and be unpredictable on the dribble!					
	MOMENT	Attacking	DURATION	96 minutes	PLAYERS	8-12	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1 PLAY PHASE (Intentional Free Play)

DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.



OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking end zone to score a point **PLAYER ACTIONS:** Pass or dribble forward, Spread out

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: Play forward, find your teammate

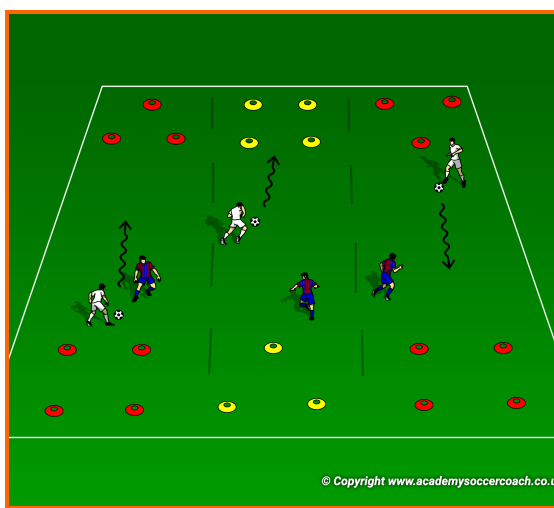
GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Shape Domination 1v1

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



OBJECTIVE: To move the ball forward past the defender and score in the shape

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 30Wx40L grid, separate players into pairs who will go against each other to 'protect' their shape. Players are tasked to dribble past each other and stop the ball in the opposing players 'shape'. In transition, if the 'defender' wins it back, the roles change and they are now tasked with stopping the ball in the shape. Players are locked into their columns and cannot leave their allocated zone. This makes it a directional game and will ensure more repetitions for the players. If a ball has been stopped in a 'shape' the player who stopped the ball inside, gets a point for themselves. The play resets when the other player gets the ball and the player who scored has retreated back to their shape. **KEY WORDS:** Dribble with their head up, find an opening, Dribble at speed, being creative and brave with the ball at your feet

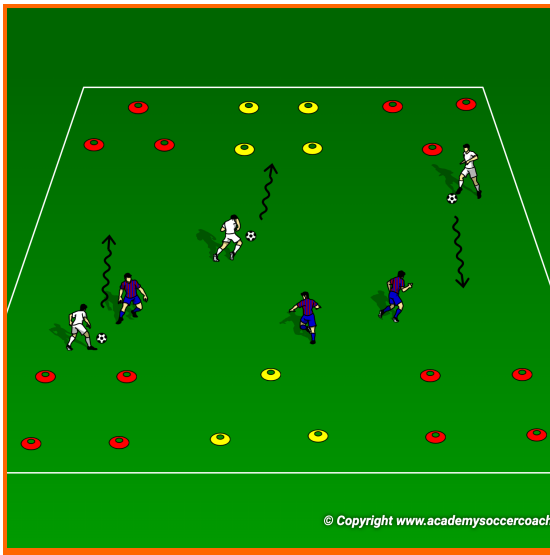
GUIDED QUESTIONS: Where can you go if the bandit is closing your opening to the goal? What are some ways you can beat a defender? Which part of your foot can you use to dribble forward? Will the same way of beating a defender beat them every time?

ANSWERS: Towards space, Be open to dribbling with both feet and be capable of dribbling whilst changing speed, sides and directions. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward, don't be afraid to be unpredictable and creative in your dribble. Try new things, add a new way of beating a defender to your 'toolkit'.

Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage.

LESS CHALLENGING: Shape Domination (More Space, no Columns)

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



© Copyright www.academysoccercoach

OBJECTIVE: To dribble towards the shapes on the opposite side utilizing the space available.

PLAYER ACTIONS: Dribble forward, recognise open space

ORGANIZATION: In a 30Wx40L grid, separate players into pairs who will go against each other to 'protect' their shape. Players are tasked to dribble past each other and stop the ball in the opposing players 'shape'. In transition, if the 'defender' wins it back, the roles change and they are now tasked with stopping the ball in the shape. Players are now free to go to any shape within the area to give them more space and make it a multi-directional game.. If a ball has been stopped in a 'shape' the player who stopped the ball inside, gets a point for themselves. The play resets when the other player gets the ball and the player who scored has retreated back to their shape.

