



1 v 1 Attacking #1

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

Continental Football Club, Coatesville, United States of America
Individual-Adult Member

Body feints

Set Up - As shown, two tall cones approx 10-12 yards away from middle red cones.

Organization - Players in white are attacking players and have ball, using body feints/change of direction & speed/moving ball players in white try to throw defenders off balance and score a point by dribbling the ball to either tall cone and passing ball against the cone before defender gets touch. Defenders cannot tackle until they are 3-4 yards from tall cone. Change roles after approx 2 minutes. Make competitive, winners move up, losers move down.

Coaching Points - Use body feints/change of direction & speed/moving ball to throw defenders off balance and attack space at speed.

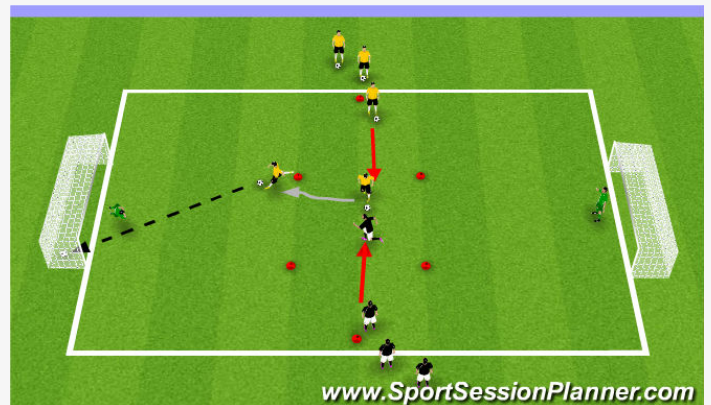


Body Feints to goal

Set Up - As shown, 10 x 10 box approx 10 yards away from each cone on sidelines and 15-20 yards from the goals.

Organization - Split players into teams of 4 or more, one team has a ball each and will be attacking team for 4-5 minutes. Player must run with the ball into the box and use body feints/moves/changes of direction & speed to beat defender and attack either goal. Once out of box defender cannot defend and attacking player must get shot off within 3 seconds

Coaching points - Use laces to push ball out in front, use body feints/moves/changes of direction & speed to to beat defender. Slow down a touch going at defender then change of pace coming out of the move/body feint. Focus on hitting target with shot by keeping head and toe down and hips/shoulders facing the target



Body Feints to goal progression

Set Up - As shown, 10 x 10 box approx 10 yards away from each cone on sidelines and 15-20 yards from the goals.

Organization - Split players into teams of 4 or more, one team has a ball each and will be attacking team for 4-5 minutes. Place a defender in front of each goal. Player must run with the ball into the box and use body feints/moves/changes of direction & speed to beat defender and attack either goal. Once out of box defender cannot defend and attacking player must beat defender in yellow or get shot off within before being challenged.

Coaching points - Use laces to push ball out in front, use body feints/moves/changes of direction & speed to to beat defenders. Slow down a touch going at defender then change of pace coming out of the move/body feint. Focus on hitting target with shot by keeping head and toe down and hips/shoulders facing the target



End Game 6 v 6

Set Up - As shown, approx 40 x 35

Organization - Play 6 v 6 including GK's, no restrictions

Coaching Points - Limit stoppages, coach within the flow of the game and stay on session topic when making coaching points

