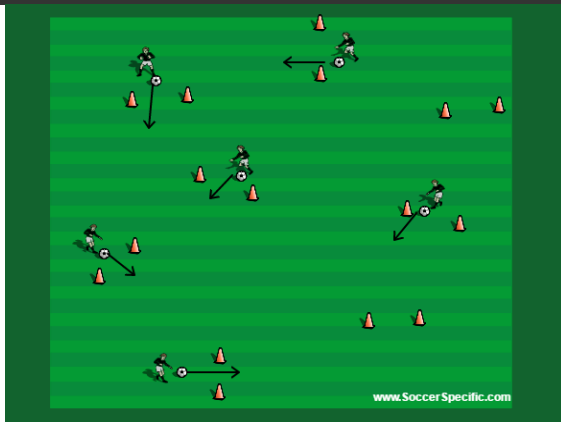


U10 Week 2 - 1v1 Attacking

Date: Jan 27, 2017

Intensity: ● (1/10)

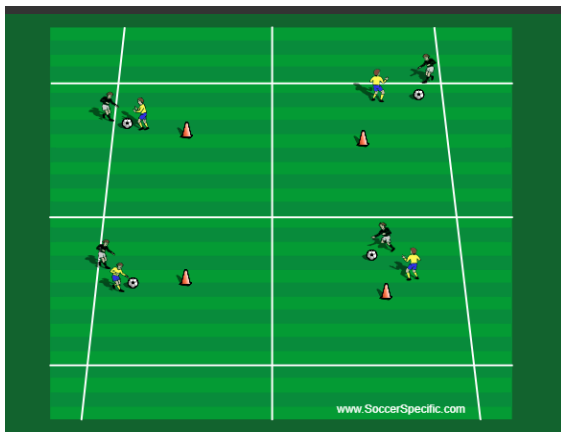


1

Setup: "Dribbling Gates" - set up 8-10 "gates" with cones. Set them up in a random fashion around the area. 1 ball per player.

Instructions: See how many gates each player can get through in a 60 or 90 second time period. Let them do it again to see if they can beat their first score. 1) Players only dribble with their right or left foot. 2) Have players execute a skill move as they dribble through a gate. 3) Have players go back through the gate they came. This is a good way to introduce turns and change of direction moves.

Coaching Points: Fun - make it a contest either against their teammates, or for them to try and beat their previous score
Body Movement Education - Play at different speeds, accelerate after going through a gate. Ball control/Dribbling - keep the ball close, take a touch, take a look. Find an open gate. No Crashing!!

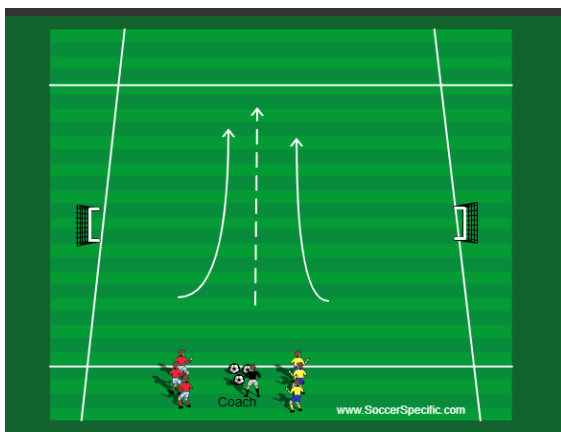


2

Setup: "1v1 Cone Tournament" - Set up a line of cones approximately 15-20 yards apart or in grid format as pictured. One cone designated as the "Championship" field, while the cone on the opposite end is designated as the "Consolation" field, with 2nd and 3rd cones in between. Assign a pair of players to start at each cone, with one ball between the pair.

Instructions: At the coach's command, the players play 1v1 with the objective to score a point by passing the ball and hitting the cone you are playing to. Change possession after a goal. Players can play in 360° around the cone. Play for :60 or :90, the winner moves up one field toward the "Championship" field, the player who loses moves down one field toward the "Consolation" field.

