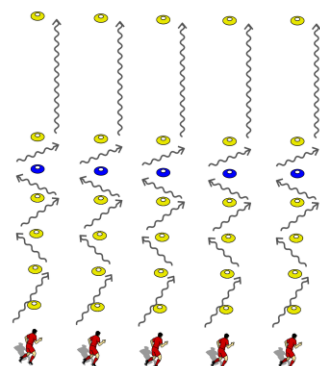


**OBJECTIVES- Attacking in Channels**


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**TECHNICAL WARM-UP**
**Grid Size:**
**Duration:** 5 Mins

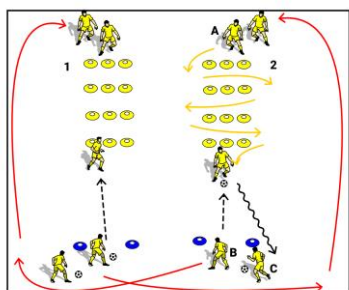
**French Dribbling**

Groups of 3-5 players max in each line, cones 1 yd apart  
 Player A dribbles thru cones using different parts of feet.  
 When Player A gets to blue cone Player B can proceed  
 Once past the last cones he should speed dribble and perform a turn and return to the end of the line.

Progression: After turn he can pass to the player at the back of the line

**COACHING POINTS / KEY CONCEPTS**

Heads up while dribbling. Go slow and perform the moves correctly.  
 Lots of small touches.



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**Speed and Agility with Ball**
**Grid Size:**
**Duration:** 15 Mins

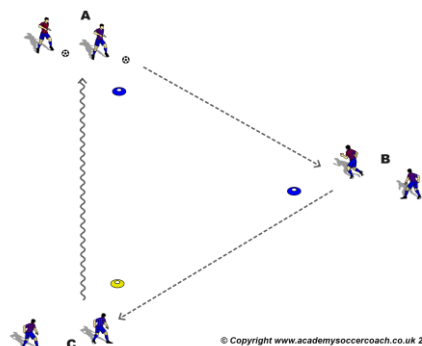
**Set 2 groups of cones up 2yds in width and 4yds long**

The players perform different agility steps as they go in and out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player.  
 The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

**COACHING POINTS / KEY CONCEPTS**

It's not a race! Go slow and do the movements correctly  
 Knees bent and feet always shoulder width apart, run on balls of feet  
 Make good passes. Toe up ankle locked, follow thru to target



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**ACTIVITY 1 Passing Triangle**
**Grid Size:** 15 yds apart

**Duration:** 15 Mins

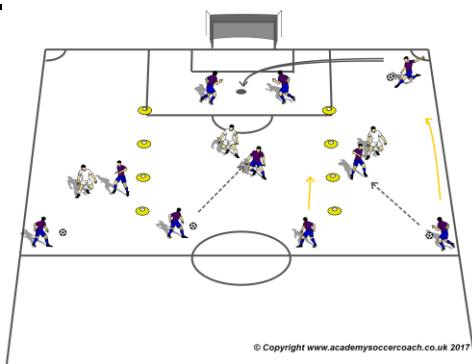
Player A plays with the left foot to player B who takes the ball with the inside of the left foot across the body and passes with the left foot to player C. Player C receives with inside of left foot and dribbles with speed to beginning.

\*Switch directions - Only right foot

\* Up-back-thru at yellow cone, \* Diagonal pass

**COACHING POINTS / KEY CONCEPTS**

Go away to create space, check shoulder  
 Good 1st touch to pass or dribble on the 2nd touch  
 Good pass- Toe up, Ankle locked



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**ACTIVITY 2 2v1 attacking wide**
**Grid Size:** half field

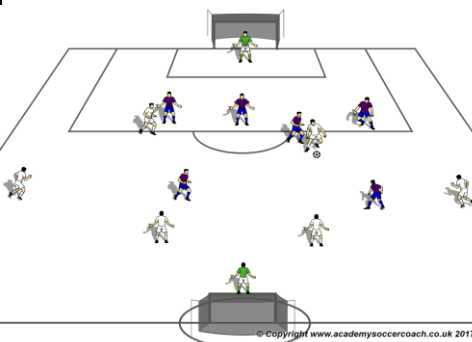
**Duration:** 20 Mins

build 2 wide channels and a middle channel to attack in.  
 2v1 in the wide channels and 3v1 down the middle. The wide channels try to get past the the defender and cross to one of the forwards in the box  
 Players in the middle channel can shoot or try and dribble around the GK.

Limit touches to 2-3 to challenge players

**COACHING POINTS / KEY CONCEPTS**

Pass to the correct foot  
 Use the space, play quick  
 Head up and pick out a forward to cross to



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**ACTIVITY 3 7v7 half field**
**Grid Size:** half field

**Duration:** 20 Mins

Play 7v7 with the emphasis on attacking over the wings with crosses  
 Goals from wing play count as 2, all other are 1.

Limit touches to 2-3 to challenge players

**COACHING POINTS / KEY CONCEPTS**

Use the width, wide mids need to stay wide on attack.  
 Get numbers in the box to score goals