

Topic: Individual Attack

Objective: To improve the player's decisions and ability to attack when his/her team is in possession of the soccer ball

Technical Warm up	Organization	Coaching Pts.
	Free Dribble:	Keep the ball close
A A A A A A A A A A A A A A A A A A A	All players dribbling in a defined space.	 Use all surfaces of the foot
	Players should use all surfaces of their	• Inside/outside
• المحمر المع	feet.	• Sole
Pour in mine the	Coach: Prompt players to work on	• Laces
	change of direction, scissors, fake	• Keep your head up and use
	left/go right, step over and turn, pull	peripheral vision
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	back, half-turn, sole of the foot rolls	• Change of direction and
For Turi	when he claps, "change", "turn", etc	speed
08 www.sports-graphics.com		Time: 15 minutes
Small Sided Game	Organization	Coaching Pts.
	1v1 to Two Double Goals:	• Keep the ball close
	In a grid about 12x15 yards with four	• Keep your head up
	sets of cones creating 1 goal divided in	• Execute a feint to unbalance
	three sections. Players compete in 1v1	the defender and dribble past
	duels in which they score on their	him/her with a burst of speed
	opponent in the following manner:	• Encourage players to be
ا ا ا ا 🔏 کر ا ا ا	• Center of the goal = 5 points,	creative with the ball at their
4μ <u>γ</u>	dribbling only	feet
	• Outer goals = 1 point, passing only.	• If you can't beat the
	o atter goals of point, passing only.	defender, then decide if you
		can pass the soccer ball past
• • • • • •		him/her to goal
www.sports-graphics.com		Time: 15 minutes
Exp. Small Sided Game	Organization	Coaching Pts.
	<u>3v3 or 4v4 to 4 Goals:</u>	• Work together to score
↑	In a 30x35 yard grid, place a three yard	• Verbal & visual cues:
📍 , 👗 📍	goal with cones close to the corners of	○ Space
	each end line. Players will score by	0 1v1
4. T 🔥 🚴 💧	dribbling or passing through any of the	○ Support
	two goals they are attacking.	• Use support players to make
	the gould help une utuening.	attacking decisions
•	Coach: help the players with attacking	• Demand the ball
A 18		• Encourage players to be
	team shape (support, width and depth of the attack).	creative and take risks near
	team shape (support, width and depth of	creative and take risks near the end zone.
www.sports-graphics.com	team shape (support, width and depth of the attack).	creative and take risks near the end zone. Time: 20 minutes
Game	team shape (support, width and depth of the attack). Organization	creative and take risks near the end zone. Time: 20 minutes Coaching Pts.
Game	team shape (support, width and depth of the attack). Organization Play with Goalkeepers in a 45-60 yard long	creative and take risks near the end zone. Time: 20 minutes Coaching Pts. • All of the above
www.sports-graphics.com	team shape (support, width and depth of the attack). Organization	creative and take risks near the end zone. Time: 20 minutes Coaching Pts. • All of the above Time: 30 minutes