**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 **.** | | | | | | | | | | | | | |  |

