



Description

2017: Dribbling / Attacking Skills and First Touch

Warmup

Warmup - Dribbling and Passing

Activities to prepare for the training session

Organization:

- 2 activities. One dribbling and one passing.
- Number of dribbling groups and passing groups depends upon the total number of players. Form small groups to ensure maximum involvement.

How to Play:

- See diagram
- Dribbling thru cones. Progress to higher speed and more advanced dribbling patterns and moves.
- Passing in a small triangle. Follow your pass. Progress to different passing patterns and combinations.

Coaching Notes:

- Demand high quality and effort
- Stay balanced when dribbling. Quality passes & first touch



Skill Development

Attacking Moves & Turns - Progress to Passing

Fast-paced technical activity with multiple phases.

Organization:

- Set up 2 different colored cones randomly on your field.
- Every player with a ball.

How to Play:

- Attacking Move at red cones. Change of Direction / Turns at orange cones. Start simple and progress to more advanced skills.

Progressions:

- 1) Speed dribble between cones
- 2) Add defenders
- 3) Turn activity into a possession game with defenders

Coaching Notes:

- Focus on technique



SSG

1v1 & 2v1

Finish the session with rapid-fire games of 1v1 & 2v1

Add GKs if possible

Organization:

- See Diagram
- Use of 2 goals encourages transition play

How to Play:

- Start with 1v1. Progress to 2v1.

Coaching Notes:

- Encourage attacking player to take on defender with confidence
- In 2v1, figure out best time to pass and best time to dribble. Do not pass for the sake of passing.

