

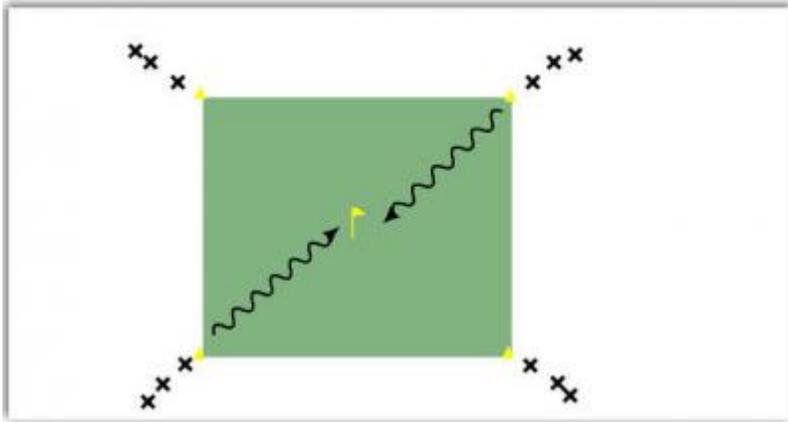


Date: 10/21/19 **Group:** Intramural
Length: 65 mins
Start Time: _____ **Focus:** Attacking
End Time: _____ **Level:** U10

Length	Start	Drill Name	Category	Notes
15		Warm up	Technical touches	
10		1v1 Angle Tech	Attacking/Dribbling	players should work at a 1-3 work rest ratio
10		1 v 1 Technique Progression	Attacking/Dribbling	
10		2v1 attacking	Attacking/Dribbling	have players set up in groups 4 to rotate defender every go, swap attackers every 5.
10		2v2 cone game	Attacking/Dribbling	Progression. + have a players behind the goal to tag the scorer if caught they cant place the cone. + have floating player who can move between boxes to make 3v2 + add 4 goalkeepers who can move box
12		Scrimmage		

Notes: Constant motion, players should be resting for no more than 90 seconds at a time

Drill Title: 1v1 Angle Tech (1 Diagram)



Players Dribble in at cone two at a time, they pass on the right of the flag, then the next two go.

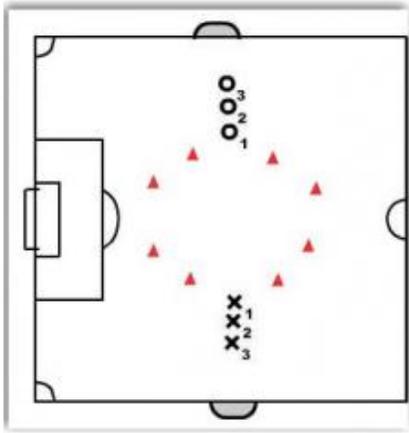
First move fake take

Second scissors

Third Role circle take

Key Points: Positive on the ball Attack Cone Change speed

Drill Title: 1 v 1 Technique Progression (1 Diagram)



Warm-up (Three Phases):

1. 1 v 1...go right at them slowly, change speed & direction with deception..
 - keep the ball close at first...drive off plant foot, bigger touches to get by
 - a. first two players dribble slowly at each other with right foot, explosive outside of foot, dribble through gate before opponent gets through hers
 - b. repeat with inside cut right foot, then accelerate away left foot through gate
 - c. repeat first two with left foot dribble
 - d. repeat with "favorite move" before accelerating right...
 - e. repeat with "favorite move" before accelerating left...
 - f. repeat with "move of the day" (demonstrated by a coach or player) to right
 - g. repeat to left

2. 1 v 1 dribbling at space NEXT to defender, then making tactical choices...

- In a 1 v 1 confrontation, we are attacking space WIDE of the defender to try to get behind
- We must dribble at top speed to beat defender to that space
- If defender can't get there fast enough, we take a "get by" touch, sometimes in the air to get it over outstretched foot of lunging defender
- If defender is getting there and has hips turned towards the space you're dribbling to, then a quick cut/V/L/chop behind plant leg move to change directions gets you behind her
- If a defender closes us down, take a lateral touch the way you're going, and as they make contact, use the outside of your safe foot to turn/scoop the ball away, and take off with inside of opposite foot (now safe foot after you turn)

a. X1 & O1 start tapping ball between feet, both take off for gate to their right on "Go" from

