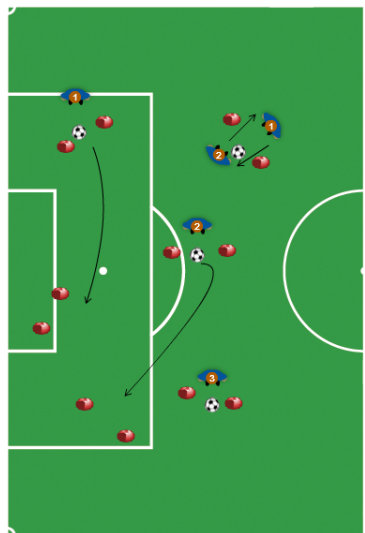


U10/U11 - EYSA WEEK 7 - 1V1 ATTACKING, MOMENT TO ATTACK - UNDER 11

DRIBBLING GATES WARM UP - 15 MINUTES



Method

Randomly place pairs of cones all over playing area. Players just dribble through as many gates as possible in set amount of time.

Progressions:

- Perform 1v1 Core moves before dribbling through cones for extra points
- Worked on sharpness of cuts, chops, pull pushes

Brain Endurance:

- Red right turn, Blue left turn

Materials

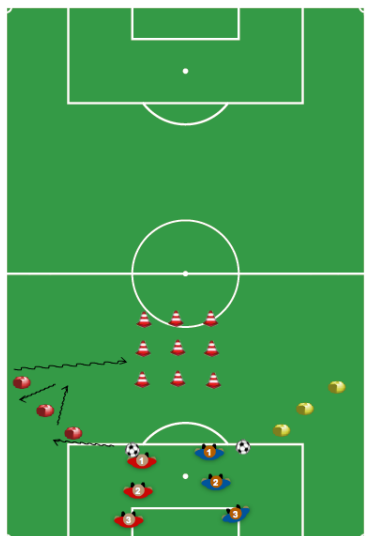
Cones, each player with ball

Directions

Coach players on:

- Proximity of ball while dribbling
- 1v1 Core
- Head Up
- Dribbling Pace
- Quality

TIC TAC TOE (WARM UP ACTIVITY) - 10-15 MIN



Method

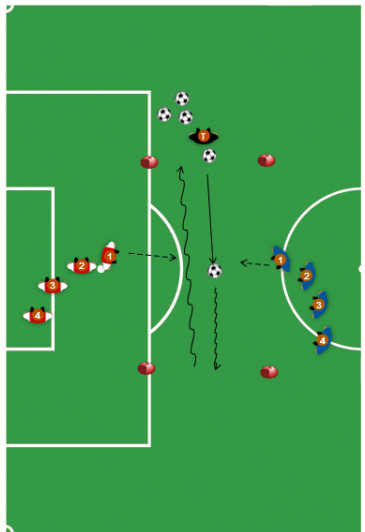
- * Ball Mastery
- * Brain Endurance

Players do ball move around cones then race to Tic Tac Toe grid. Once there, they put bibs down on the cone and race back to line to relay the ball. Repeat with each player until there is 3 in a row. Once grid is full, players race out to grid to bring back a bib which opens more opportunities until there is a winner.

Directions

Coach players on: This is a warm up brain endurance activity that captures player attention and works on players ability to do activity while thinking.

AWAY FROM PRESSURE - GAME - (15 MINUTES - AWAY FROM PRESSURE)



Method

Fast pace away from pressure building drill. Players fight to win ball then turn to either end line to score (focusing on turning and dribbling Away from Pressure). Players can dribble to either side to score while the other player fights to win ball back.

Materials

4 cones to set endzones or pairs of goals at each side.

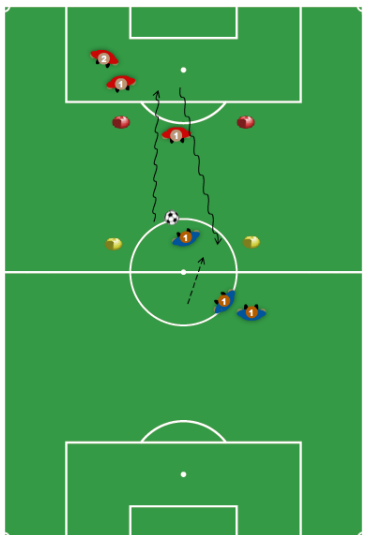
Directions

Two lines/teams facing one another. Coach plays ball to central location. Players move to ball to win possession, then turn away from the defender and dribble the other direction. The defender tries to win ball back. Players must dribble over line, NOT shoot/pass over line.

