

Description

Attacking 2 v 2/3 v 3 individual skill to beat a defender. Recognize pressure, identify support and logical angles of support.

Warm Up

Organization

15 x 15 Yard square
Players in two's with one ball per pair
Player with the ball, moving around inside the square

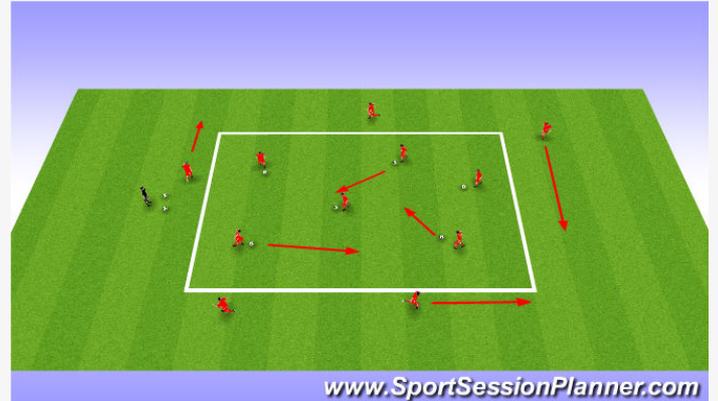
Competencies

- Head up
- Bend knees, low center of gravity
- Look for space
- Small controlled touches
- Use both feet
- Use various parts of both feet
- Lots of changes of direction and speed
- Drag backs
- Scissors
- Cruyff turns
- Drag and Tap

Players without the ball perform a variety of dynamic movements around the outside of the square travelling in any direction

- Side steps
- Karaoke
- High Knees
- Open and Close the Gates
- Thigh and Hamstring Stretching

On the coaches command the player with the ball must find his/her partner with a pass and change positions



2 v 2/ 3 v 3 Attacking

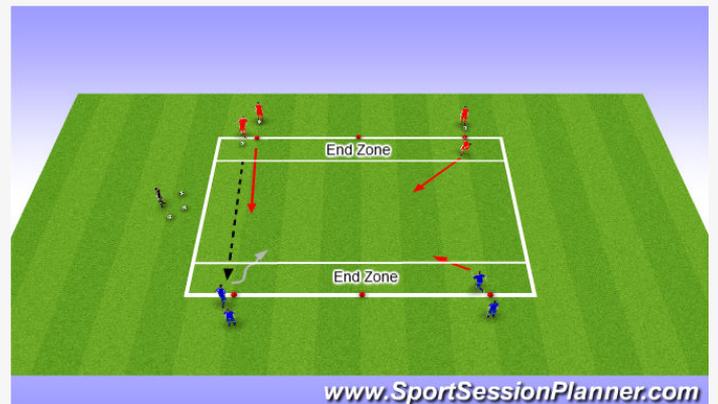
Organization

Create a field 20 x 20 with 2 end zones
2v2 - Defender passes the ball to either of the 2 attackers
Player receiving the ball attempts to attack 1v1 but must identify defensive pressure and when to use 2nd attacker support
Attackers score by dribbling the ball into the defenders end zone or passing to an attacker in the end zone, coming from an onside position
If the defenders win the ball they can score by moving the ball into the attackers end zone

Add a 3rd player to create 3v3

Competencies

- Identify distance from defender to maximise success (too near vs too far)
- Be creative with movement
- Add imagination and disguise
- Identify attacking support
- Creative angles of support
- Distance of support
- Communication
- Once the defenders are beat, accelerate



2 v 2/ 3 v 3 Attacking To Goal

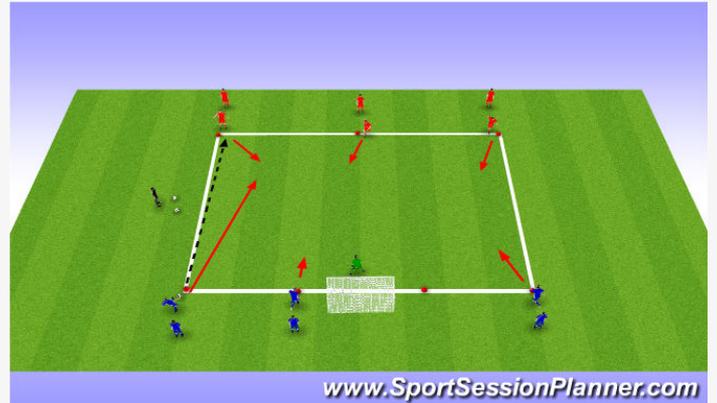
Organization

3 v 3 - The defending team passes the ball out and apply pressure once the attacker has had his/her first touch

Rotate attacking team and keep score

Competencies

- Identify distance from defender to maximise success (too near vs too far)
- Be creative with movement
- Add imagination and disguise
- Identify attacking support
- Creative angles of support
- Distance of support
- Communication
- Once the defenders are beat, accelerate



Small Sided Game

Organization

4 v 4 or 5 v 5 with GK's

Encourage players to attack 1 v 1 but must identify defensive pressure and when to use 2nd or 3rd attacker support

- Identify support
- Creative angles of support
- Distance of support
- Communication

