

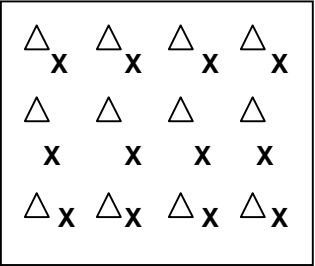
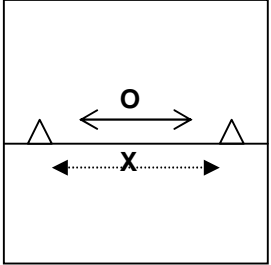
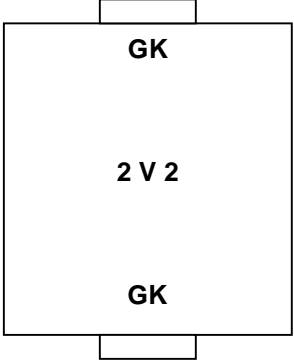


SESSION PLAN

Session Title U 7 1 v 1 Attacking

Objectives To Dribble With Close Control

To Beat An Opponent

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Players dribble around the area with a ball each and respond to a range of commands. e.g. left / right foot, stop, go, toe taps, box ball, circle the cones, beat the cones Coach a move at a cone (e.g. Scissors).</p> <p>Elite Feet Move: Scissors</p> <p>2. Technical Practice: 1 v 1</p> <p>X must 'fake out' O and dribble the ball to either cone (left or right) before O (without ball) can get there. Alternate attacker and defender.</p> <p><i>Scoring: One point for the player who gets to the cone first</i></p> <p>Switch partners after five minutes.</p> <p>3. Skill Development: 2 v 2</p> <p>On receiving the ball a player MUST attempt to beat the first defender. If ball goes off the sideline then game restarts with a dribble. After each attempt on goal the scoring team must retreat to the halfway line before advancing to defend the ball thus giving time for the other team to 'break out'.</p> <p><i>First pass from the GK is always free.</i></p> <p>4. Regular Scrimmage</p> <p>No more than 4 v 4 (+GK's)</p>	  		<p>Close control Use both feet and different surfaces: Inside / outside /laces</p> <p>Head up!</p> <p>Change of speed and direction</p> <p>Use a clearly defined 'fake' Use of hips and shoulders to 'fake' defender</p> <p>Approach with pace but close control</p> <p>Head up to see the space Be positive</p> <p>Accelerate into space behind defender</p> <p>Be positive and aggressive All the above Decision: Pass / dribble or shoot</p> <p><u>Law</u></p> <p>Goal kick</p>

