

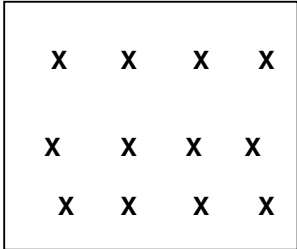
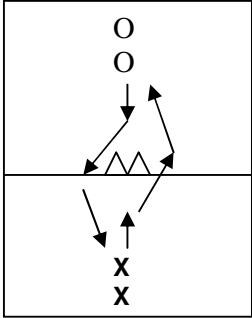
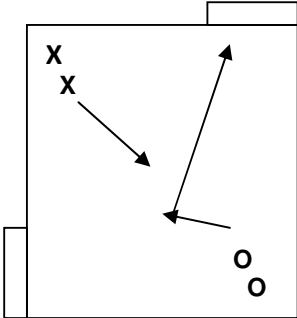
Session Title

1 v 1 Attacking

Objectives

To Dribble With Close Control

To Beat An Opponent

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Players dribble around the area with a ball each and work through following moves: Fake Take; Fake Fake Take; Circle Take; Circle Circle Take; Bish Bash</p> <p>Get players to shout out move as they do it.</p> <p>2. Technical Practice: 1 v 1</p> <p>Split into 4 groups of 4. X and O dribble out at the same time to the central cones. Must perform move at same time and go opposite directions. Work through Same moves as warm-up.</p> <p>Add competition between groups; who can do most cycles in one minute etc.</p> <p>3. Skill Development: 1 v 1</p> <p>Spilt into four groups of 4. X passes to O, O then tried to beat X and dribble to either goal – score by dribbling through the goal. If X wins the ball play to other O. Rotate rolls. Add competition – keep score of how many point you get.</p> <p>Progress: Add goalies in each goal, player must now try to beat defender and shoot on goal.</p> <p>4. 'Coached' 4 v 4 Scrimmage</p> <p>Focus on 1v1 situations, teams can get bonus points for moves used in games.</p>	   <p><i>*Add goalies to progress*</i></p>	<p>20</p> <p>20</p> <p>15</p> <p>15</p> <p>50</p>	<p>Close control Drop shoulder Change of direction Outside of foot to push away, laces to accelerate Head up</p> <p>Change of speed and direction</p> <p>Use a clearly defined 'fake' Use of hips and shoulders to 'fake' defender</p> <p>Approach with pace but close control</p> <p>Head up to see the space Be positive</p> <p>Change of direction</p> <p>Accelerate into space behind defender</p> <p>Be positive and aggressive</p> <p>Decision on which goal to attack.</p> <p>All the above</p> <p>Attack space, be confident in 1v1 situation. Decision: Pass/Shoot/Dribble.</p>