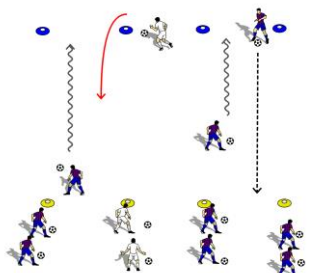
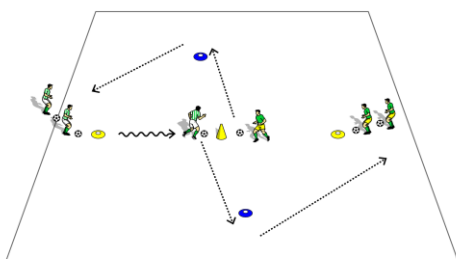


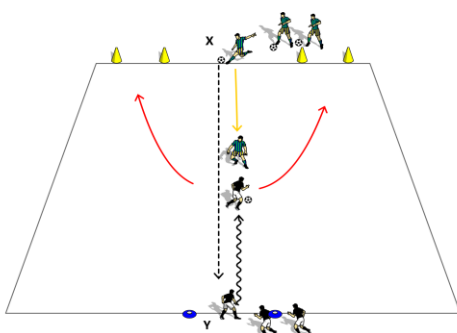
### OBJECTIVES- Dribbling 1v1 attacking moves



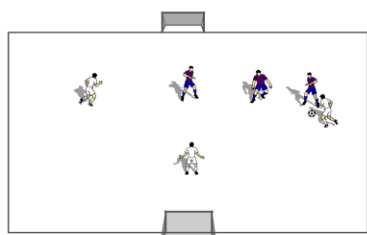
© Copyright www.acadmysoccercoach.co.uk 2017



© Copyright www.acadmysoccercoach.co.uk 2017



© Copyright www.acadmysoccercoach.co.uk 2017



© Copyright www.acadmysoccercoach.co.uk 2017

#### TECHNICAL WARM-UP

Grid Size: 20x30 Duration: 15 Mins

#### French Dribbling

Groups of 2-3 players max in each line, cones 10 yd apart  
Player A dribbles to blue cone using different parts of feet.  
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.  
When Player A gets back to start Player B can proceed  
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.

#### ACTIVITY 1

Grid Size: 10x20 Duration: 15 Mins

#### 1v1 attacking moves

Players from opposite sides dribble at each other towards the cone in the middle of the grid. Players perform the same move and accelerate right or left around the outside cone.  
Moves to perform- Scissors, Step Over, Stop n Start, Inside Outside

#### COACHING POINTS / KEY CONCEPTS

Make sure players are going at the same time and performing the same move. Go slow - perform the move correctly and then accelerate away

#### ACTIVITY 2

Grid Size: 10x20 Duration: 15 Mins

#### 1v1 to wide gates

The defensive player(X) passes to the offensive player(Y), once the offensive player receives the ball he tries to beat the defender and dribble thru one of the gates.  
Players change rolls after 4 turns, Each player count the number of times dribbled thru the gate. 1st one to 5 wins.

#### COACHING POINTS / KEY CONCEPTS

Good pass from defender-Toe up ankle locked. Good first touch from offensive player, dribble with speed -perform a move and exccelerate past the defender to the gate

#### ACTIVITY 3 3v3/4v4 game

Grid Size: 20x30 Duration: 15 Mins

#### 3v3 games

Team must make 2-3 passes before they can score.

To make it more challeging- restrict players to 2 touch.

#### COACHING POINTS / KEY CONCEPTS

Look for 1v1 situations. Try to perform moves we just learned.