Coaching Points: Fun, Ball Control and dribbling - especially 1v1 moves. Competition to beat an opponent. COMPETE! Coach must encourage players to get after the defender, and you must encourage the defender to actively defend the player with the ball. Do not allow them to sit in front of the cone and just protect the cone.



3

Setup: "Combat" - Two Lines of players - Coach with a pile of Balls, no set grid

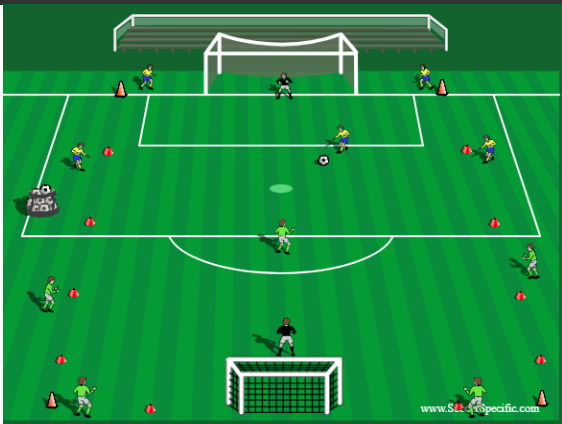
Instructions: Coach plays a ball out and the first player in each line run out, battle for the ball, and dribble back across the endline. Players continue to battle for the ball until it crosses the line. Coach can play multiple balls out in different directions to get as many pairs battling at the same time as possible. Coaches can manipulate the exercise by placing goals (or point lines) to the sides or by forcing players to start in odd positions. i.e. pushup, seated, backwards with eyes closed and so on. Be creative. Coach can also give each player a number, and they can play when their number is called - can be built to 4v4.

Coaching Points: Reward the players for going out and competing for the ball, even if they didn't necessarily win it. The ball is the most important object in the game, if we do not have it, we want it. If we do not win the ball first, try and win it back - Do not allow players to give up on the play.

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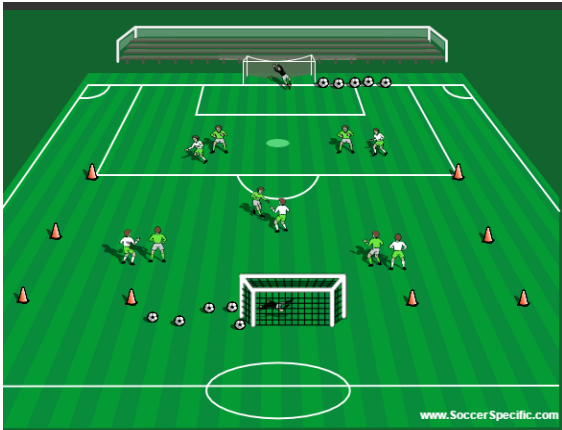


4

Setup: "21" Cone out a 25x30 yd field (can be bigger for 13-15 year olds) With two teams, have a goalkeeper, one player on the field with the remaining players dispersed evenly around the outside of their own half.

Instructions: Each player has a number for rotation purposes. Game begins 1v1, and the object is to score. The player on the ball has the choice to pass to any teammate on the outside who receives the ball and enters the field. Defending team then adds a defender to even the numbers (good chance for active communication- New player calls out they are on). Teams can pass and add as many players as they want, 2v2, 3v3, 4v4,etc. If ball goes over end-line or scores, round is over, and next player in the rotation enters in a 1v1. Rotate which team gets the ball or play that the same team gets the ball to start for each game to 21. If the ball leaves the field on the sideline, resume play with a throw in as you would in a game. Goals are worth the number of players you have in on the field from your team. 1v1 equal 1 point. 3v3 equals 3 points. Play to 21

Coaching Points: Encourage players to attack and go forward when they can. When bringing a new player in, try to attack and exploit the defense before they get organized with their new defender



5

Setup: 5v5 + keepers

Instructions: Play

Coaching Points: Depends on your topic