Organization: **Lucan Soccer Club** Week: **Week 8**

Age Group: **U10/U11** **60** Minutes

Category: **Competitive**

Topic: 1v1 Attacking

Objective: To learn different methods of attacking a defender in a 1v1 situation.

Session Part: Technical Warm-up

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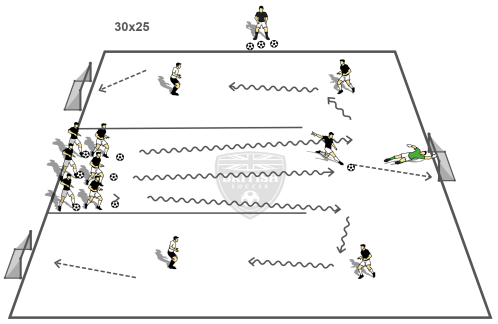
Organization	Time: 10
Area:	25x25
Numbers:	12 Players

- 2 teams split into 4 equal groups at each disc cone.
- 4 tall cones set out in diamond shape, 4 disc cones set up 10 yards from each tall cone.
- Team A dribble towards the tall cone, performs a fake and dribbles the ball to opposite line.
- Team A & B take it in turns to work towards center cones.
- Fakes and Moves; 1. Drop Shoulder. 2. Scissors. 3. Bang Bang.

Progressions	Coaching Points
- Both teams work at the same time. - Introduce a race/element of competition. - Alternate which side players move off to. - Use of both feet to perform fake and moves.	- Positive approach to the cone (defender). - Slow down to perform fake/move. - Quick change of speed & direction. - Head up for awareness of others.

Session Part: Small Sided Game



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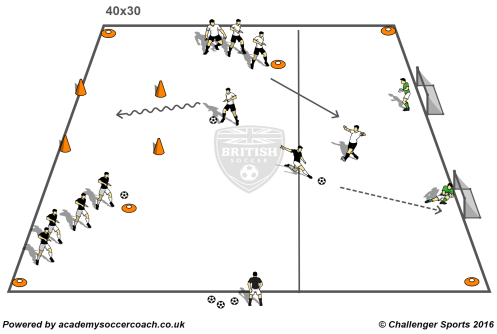
Organization	Time: 15
Area:	30x25
Numbers:	12 Players

- 3 channels (15x5) in the center of the field - 3 goals.
- Players are split into 3 groups - 1 ball per player.
- Player in the central channels dribbles the ball and strikes the ball at goal that has a goalkeeper.
- 2 side channel players dribble forward before turning back into the outside channels to play 1v1 into small goals. If the defender in the 1v1 steals the ball they attempt to score in the same goal.

Progressions	Coaching Points
- Set a time limit to score in 1v1. - Rotate channels and goalkeeper every 5 minutes. - Rotate the two defenders every 5 minutes. - Add points for beating a defender.	- Fakes/tricks to beat a defender. - Imagination and confidence when attacking. - Slow down defender then accelerate to put them off balance. - Soft touches, close control, awareness of space.

Session Part: Expanded Small Sided Game



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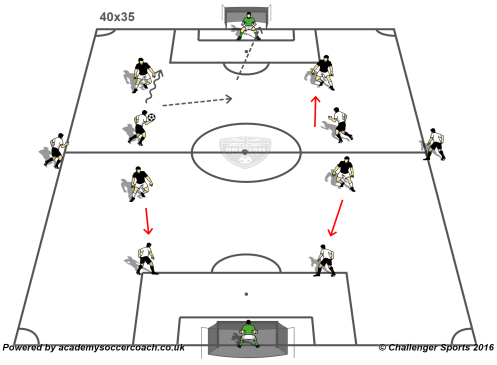
Organization	Time: 20
Area:	40x30
Numbers:	12 Players

Players split in 2 equal teams - 2 goals and goalkeepers side by side.
Player 1 from group 1 receives the ball from coach and attacks the zone where both goals are placed.
Once the player in group 1 receives the ball, player 2 from group 2 applies pressure to the attacker.
Player 1 aims to score in either goal, player 2 attempts to steal the ball and dribble to target square.
Attacker changes roles with the defender.

Progressions	Coaching Points
Increase/decrease playing area. Add a second defender. Targets where goals must be scored in. Introduce a points system.	Accelerate & exploit the space. Changes of speed & direction. Positive mind-set and use of fakes/tricks. Awareness of ball, space, goals and defenders. Confidence on the ball and quick decisions.

Session Part: Game



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Organization	Time: 15
Area:	40x35
Numbers:	12 Players

- 6v6 with goalkeepers.
- Create a half way line where 2 support players are stationed - neutral for both teams.
- 2v2 in each half of the field.
- Attackers aim to score - defenders aim to steal the ball and supply their attackers in the opposite half.
- Attackers can use the support players to restart an attack.

Progressions	Coaching Points
- Set time limits for attackers to score within. - Introduce a points system for attacking play. - Rotate attackers, defenders and support players.	- Quick decisions to exploit the overload. - Create space to combine & attack. - Awareness of ball, space, team mates & defenders. - Element of surprise to 1v1 situations.

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