

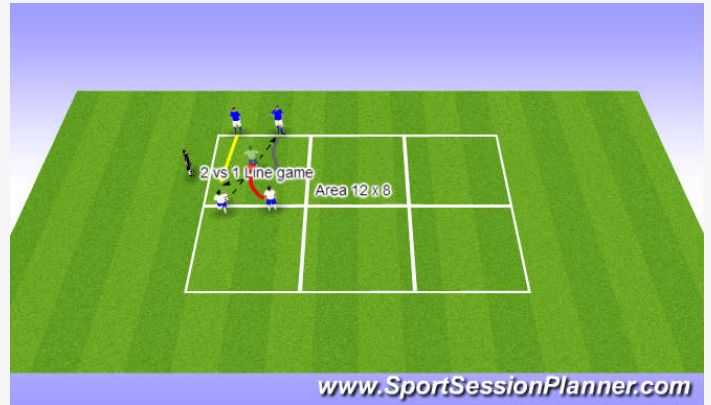
2 vs 1 FGame

Set up: 12 x 8, Disc to mark out goal in the game. Balls and bibs. 4 players / area.

Instructions: 2 v 1 each defended by 1 opponent only. The objective is for the attacker to dribble the ball across the opposing goal-line despite the opponents active defending of it. Attack finishes when 1) defender touches the ball 3x. 2) one of the attackers has managed to dribble across the goal-line. 3) 1 attacker infringes the rules or the ball runs across any end line. After 10 attacks (5 @ each goal) teams switch roles and positions. The pair to score more wins.

Variation- 6 players 4min game

Coaching Points: When does the ideal moment arise for passing the ball? When should the ball carrier not pass the ball? What's the disadvantage of an early pass? why? Where, ideally, should a team-mate receive the ball in relation to the defender? What is your opinion about the distance of support? Disguise the target of your pass to a teammate.

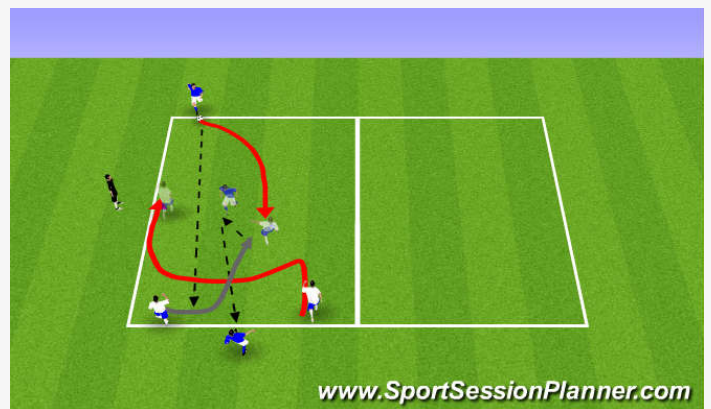


2 vs 1 C.Attack

Set up: 2 v 1 Counter Attack 15 x 8, Disc to mark out goal in the game. Balls and bibs. 4 players / area.

Instructions: 2 v 1 each defended by 1 opponent only. The objective is for the attacker to dribble the ball across the opposing goal-line despite the opponents active defending of it. Attack finishes when 1) defender touches the ball and counters to cross goal-line 2) one of the attackers has managed to dribble across the goal-line. 3) 1 attacker infringes the rules or the ball runs across any end line. 4 min game, team with most goals wins.

Coaching Points: Look up analyse game situation, accurate passing with both feet. Select best moment of pass. Pass or dribble? Execute fakes to beat defender. Support the ball. Defender read opponents, Defend to attack. Quick Transition.



Dribble, Feint , Pass

Set up: 4 goals in a 15 x 15 grid, 2 balls 4 players or 8 players.

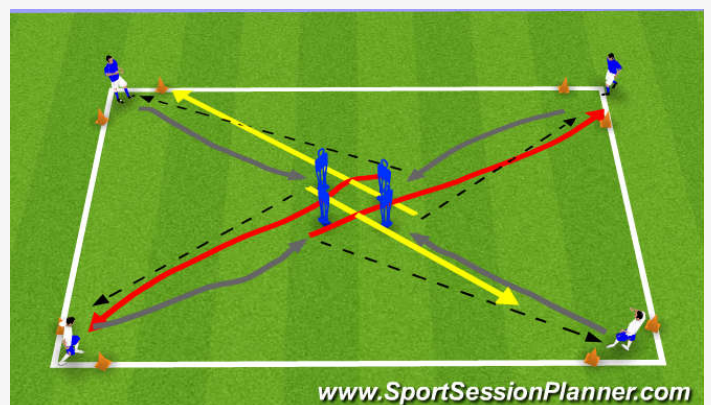
Instructions: Player A & 1 dribble to the middle and look left and play pass to their teammate on their right who is behind the goal. Once pass is complete A takes player 1's original position and 1 takes player A starting position. B and 2 repeat the movement. Each player should do this 10x look to score a minimum of 8 goals each.

Progression, add a feint before making the pass.

Coaching Points: Dribble, keep the ball close, head up.

Passing- Accuracy and pace of pass, part of foot, part of ball.

Receiving- Body behind the ball, part of foot, part of ball, positive 1st touch. Attack the space with pace.

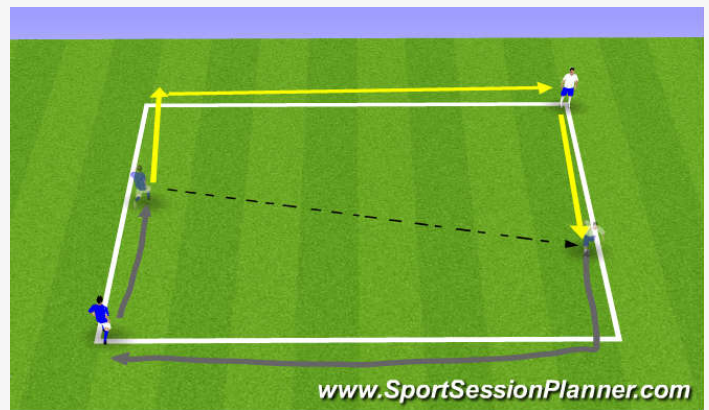


Running Diagonal Pass

Set up: Reception on the run 15 x 15 4 players

Instructions: Player 1 starts by moving forward with the ball, player 2 makes a run to bottom corner and receives a pass from 1. 2 takes a touch and dribbles and plays pass to player 3 who awaiting return pass. 3 and 4 repeat the sequence.

Coaching Points: Dribble with speed, find your pass into runners path (infront) timing and pace of pass. weight and accuracy of pass. Positive first touch, which foot to receive? attack the space and make pass while moving.



Field Layout

Instructions: Field 1, dribble through the gates for goal.

Field 2, Regular game to nets.

Field 3&4 regular game