Variation: If a player changes direction, and goes to other goal after originally heading one direction, that is worth 2 pts.

Coaching Points: Away from Pressure, Change of Direction, Pace. Look for usage of 1v1 Core like Pull Back, Cruyff, Chops, Cuts, etc. to change direction.

1V1 DOMINATION ENDZONES (20 MINS - ATTACKING, UNBALANCING THE DEFENDER))



Method

Make it take 1v1 game. 2 lines facing one another. Line A faces Line B. If attacker in Line A dribbles by Line B player into endzone, he turns and then attacks Line A endzone. Each endzone is 1 point, repeat.

Players may continue until they are defeated in 1v1.

Line B can win the ball and score on Line A endzone. The player would then turn and attack Line A.

Materials

Number of players: 2

Number of balls:

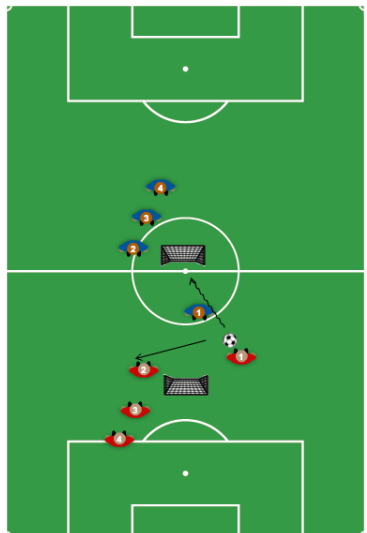
Number of goals: endzone

4-5 min rounds. 1 min rest.

Directions

Coach players on: Unbalancing, using 1v1 Core, Change Direction, Change Pace

ATTACK SUPPORT ACTIVATION 1V1/2V1/2V2



Method

Exploration game

1v1 Attacking exercise that has optional decision making opportunities. Player can attack and score or if needed, play the ball back to the line to activate a 2nd attacker.

Players should be positioned in naturally attacking starting points. So the first attacker will start off to the right. The potential support player will be off the left post. Ball is started supporting player so the pass initiates the game in a realistic sequence.

If defender wins the ball, they too can activate a player by passing it back to their supporting mate.

Materials

Number of players: 2-3

Number of balls: 1

Number of goals: 2

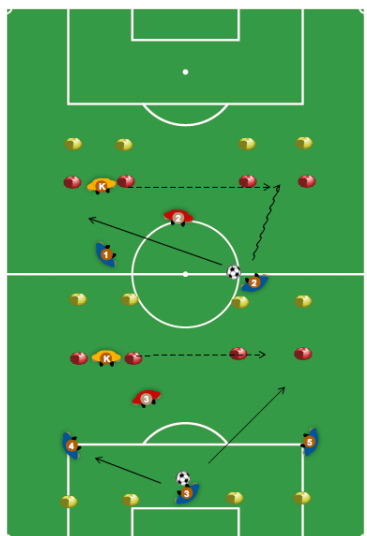
Number of cones: optional marking playing area

Rotate: every sequence

Directions

Coach players on: Attacking angles, unbalancing, movement, creating space after passes, decision making, finishing angles, finishing

2V1 DOMINATION *PROGRESSION 2V1 TO 3V1 + GK (25 MINS)



Method

**Allow both attackers and defenders to shoot/finish."

Groups of 3-5 players, 1 ball, 4 goals. 2v1 + GK to 3v1 + GK.
The GK must be in either goal and may not stop between goals. They must remain on the end-line. You can score by dribbling through either goal. Defender can shoot. If GK wins the ball, they can join the attack and shoot.

Defenders can always shoot.

Variation: In 3v1, points for passes.

Teams based: 2v1 to 3v1 + GK (teach wide space) to 3v1 (possession with points for pass). This will promote communication, decision making, switching the point of attack quickly.

Brain Endurance: Players need to be aware of which team receives the ball so they are aware and prepared to attack 2v1/3v1 and a GK.

Materials

Number of players: 3-5 per round

Number of balls: 1

Number of goals: 4 (2 on each side)

Number of cones: For goals

Rotate: Every round

Directions

Coach players on:

- Attacking using 1v1 Core, Change Direction, Change Pace, Switching, Triangulation
 - Space in 2v1
 - Good Math attacking in 3v1
 - 3v1, points for each pass if scores.
- Defender touches the ball, the pass count resets.