



Category Ignition - Week 3

Category: Technical: Attacking skills

Difficulty: Beginner

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Individual-Adult Member

Tails (15 mins)

Players have a training vest tucked into their waistband to make a tail. Players try to pull other player's tail while keeping ball close. If tail gets pulled, they must go see the doctor to get it re-attached. The coach assigns foot work (toe taps, ring-the-bell, etc.) to do before they put their tails back on to rejoin the game.

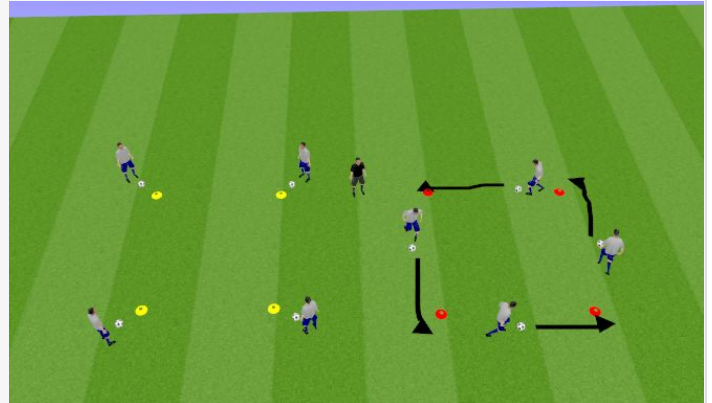
Coaching tip: when players come off, this is a great time to reinforce/teach techniques for dribbling moves such as scissors, step overs, Cruyff, etc.



Box Races (10 mins)

Players start at the corners of a square (5-10 yards) with the ball at their feet. When the coach says go they dribble to the next cone on their right/left and stop. Coach players to face the cone in a ready position and use the outside of the foot to push the ball toward the next cone.

- Progression 1 - down and back-- Instead of stopping at the next cone, players change direction and go back to their original cone; could be specific turn (pull back, inside/outside cut, etc.)
- Progression 2 - teach a move (i.e. fake-take, circle-take, step over, etc.); players must perform move before accelerating toward cone.



1v1 transition (20 mins)

Two teams in separate lines with soccer balls for each player. Players can score on either goal, but must be beyond the cone to score (shaded area). As soon as ball is dead, the attacker becomes the defender for the other team and the next attacker can go.

Coaching points:

- Transition quickly
- Read defender to decide which goal to attack (Can I beat defender into space straight ahead to score? Do I need to dribble at defender to make a move?)
- Dribble quickly at space with long touches



Game to goals (30 mins)

Play two fields [15x20 yards] next to each other using all the players at practice (red goals, solid line). Play short timed games (3-4 minutes) and rotate a few players each time. **Give players a point if they can touch the ball three times when they receive it.**

Progress to playing full 5v5 (blue goals, dotted line) [30x20 yards]

