



1 v 1 Attacking #2

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

Continental Football Club, Coatesville, United States of America
Individual-Adult Member

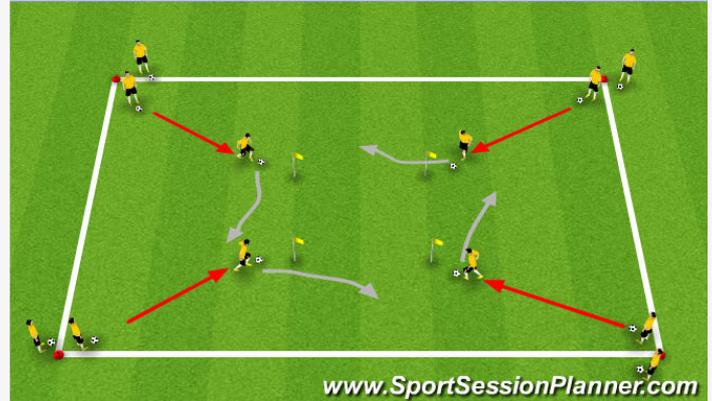
Changing direction/speed

Set Up - As shown, approx 20 by 20 area with four flags which represent defenders

Organization - Two-three players at each one with a ball each, first player in each line dribbles towards flag (defender) and uses a body feint/move to beat defender on right side and run with the ball at speed to cone to their right. Moves can be shown by coach so they are all using the same move each time.

Progression - Change direction, make it a race to increase speed of dribble

Coaching points - Use laces to run with ball at defender. Slow down as you approach flag/defender, change direction with speed to ensure you come out of the move/body feint at a quicker pace. Push ball out in front with laces when dribbling to next cone



Changing direction/speed to goals

Set-Up - As shown, approx 20 x 20 area with mini goals in corners

Organization - Players in white start with the ball and dribble towards players in black who start on opposite corner, players in white use body feints/moves/changes of direction/speed to beat defender and score in either goal. Play for 4-5 minutes then have players switch roles.

Progression - Have a time limit from time the ball is touched till the ball goes in goal (6-8 seconds) to promote beating the player once/creating space and taking the shot early

Coaching Points - Change of direction/pace, promote the use of body feints/moves to beat defender



End game 6 v 6

Set Up - As shown, approx 40 x 35

Organization - Play 6 v 6 including GK's, no restrictions

Coaching Points - Limit stoppages, coach within the flow of the game and stay on session topic when making coaching points

