



u8-u10 ADP week 12

Category: Technical: Attacking skills

Difficulty: Moderate | **Start Time:** 11-Jan-2017 17:00h

Am-Club: Oakville Soccer Club
Carl Horton, Oakville, Canada

Dribbling/passing and receiving combination

Organization:

6 players each have a ball inside a 25x25 yds area; The other 6 players are placed into pairs, with 1 ball per pair.

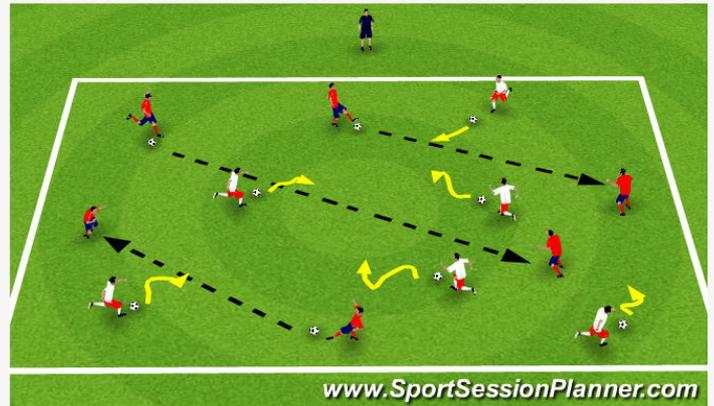
Procedure:

The 6 players that have a ball each dribble inside the area changing direction when necessary or every 4 touches. Players that are dribbling should be asked to express themselves by performing moves that will enable them to beat players when faced with a 1v1 situation. As the players dribble coaches should also ask the players to perform things such as Toe taps or bells. (Coaches be creative). The pairs are asked to pass and move at the same time looking to work on a variety of passes (short and long) as well as receiving the ball with different parts of the foot. All players are working in a chaotic environment so should be encouraged to play with their heads up and make appropriate decisions based on what is happening around them.

Switch players up every 2 minutes.

Emphasis:

Dribble with head up, correct part of foot (laces) Accelerate into spaces.
Pace and accuracy of pass, decision on first touch (into space)



1v1 to the line

1v1 to the line.

Organization:

Players are placed inside a rectangle roughly 40 x 30. The white players start with a ball each.

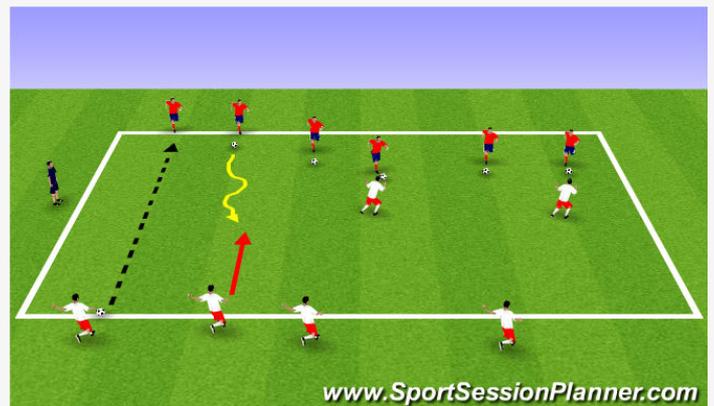
Procedure:

The white players play a pass the red players. The red players become the attackers and have to attempt to dribble past the defender and stop the ball anywhere on the white player's line. If the White player wins possession, they then become the attacker and have to stop the ball on the red player's line. Once a goal is scored, who ever scored starts the game off with the pass.

After roughly 2 minutes stop the games, the winning player will move up the ladder and the losing player moves down. Now the players have new competition. Play the games several times,

Emphasis:

Dribbling, Competition, 1v1 attacking, FUN.



2v1 to goal

Organization:

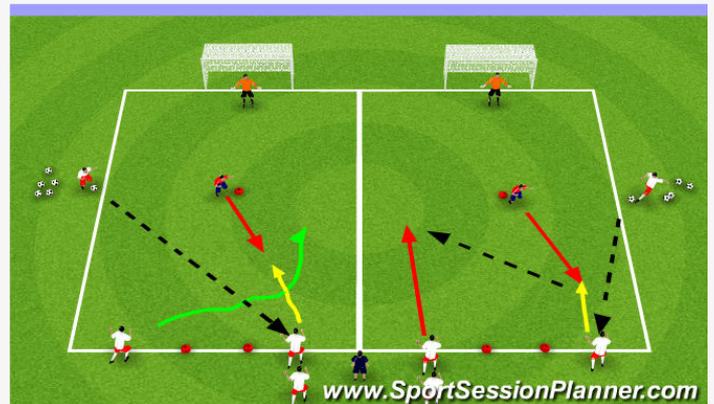
Players are placed into 2 working areas as above that are 20x30. Players are also organized as shown with a gk, defender and attackers. All players should rotate and participate in all positions.

Procedure:

The server on the side will serve the ball into the 2 waiting attackers. As the ball travels to the attackers the defender will close the attackers down. We now have a 2v1 situation to goal. The attackers are looking to score on the goalkeeper and if the defender wins the ball they should look to pass the ball through the red cones. Coach the attackers on the decisions they can make (dribble, pass or shoot). Also look to coach the player not in possession of the ball on their movement, can they be creative?

Emphasis:

Quality of the pass from the server (pace)
First touch of the attacker
Movement of attackers
Decision making of attackers



6V6 with Retreat Line - (A)

6v6 with the Retreat Line.

Organization:

Players placed on to a field 35 x 45 into 2 teams of 6.

Procedure:

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way.

Allow the players to play.

Emphasis:

Accuracy of pass

How the player receives the ball

Players body position to receive pass

