

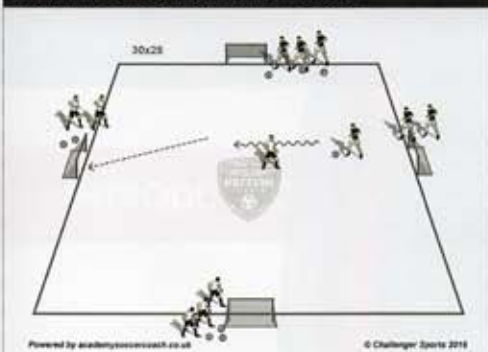
Topic: 1v1 Attacking

Objective: To develop creative movements when attacking in a 1v1 situation.

### Session Part: Warm-up



### Session Part: Technical Fundamentals



### Session Part: Game Scenario



### Session Part: Small Sided Game



Organization	Time:
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Area:	30x25
Numbers:	12 Players

2 equal groups of 6 players.  
 Warm up begins without the ball & players performing dynamic movements.  
 Players jog through middle cones and turn left or right once they reach the end cone.  
 Players increase speed on their way back to the group.  
 Dynamic stretches: 1. Lunges. 2. High Knees. 3. Heel Flicks.

Progressions	Coaching Points
Introduce ball. Players dribble from cone to cone and perform a turn at the final cone before accelerating back to the group. 1. Drag Back. 2. Outside/Inside Hook.	Head facing forward for awareness. Increase speed for quick movement. Soft touches of the ball - close control. Sharp burst of acceleration. Agility, balance, coordination and speed.

Organization	Time:
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Area:	30x25
Numbers:	12 Players

4 goals in the center of each side of the area - 4 equal groups at the side of the goals.  
 Attacking group is at the top and the right of the area - Defending group begin at the base and left.  
 1v1 Situation - attacker dribbles the ball into the center and beats the defender to score.  
 If the defender steals the ball they can score in the attackers goal.  
 Each group will rotate attacking/defending roles.

Progressions	Coaching Points
Introduce goalkeepers. Attackers must perform a fake or trick to beat the defender. Set time limits to score within.	Acceleration to beat defender. Perform a fake or trick to put the defender off balance. Quick decision making - element of surprise. Confidence on the ball - positive mind-set.

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Begin with no goalkeepers - players in 3 equal groups.  
 Player 2 has a healthy supply of balls and begins the exercise by passing to player 1.  
 Player 1 receives the ball and attempts to beat the defender (player 3) in a 1v1 situation and score.  
 As soon as player 2 passes to player 1 who checks away first, then the defender can apply pressure.  
 The attacker must dribble past the halfway line to score.

Progressions	Coaching Points
Set a time limit for the attacker to score. Add transition goal for defender to score. Defender can not pressure over the half way line. Add Goalkeepers. Introduce points system.	Dribble towards defender at speed - be direct. Perform a fake or trick to beat the defender. Accelerate past defender into open space. Create half a yard to get a shot on goal. Catch defender off balance and capitalize.

Organization	Time:
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Area:	40x35
Numbers:	12 Players

7v5 with goalkeepers.  
 3v2 in each half of the field in favor of 1 team.  
 Both teams begin the game locked into their half of the field.  
 Encourage 1v1s & quick fire shooting in each half.  
 Use the extra player to set up attacks.

Progressions	Coaching Points
Add target players into the game at the side of goal. Give the attackers a time limit to beat the defender. Introduce points system in favor of attacking play. Free play to finish.	Play quickly to exploit the overload. Create space to combine & attack. Awareness of ball, space, team mates & defenders. Play forward and attack the space in behind.