



PEI SOCCER - 1V1 ATTACKING

Category: Technical: Passing & Receiving
Difficulty: Difficult

Reseller-Club: Premier Users' Club
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Warm up

Technical Triangles

10 mins

EQUIPMENT

24 cones

SET UP:

Create 8 triangles using cones.

INSTRUCTIONS:

All players have a ball and dribble into the middle of any triangle

From the middle of triangle they change direction and come out of different side of the of triangle and then dribble to another triangle that is free.

Progression - Players dribble into any triangle and perform a move and dribble out at speed.

1. Turn out using the sole or outside of the foot
2. Step overs
3. toe taps



Conditioned game

SMALL SIDED GAME (5V5)

EQUIPMENT:

20 cones

10 pinnies (5 red & 5 yellow)

SET UP:

40x30 yards rectangle

Two end zones the width of the field and 7 yards in from end line

INSTRUCTIONS:

(Normal game rules apply)

Teams score by dribbling the ball into their designated end zone.

Attacking player must have control of the ball at their feet inside the end zone to score a point.

Defending players are not allowed to go inside their opponents end zone..

COACHING POINTS

Encourage players to take on defenders when they are in 1v1 situations

Move play into wide areas to create more 1v1 situations

Can you pass to a team mate who has more space to dribble forward towards their end zone



1V1 Activity

1V1 ATTACKING

EQUIPMENT:

16 cones

10 pinnies (5 red & 5 yellow)

SET UP:

10x15 yards rectangle

2 gates for red attacker to score

1 gate for yellow defender to score

INSTRUCTIONS:

Yellow defender starts between the yellow goals

Red attacker starts inside the red goal

Yellow defender passes ball to red attacker to start the activity

Attacker attempts to dribble past defender through one of the yellow gates.

If the defender gains possession, they try and dribble the ball through the red gate to score.

If a goal is scored or the ball goes out of bounds then reset and start the activity again.

COACHING POINTS:

Attacker should be alert and ready to receive initial pass.

Attacker should take a positive first touch forward out of their feet and get head up



Recognize the defender's position and body shape and be aware of space to dribble into
Increase your dribbling speed into a space and then change direction quickly to go past them
Can you do a move/trick/fake to deceive a defender to get them off balance before dribbling past them