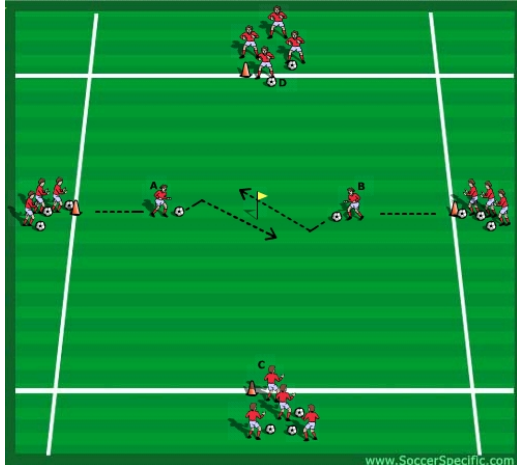




## U10 Session Plan #4

### 1v1 Attacking



#### COERVER DIAMOND

**Emphasis:** Developing a mentality to attack. Decision making in 1v1 situations.

**Set Up:** Players are divided into 4 groups and are positioned at the cones as shown in Diagram (b) below. A flag is placed as shown in the center of the grid. One ball for each player.

**Objective:** Players (A) and (B) dribble towards the flag. Approximately 2 yards from the flag each player performs a feint to the left before accelerating to the right of the flag. On completion of the “move” the next two players (C) and (D) repeat the sequence.

**Note:** Players must fake to the same side and accelerate to the same side to avoid colliding (Ex) fake left, go right. Play is continuous for the designated period of time.

**Coaching Points:**

- Players should also be encouraged to use other “moves”
- Burst of speed past the flag – Accelerate!
- Be direct – drive towards the flag and then accelerate.
- Players must communicate with the opposite group to ensure that they start at the same time.



#### 1v1 BOX

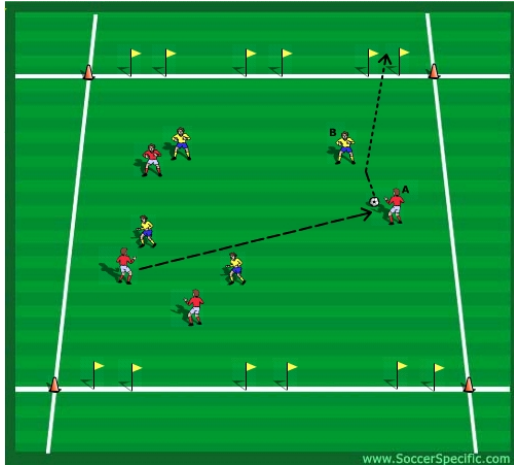
**Set Up:** The squad is split into two teams (red and Yellow). The teams are positioned around the perimeter of a 20x20 yard grid as shown below in Diagram (c). A smaller central grid (6x6 yards) is created using flags as shown. A supply of balls is placed next to each group.

**Objective:** One player from the Red team (A) begins inside the smaller central grid and acts as the defender as shown above. The first player in line for the Yellow team (B) must attempt to drive at the defender, perform a “move” and dribble successfully through the central grid. If the player reaches his/her teammates on the other side the sequence is repeated with the next person in line. Points are awarded for each player successfully making it through the grid. The same defender remains in the central grid until he/she stops an attack.

If the defender intercepts or knocks the ball out of play, the roles immediately switch – the attacker becomes the next defender and must quickly react to the next attacker entering the play. In Diagram (d) below defender (A) has knocked the ball out of play. Player (B) becomes the next defender and must attempt to stop attacker (C). The tempo of the activity must be high. Do not allow the opposition time to get ready – attack at speed. First team to 20 points wins. Repeat game as time permits.

**Coaching Points:**

- Go at pace – accelerate past the defender.
- Be positive in attacking.
- Attack quickly – don’t delay the attack with a lot of “moves”
- Take chances



### **DEFEND 3, ATTACK 3**

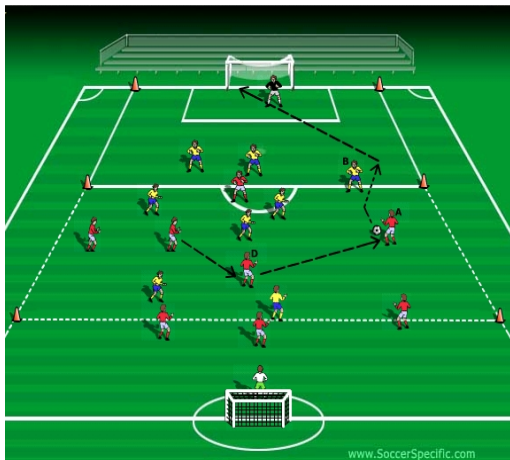
**Set Up:** A 4v4 is organized as shown in Diagram (e) below. Three mini goals are created with flags at each end of the playing area as shown. Repeat setup to accommodate the entire team. Concentrate on transition from offense to defense and vice versa

**Objective:** Players compete for possession of the ball and attempt to score by dribbling through their opponents mini goals. Players are encouraged to take advantage of 1v1 situations – take chances, try to isolate and beat the defender.

Diagram (e) above illustrates player (A) isolating opponent (B) in a 1v1 situation. Player (A) should attempt to take advantage of the situation by driving aggressively to goal.

**Coaching points:**

- Go at pace – accelerate past the defender.
- Be positive in attacking.
- Attack quickly – don't delay the attack with a lot of "moves"
- Take chances



### **GAME**

**Set Up:** An 8v8 plus goalkeepers is organized as shown in Diagram (f) below. Playing area is 44 yards wide x approximately 60 yards long. The pitch is divided into 3 zones as shown. The end zones (final third) are 18 yards from goal.

**Objective:** Both teams compete for possession of the ball and attempt to score in their opponents goal. The only restriction is as follows: If a player dribbles into the opponents final third of the pitch no passing is allowed. Therefore if a player enters the final third he/she must be direct and go for goal. At the start players may make poor decisions and dribble into the final third even when heavily outnumbered. This usually results in a loss of possession. As the exercise progresses players will begin to make better decisions in relation to the best time to attack.

Diagram (f) above illustrates a "good" time to attack. Player (A) has received a pass from teammate (D). Player (A) in a good position to drive into the final third since defender (B) has no immediate support.

**Coaching Points:**

- Maintain possession until opportunities to attack develop.
- Isolate and attack defenders.
- Be positive, take chances – go for goal!
- Changes of speed, accelerate, go at pace.
- Decision making – when to attack, when to pass, etc.

## **ADDITIONAL NOTES**