



# Week 1 Dribbling and Attacking

## Activity 1: Gate Dribbling Focus: Dribbling



1. 20 x 30 playing area
2. Group of players
3. Cones
4. Large supply of balls

### Objective

Coach randomly places cones in pairs making small 1 yard goals in a large space about 30 by 20 yards. Players pair up and must successfully dribble the ball through the gates for a point. Challenge the players to gather as many points as a possible.

### Coaching Points

1. Keep ball within 1 giant step
2. Use arms to maintain balance
3. Use all parts of your feet
4. Lean over the ball, keep both knees bent

## Activity 2: 1 v 1 Team Attacking Focus: Zones

1. 40 x 35 yards
2. 2 teams of players
3. Large supply of balls
4. Cones/Flags

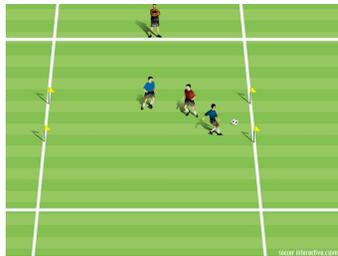
### Objective

To develop confidence in your players to run at a defender, give them the ability to dribble around the defender at speed and develop an instinct to attack the goal. This activity encourages vision, creative touches, fitness, speed, control and shield dribbling, communication and defending.

### Coaching Points

1. Measure proper distance to execute the move
2. Vision and head up
3. Face the defender going forward at speed
4. Keep ball close to your stride

## Activity 3: 2 v 1 to Goal Focus: Attacking



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Cones
5. Large supply of balls

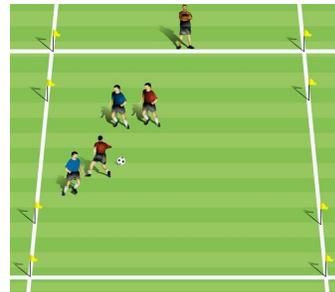
### Objective

Coach plays ball out and the two attackers attempt to get in behind the defenders. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

### Coaching Points

1. When to pass, when to dribble
2. Work on 2 man combinations
3. Face the defender going forward at speed
4. Learn to create space for your team

## Activity 4: 2 v 2 to Four Mini Goals Focus: Economical



1. 15 x 15 yard Grid
2. 4 Mini-goals
3. Group of players
4. 2 sets of pinnies
5. Cones
6. Large supply of balls

### Objective

Coach divides players into two teams. In a grid 15 x 15 yards with mini-goals set in each corner of the grid. The teams, which are broken into pairs, attack the two opposite goals and defend their two goals.

### Coaching Points

1. Dribbling
2. Passing
3. Shooting
4. Receiving

