



# S.A.T. Session 1: Opponent in the FRONT

Category: Tactical: Inventive play

Difficulty: Moderate | Start Time: 10-Sep-2015 10:40h

Danny Simpson, Norwalk, United States of America  
Individual-Adult Member

## Description

### Part 1 (5 mins)

7-Cone Set-Up; 2-players to a cone (3 if needed), every player has a ball.

- 1) Players attack the cone randomly, working on a variation of "Take-On" moves; Scissors, Side-Steps, Shoreline #7, etc.
- 2) Players attack the cone in tandem. IE, They both go together, no collisions. Work on;  
Scissors Move Left: Dribble RIGHT / Scissors RIGHT / Attack LEFT  
Scissors Move Right: Dribble LEFT / Scissors LEFT / Attack RIGHT  
Shoreline #7 BOTH ways too

#### Coaching Points

- 1) Shifting of weight / Light on your feet.
- 2) Sell the move / Deep Knees / Change of Direction.
- 3) Speed & Control the move is executed / Push ball with outside foot.



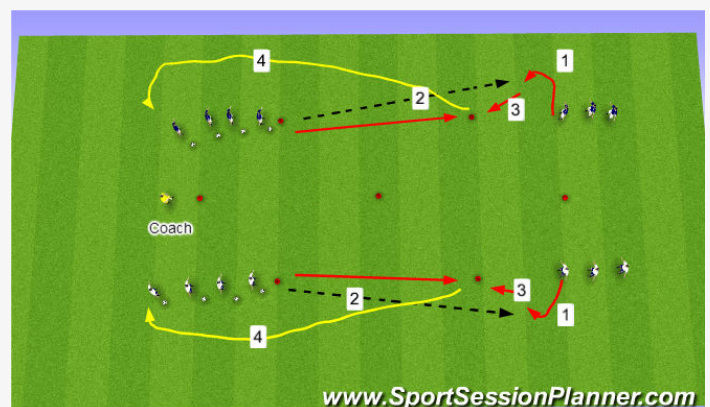
### Part 2 (5 mins)

Using outside cones; Players line up in 2-groups facing each other, with one wide cone between them.

- 1) Receiving player moves sideways to create a passing lane & calls for the ball
- 2) Passing player gives firm/accurate pass to feet & runs to cone as passive defender
- 3) Receiving player controls the ball & attacks the cone (& passive defender), perform a take-On move.
- 4) Dribble (at pace) the ball to the end of the passing line. IE, BOTH players have swapped position.

#### Coaching Points

- 1) Quality of long pass
- 2) Soft 1st touch of attacker to set up the move
- 3) Execution of the Take-On move & acceleration away



### Part 3 (15 mins)

Same 7-Cone Set-Up, 1-player in the middle, the rest on outer cones with a ball. Change the defender every 30-seconds.

- 1) Defender in the middle is passive & can only move side-to-side.
- 2) Line A player attacks defender, performs Take-On move and goes to end of opposite line.
- 3) Once Line A player is past defender, Line B player attacks defender. REPEAT.
- 4) Defender can now close down space in front, but still passive Adv, Defender ALL-IN. REAL 1 v 1.  
IIF attacker gets past defender, opposite line player immediately attacks defender.

IF defender wins the ball, immediately change with attacker while they become defender

#### Coaching Points

- 1) Attack with pace / keep the ball under control
- 2) Timing of move / proximity to defender / Use of space
- 3) Confidence & Attitude towards learning and experimenting



## Part 4 (15 mins)

Add 3-cones to the Set-Up to create 4-Gates / Goals. Players line up adjacent to teammates, not across from.

- 1) Play 1 v 1 in the middle of the area. Looking to beat your player and pass to teammate through gate.
- 2) IF receive the ball between gate, immediately switch with inside player and resume 1 v 1.
- 3) Encourage players to also beat their opponent 1 v 1 with a quick turn and play teammate in gate behind you.
- 4) Adv, 2 v 2 in the middle. IE, Create Decision Making moments; When to Dribble / when to Pass.
- 5) Adv to 3 v 3 in the middle

### **Coaching Points**

- 1) **What / Where / How to beat your opponent from the front**
- 2) **Ability to work as 2 or 3 to beat multiple opponents**
- 3) **Confidence to attempt New moves, ideas and concepts**



## Part 5 (15 mins)

3 v 3 OR 4 v 4 to small goals

Observe S.A.T. Topic Session Opponent in the front

Praise when successfully attempted,

Understand & teach when player is reluctant to attempt.

