



S.A.T. Session 2: Opponent in BEHIND

Category: Tactical: Inventive play
Difficulty: Moderate

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Individual-Adult Member

Description

Part 1 (5 mins)

7-Cone Set-Up; Two groups split up so they're facing each other. 1 Ball per group.

MAIN MOVES WILL BE OUTSIDE ROLL AND INSIDE HOOK

Play starts by a player checking out to receive ball in middle area, receive ball with either inside or outside of foot then play ball back to the line they came from.

This player follows their pass then the player who made the original first pass checks to the middle to receive ball and process repeats.

Each player should use both left and right and inside and outside of each foot.

Coaching Points

- 1) Knees bent, light on feet
- 2) Head check
- 3) Change direction



Part 2 (5 mins)

Ball is now played at an angle enabling attacker to unbalance the defender with a counter turn.

Make sure there is good weight on the pass.

Again, using inside chop and outside roll on both feet.

Coaching Points

1. Good first touch
2. Knees bent
3. Deceive the turn



Part 3 (15 mins)

Two players stand in middle back to back facing their lines.

Balls gets played in from outside and both players perform SAME turn and got to SAME direction (to avoid collision), then play ball to opposite line.

Outside players who made original pass will now be in the middle back to back to repeat process.

Change which turn and feet to use as you progress.

Coaching Points

- 1) Emphasis on first touch
- 2) Head check, deep in knees
- 3) Keep ball under close control



Part 4 (15 mins)

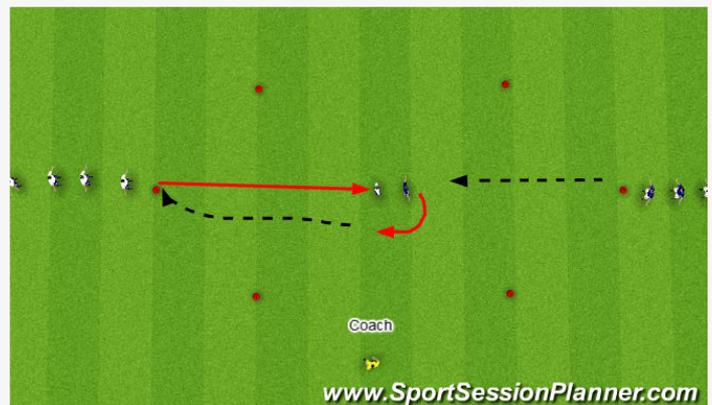
Same kind of set up, but now adding a defender so only using one ball.

Defender starts off passive at first to add pressure and force the move out of the attacker.

Then progress on to a real defender. If attacker losing ball, they become the defender

Coaching Points

- 1) Emphasis on first touch
- 2) Head check, deep in knees
- 3) Keep ball under close control
- 4) Can you initiate contact with defender
- 5) Deceive the turn



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 2 v 2 in the middle of the area. Looking to beat player and pass to teammate through gate.

2) If your teammate plays ball out and new player is playing ball in, can you receive it with your back to opponent and beat them from behind

3) Adv, 3 v 3 in the middle. IE, Create Decision Making moments; When to Dribble / when to Pass.

Coaching Points

- 1) What / Where / How to beat your opponent from behind
- 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 behind

Praise when successfully attempted,

Understand & teach when player is reluctant to attempt.