X1. The first to arrive wins. Once other pairs have gone, repeat, but now O1 says "Go" to the left.

b. Same pair of races, but start with double lunge, before taking off

c. Same pair of races, but start with 3 quick step overs before taking off

d. Same, but start with 3 quick scissors before taking off

e. Each player starts to RIGHT of cone, so staggered...dribble straight AT SPEED with ball

close until you cross paths...use slow down, scissors left, and drive through right gate

f. Repeat on left...encourage different slow down moves

g. X1 & O1 start with moving feet, dribble at speed to their right cone, and make a sharp

inside of the foot cut, before accelerating through left gate

h. Repeat, but go to the left cone to start out.

g. Repeat, but use the L move for change of direction

i. Repeat, but use the V move (or sole pull/open hips/push inside) for change of direction

j. Repeat, but use pull-push behind plant leg move for change of direction.

k. Repeat, but use twist off move...outside of foot twist, take away with inside of other

2. 1 v 1 Live Game (3 minutes each game...total 12 minutes)

a. Player X passes to O, who goes 1 v 1 to dribble through either gate...If X wins it, she tries

to score through either of O's gates

b. O's pass to X's

c. Players line up on same side of grid, alternating XOXOXOXO...O has a ball at her foot, and

X is in front of her with legs open, back to O (facing field)...O passes ball between X's feet,

and X reacts by accelerating to ball, but slowing down to FIND the defender O OR taking a

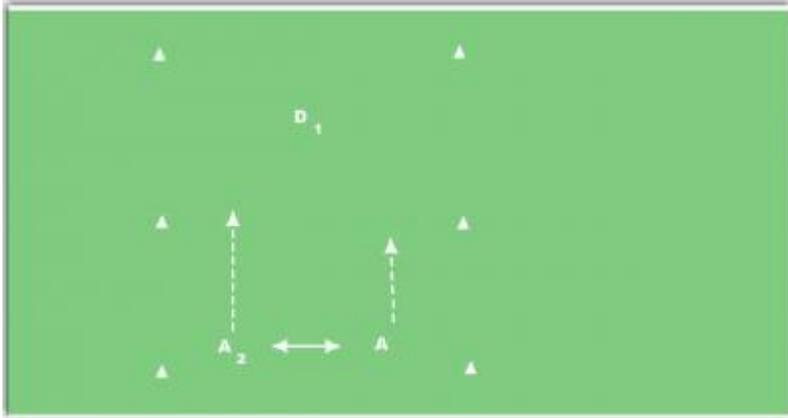
negative touch and getting faced up on O...X's objective is to dribble through either of the

diagonal gates initially behind her (O can score on counter goals)

d. Change roles

Key Points:

Drill Title: 2v1 attacking (1 Diagram)

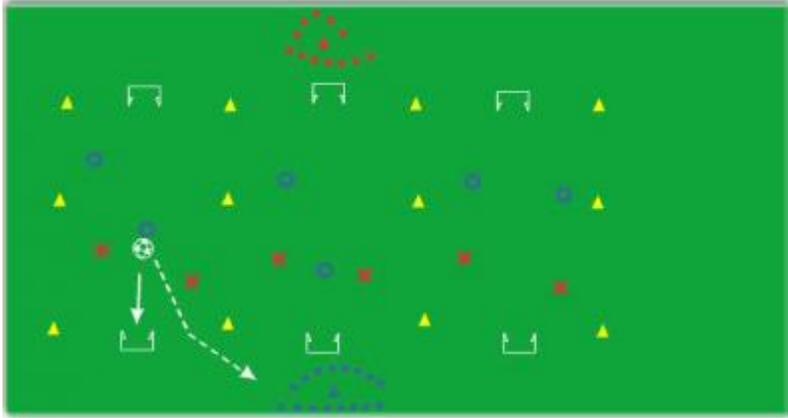


A and A2 play 5 passes maximum between them then both players turn and attack D, the aim is to either combine to get past D or take the player on 1v1 to get to the end line.

+ add goals in corner of the box or the center

Key Points: Attack space Draw in player Support Play wide or over lap

Drill Title: 2v2 cone game (1 Diagram)



Play 2v2 in the 10x20 area. When a goal is scored the scorer must run behind the goal and put a small cone on top of the tall cone before entering back into the game, this creates a 2v1. First team to place all their cones on top of the tall cone is the winner.

Key Points: Positive dribbling Movement Speed of play