



## **Ball Mastery: Attacking (2v1)**

Appropriate for players ages 7-11.

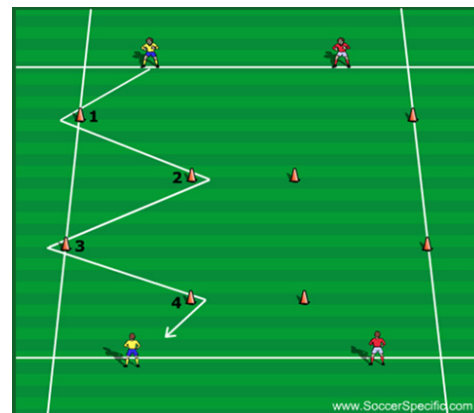
**Session Aims:** To successfully be able to dribble the ball and keep possession whilst under pressure, demonstrating close control & awareness of others.

### **Warm Up: Speed, Agility & Quickness (SAQ)**

Players sprint in sequence through the slalom of markers. Once they reach the end line the next player begins. Continuous sprints for 30-60 seconds.

*Progression (s):*

1. Introduce use of a soccer ball.
2. Perform a 'figure of eight' between two sets of markers.
3. Backward sprints / sideways running.

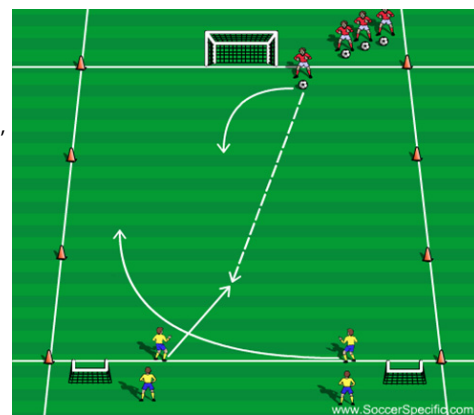
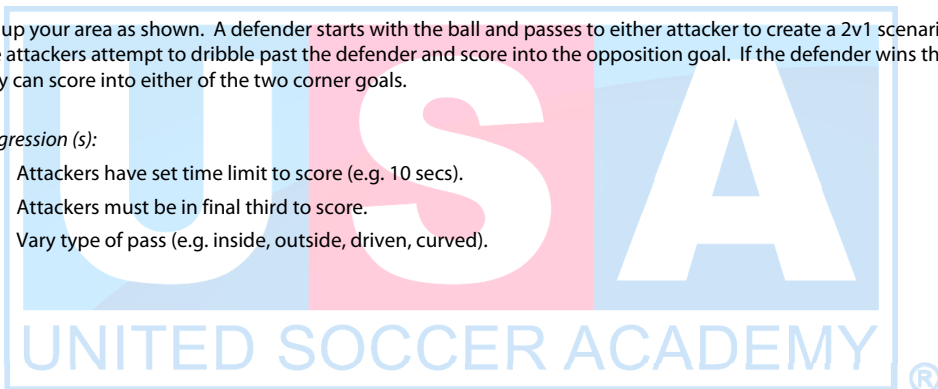


### **Fundamental/Individual: Attacking (2v1)**

Set up your area as shown. A defender starts with the ball and passes to either attacker to create a 2v1 scenario. The attackers attempt to dribble past the defender and score into the opposition goal. If the defender wins the ball, they can score into either of the two corner goals.

*Progression (s):*

1. Attackers have set time limit to score (e.g. 10 secs).
2. Attackers must be in final third to score.
3. Vary type of pass (e.g. inside, outside, driven, curved).

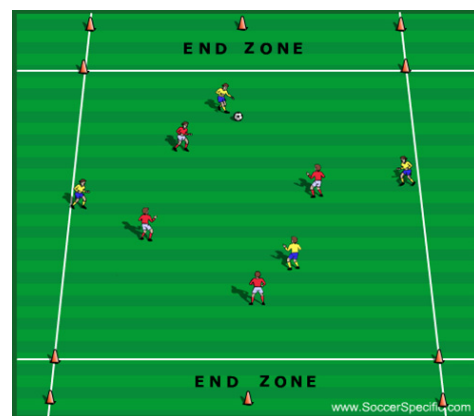


### **Game Related: Developmental Fours - End Zone (Dribbling)**

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully dribbles the ball under control into the opposition end zone. The coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

*Principle Focus:*

Exploiting 1v1 situations and creative dribbling in wide areas.



### **Game Condition (Small-sided/Conditioned)**

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.