

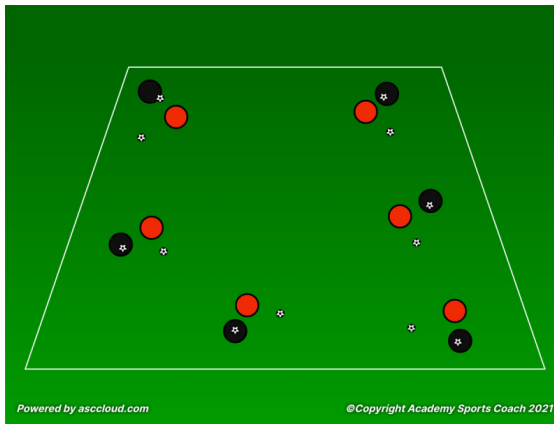
Select a Date

Week 1

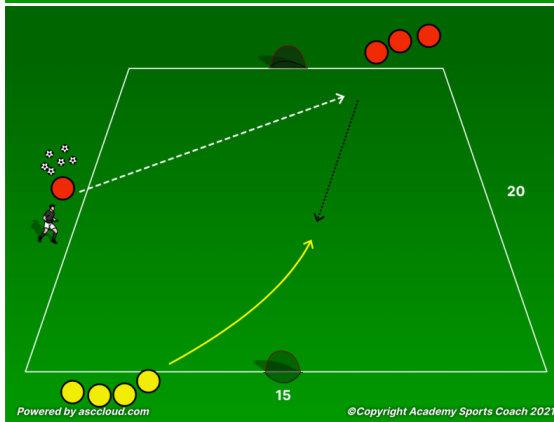
Select team

Session 1: 1v1 attacking with pressure from the Front

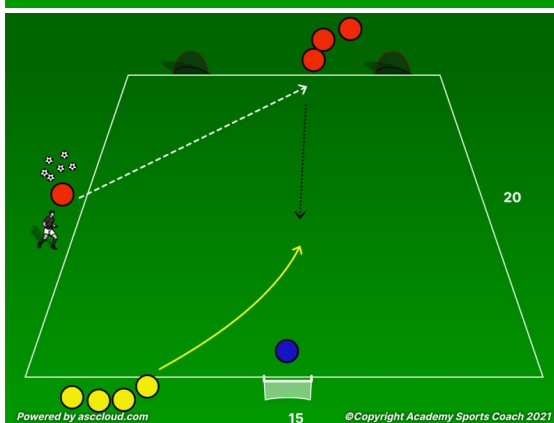
60 - 90 minutes



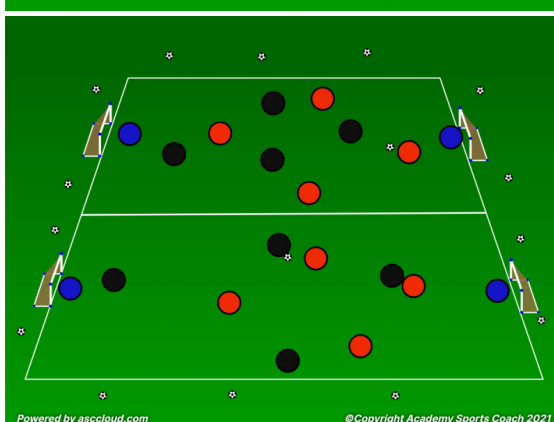
1v1 to a ball
 The player in the back stands behind the yellow player with a ball as shown. The yellow player stands with his legs apart with a second ball beside him, this will become the target ball. Once the player in the black has passed the ball between the yellow players legs the players play 1v1 with the objective of hitting the game ball against the Target ball. Focus will be on the attacker.
 Coaching points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (hit target ball)



1v1 Game: Pressure from the front.
 6-8 Players. Players play as individual players and keep account of the number of points they score.
 Attacker's objective is to receive a pass, take a positive first touch and beat the defender to score in the small goal. Defender's objective is to close the attacker's space quickly and stop their forward progress, they look to win the ball and score in the other small goal.
 Rotate players each action. Server to attacker, attacker to defender, defender to server. 1 point awarded if the attacker scores
 2 points awarded if the defender scores
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (goal in this situation)



1v1 Game to goal: Pressure from the front.
 6-8 Players. Players play as individual players and keep account of the number of points they score.
 Attacker's objective is to receive a pass, take a positive first touch and beat the defender to score in the goal that has a GK. Defender's objective is to close the attacker's space quickly and stop their forward progress, they look to win the ball and score in one of the other 2 goals.
 1 point awarded if the attacker scores
 2 points awarded if the defender scores
 Rotate players each action. Server to attacker, attacker to defender, defender to server.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (Score past GK in this situation)



5 v 5 (Max). Players are given freedom to explore and bring out the 1v1 skills that have been worked on during the session.
 If the ball goes out allow the team to collect the closest ball and start the game with a dribble in or pass in.
 Try not to stop the game to coach but manage the players if needed. Celebrate success when you see successful 1v1's or attempts at 1v1's.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (Shoot, pass, cross)