**Topic: Individual Attacking**

**Objective: To help players understand the importance of individual attacking when their team is in possession of the ball**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Technical Warm up** |  |  |  | **Organization** |  |  |  | **Coaching Pts.** |  |  |
|  | **Free Dribbling:** |  |  |  |  |  |  |  Keep the ball close |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | Everyone with a ball, use inside, outside, and |  Use all surfaces of the foot |  |  |
|  |  |  |  |  |  |
|  | laces and sole of the foot to turn away from |  Keep your head up and use |  |
|  | pressure. Have players dribble with speed, | peripheral vision |  |  |  |
|  | change direction, and perform moves. |  |  |  Change of direction and | burst |  |
|  | **Version 2:** Have players work on moves to | of speed |  |  |  |  |
|  | beat pressure, such as step over, double step |  Be creative – try something new |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | over, etc. |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Version 3:** Moves can be combined so that |  |  |  |  |  |
|  | players are doing 3-4 moves in sequence. |  |  |  |  |  |  |
|  | Then the sequence can be done with the non- |  |  |  |  |  |
|  | dominant foot. |  |  |  |  |  |  | **Time: *10 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Small Sided Game** |  |  |  | **Organization** |  |  |  | **Coaching Pts.** |  |  |
|  | **1v1 to Two Small Goals:** |  |  |  |  |  Take a “peek” and | know |  |
|  |  |  |  |  | what your options are |  |  |  |
|  | In a grid 10x15 yards with small goals |  |  |  |
|  |  |  |  |  |  |
|  | on | the | end | lines. A player | passes | the |  Execute a feint to unbalance |  |
|  | the defender and dribble past |  |
|  | ball | diagonally across | the | grid | to | his |  |
|  | them with a burst of speed |  |
|  | opponent who | then attacks | the | small |  |
|  |  |  |  |  |  |
|  | goal. Passing through the goal is 1 point |  Encourage | player | to | be |  |
|  |  |  |  |  |  |
|  | and | dribbling | through | the | goal | is 3 | creative with the ball at their |  |
|  |  |  |  |  |  |
|  | points. | Each | player | keeps | track | of | feet |  |  |  |  |
|  |  |  |  |  |  |
|  | his/her score. |  |  |  |  |  |  | **Time: *15 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Exp. Small Sided Game** |  |  |  | **Organization** |  |  |  | **Coaching Pts.** |  |  |
|  | **3v3 to End Zones:** |  |  |  |  |  |  Work together to score |  |  |
|  |  |  |  |  |  |  Verbal & visual |  |  |  |
|  | Two teams play in a defined space with |  |  |  |
|  | communication |  |  |  |
|  | each | team | attacking | an | end-zone |  |  |  |
|  |  Use support players to make |  |
|  | defended by the opponent. | Teams score |  |
|  | attacking decisions |  |  |  |
|  | points when | a | player dribbles into | the |  |  |  |
|  |  Encourage | players | to | be |  |
|  | End-Zone. |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | creative and | take risks | near |  |
|  | Coach | shall | encourage | players | to |  |
|  | the end zone. |  |  |  |  |
|  | recognize opportunities to burst into |  |  |  |  |
|  |  |  |  |  |  |
|  | space under control. |  |  |  |  |  | **Time: *15 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Game** |  |  |  | **Organization** |  |  |  | **Coaching Pts.** |  |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team |  |  All of the above |  |  |  |
| Next to you |  |  |  |  |  |  | **Time: *20 minutes*** |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **.** |  |