KEY WORDS: Dribble with their head up, find an opening, Dribble at speed, being creative and brave with the ball at your feet

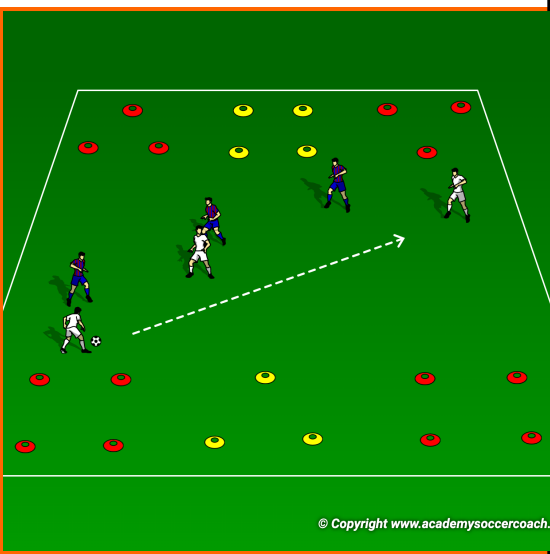
GUIDED QUESTIONS: Where can you go if the bandit is closing your opening to the goal? What are some ways you can beat a defender? Which part of your foot can you use to dribble forward? Will the same way of beating a defender beat them every time? How can I use the other players within my zone as a positive for me.

ANSWERS: Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward, use them as 'traffic' to hinder the defenders movements.

Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage. Force players towards busy spaces and force them to lose/loosen their control of the ball.

MORE CHALLENGING: Multiple 3v3 to stop in shapes

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



© Copyright www.academysoccercoach

OBJECTIVE: To dribble/pass towards the shapes on the opposite side, past the other team to score points.

PLAYER ACTIONS: Dribble forward, Pass to players in open space recognise open space

ORGANIZATION: In a 40Wx40L grid, Players are now separated into two equal teams and only one ball per game. They are now allowed to work as a team and pass to each other in order to stop the ball inside one of the opposing teams shapes. Players now must support each other in a 3v3 game in order to achieve the above target. Same format as above, if possession of the ball changes then the role of the team changes as well. Defenders into attackers and vice versa. If a point has been scored, the 'now' defending team must retreat back to their shapes in order to resume the game after a point has been scored.

KEY WORDS: Dribble with their head up, find an opening, Dribble at speed, being creative and brave with the ball at your feet

GUIDED QUESTIONS: 'What might you be forced to do if a bandit limits your space? What are some ways you can beat a defender? Which part of your foot can you use to dribble forward? Will the same way of beating a defender beat them every time? How can I use the other players within my zone as a positive for me? How can I create overloads in the game? Why is it important to get my first touch forwards all the time?

ANSWERS: Look up to find a new opening to the goal or make a pass to a teammate. Combining with your team mate, driving at speed, adding skills to your game. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward, Be creative and unpredictable with what you try! My off-ball movements quickly can create 2v1's and 3v1's or 3v2's if done proactively. As a team, we move the ball patiently to create an opening to be positive and be direct towards the objective and how to score points.

Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage. Force players towards busy spaces and force them to lose/loosen their control of the ball. Work as a team to limit attackers' space. Stay organized and be hard to beat.

2 PLAY PHASE: The Game – 4v4

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 40Wx40L field & a small goal on each end line, play a 4v4 game with no goalkeepers. If the ball leaves the field, the coach can play another ball onto the field and the play continues. Progression - As the session is all about players being positive, you get double goals if all players cross the middle line as this shows they are all being brave and wanting to support attacking play.

KEY WORDS: Turn, open up, score goals, be positive and be brave

GUIDED QUESTIONS: Who should determine whether to pass, dribble or shoot? What can you do to help your teammate with the ball make that decision? What should you do if you see space available?

ANSWERS: The player with the ball should make that decision (coaches-it's important to allow the players the freedom to make their own decision.) If it is too crowded in front of your goal, spread out to provide your teammate with another option. Move into open space to offer a support option or to free up space! Drive into it and force a player to close you down to create space for team mates or for you to go into!

Non player: Be organized and hard to beat. In transition how quickly can we get up the field and utilize the free space.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions 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 the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**