



Changes of direction to attack the free space

Category: Technical: Attacking skills

Difficulty: Beginner

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Description

This session will teach the players skill moves to change direction focusing on get away from pressure in a 1 vs 1 game situation. the players to come out knowing the Foundational Characters explicit in the Warm Up with moves that they can use to beat an opponent when pressure is coming

Main Principal: Break the lines to Advance attack, **Play the ball Forward,**

Sub Principal: Drive with the ball to exploit space (The player on the ball scans and recognizes the space in front. The player runs with the ball into the open space to advance)

Soccer Development GOALS

- Players develop scanning skills (ME AND MY SCANNING SKILLS)
- Players develop fundamental movement skills (ME AND MY MOVEMENT SKILLS)

Learning objectives

- To develop individual coordinated movements (efficiency, quality, quickness)
- To continue develop reaction speed and acceleration speed, agility
- To develop fundamental player actions with a high focus on attacking actions
- To develop spatial awareness (SCANNING) and coordinated movements
- To develop reflection skills: about the game
- To develop reflection skills: build self-esteem and self- confidence

As the coach, It is your job to choose from the multiple activities and deliver catering for your groups based on ability levels. Do not try to deliver all activities at once.

Foundational Warm Up

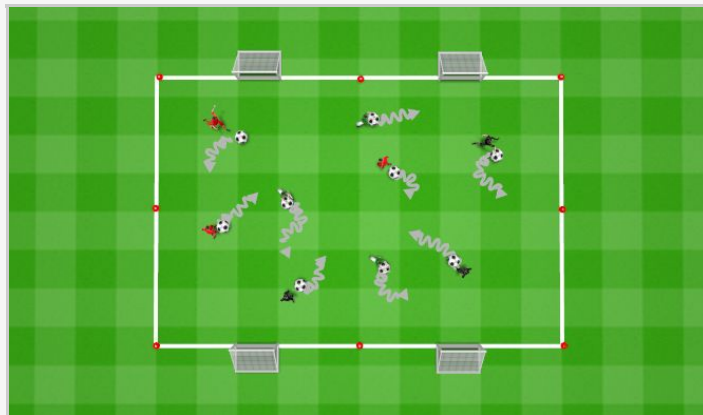
Organization:

- 30 x 20
- Every player with a ball
- 4 Pugg goals or cones
- As shown on the diagram players split into 2-3 teams with pinnies
- Players are given numbers

Instructions:

Depending on the topic and goals you want to achieve for your teams, each week you will choose from one of the foundations below to help players be successful based on learning outcomes.

If you have goalkeepers, add conditions specifically for them to allow them to use their hands to steal in the individual and group possession activities.



Foundations Part 1 individual possession multiple surface control

Each player must complete a series of ball mastery multiple surface control. The coach or player will demonstrate the below list of moves and have the players copy for 1 minute.

Beginner

- Dribbling/running with the ball multiple surfaces inside outside laces & sole of the foot
- Bells inside of the foot Forward+ Backward
- Toe Taps Forward+ Backward
- Pull back

Intermediate

- Inside cut
- Outside cut
- V turn
- U turn
- Scissors

Foundations Part 2 Individual Possession Player Attributes

Players dribble the ball around the inside of the grid using learned skills and all sides of feet.

Game Instructions

- On coaches command, a number is called out and the players with the respective number will become defender. They will try to steal the ball and transition to score a goal in one of the pugg goals.
- The players on the ball will gain points by keeping possession of the ball for the entire round (30 second rounds).
- You can also do this by shouting out the colors of the groups so the color you call will defend.

Ball mastery Warm Up (10 mins)

Foundations part 3 Group possession

- Same set up as foundations part 2 but now teams have one ball and they are looking to maintain possession of the ball

1 vs 1 move repetition none and fully opposed

Organization:

3 grids of 20x10 set up as shown

5 yard scoring zone where defenders cannot go into

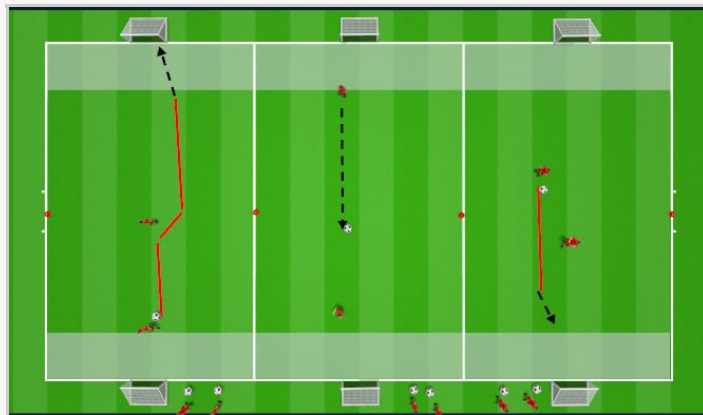
3 groups of players

6 Pugg goals or 12 cones for 6x goals

Instructions:

Part 1

- Introduce the moves you would like to work on from the below list and pick the correct moves based on players' levels.
- All players have a ball and dribble from opposite sides of the grid 1 vs 1 semi opposed and practicing their moves then accelerating to the opposite side of the grid into the end zone.
- For less experienced players, you may want them to dribble towards a cone placed in the center of the grid to perform their move with minimal pressure.



Progression

- After the player has performed the move they can now race to the end zone teaching them to accelerate quickly
- Next, they will go 1 vs 1 to beat the defender to score. players will receive a point for every shot they can score.

Coaching Points:

- Good positive first touch
- Controlled approach
- Observe defenders position
- Attackers defenders front foot
- Execution of move
- Take touchback across the defender and accelerate away

Beginner

- Dribbling - Feint to one side dropping your shoulder. Plant the same side foot to the side of the ball. Take the ball away with the outside of the opposite foot
- Dribbling - Inside & Outside 1 Move the ball inside using the inside of the foot, plants the opposite foot as normal. Take the ball away in the opposite direction using the outside of the foot

Intermediate

- Dribbling - Step Over
- Move the foot around the front of the ball finishing on the outside of the ball Drop the shoulder as the foot plants Take the ball away using the outside of the opposite foot
- Dribbling - Reverse Step Over to take the ball across the body using the inside of the foot Move the foot around the front of the ball planting on the opposite side of the ball Take the ball away using the outside of the same foot in the opposite direction

Advanced

- Dribbling - Scissors Move the foot around the front of the ball finishing on the outside of the ball Drop the shoulder as the foot plants Complete the same motion with the opposite foot Take away with the outside of the foot that started the movement
- Dribbling - Roll Step Drag the ball across the front of the body with the sole of the foot Step over the top of the ball with the opposite foot Carry on in the same direction as the ball

Attacking 1 vs 1

Organization:

same set up as prior drill but remove red cones giving the field more width

one end zone as shown

3 attacking goals

2 transition goals or targets

Players in 3 lines as shown every player with a ball

Instructions:

1. the game starts with one player from line C dribbles forward, shoots and becomes a defender, an attacker from line A will dribble to play 1 vs 1 with player C and try to score in one of the goals point systems above. if C player steals they transition to score on the side targets as shown.

2. Once player A scores or play breaks down, C will return to the back of their line and A will now become the defender, player B will now be the attacker trying to score 1 vs 1.

3. After a set amount of time rotate the lines to allow every player to try from a new angle.



Coaching Points:

- Head up recognize space behind the defender
- Decision making based on what they see in front and end goal
- Commit the defender
- Knowing when to hold, dribble, and when to run with the ball
- Observe the body position of the defender
- If side on attack the front foot
- If square push the ball past and accelerate
- Timing and execution of moves
- Play at speed
- Head up for end product

Progressions:

- Lift the line restriction and allow the player to recognize the early scoring opportunity

4 v 4 small sided games

Organization

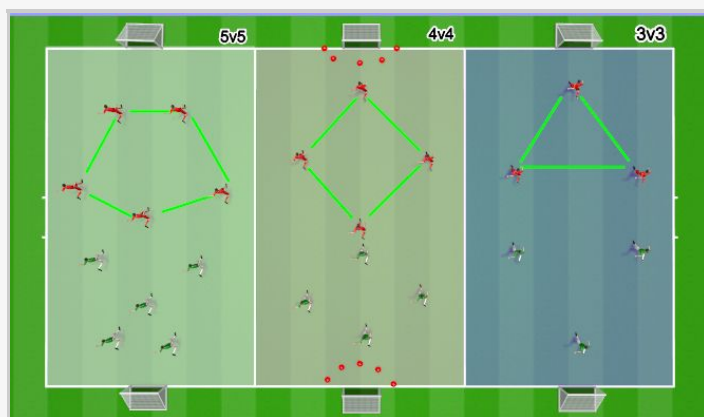
- 25 x 35 (5 vs 5) if space available
- 2 pugs per field
- U9 can play 7 vs 7 if space is available.

Instructions

- Players split up into 3-4 teams and play a round-robin tournament where all teams play.
- Players must not step inside the red cone areas in front of goal this will stop goal tending, the players must shoot from outside the area

Coaching Points:

- 3 lines of attack, defense, midfield, Forward
- Teammates create gaps, can players in possession look to dribble into them
- when to Dribble, Pass or Shoot



Coaching In the Game (make two stoppages during the end game to reinforce the learning outcomes below)

Coaching Practice Review and Reflection

Overview

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Positives

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Improvements/Challenges

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