



S.A.T Session 3 - Beating an opponent at an ANGLE

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

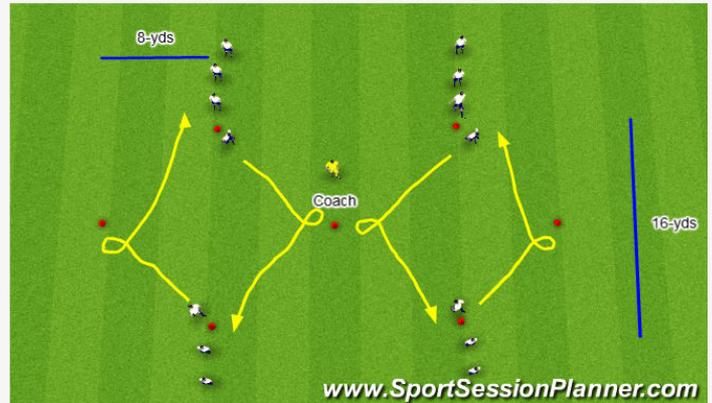
Play starts when player at the front of each line dribbles to their left cone, performs inside right hook turn, then goes to opposite line.

Repeat for going to right and using inside left hook turn.

Then using outside right and left hooks.

Coaching Points

- 1) Keep ball close
- 2) Quality of turn
- 3) Quick feet



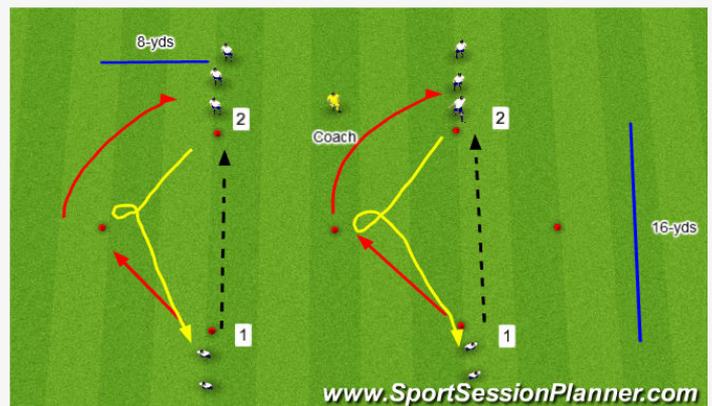
Part 2 (5 mins)

Player one passes ball to player 2 who dribbles to cone where player 1 will act as a passive defender to encourage attacker to perform turn at game speed.

Player 1 then joins opposite line

Coaching Points

1. Good first touch
2. Quality and timing of turn
3. Keep ball close



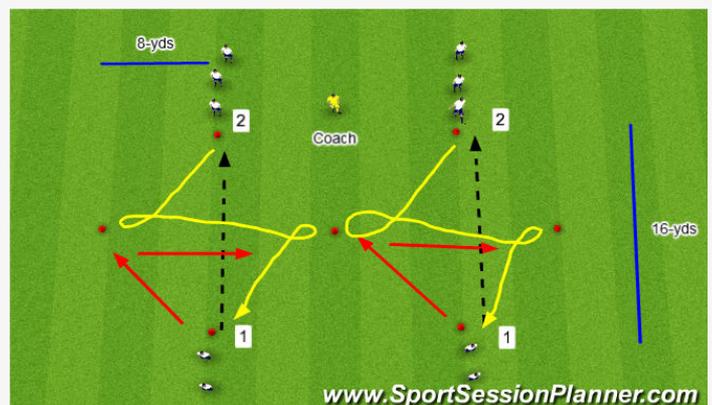
Screen 3 (5 mins)

Same as previous progression, but this time the attacker must go to next adjacent cone and perform another turn (can they do one with the inside and one with the outside).

Player 2 again joins opposite line

Coaching Points

1. Good first touch
2. Quality and timing of turn
3. Keep ball close



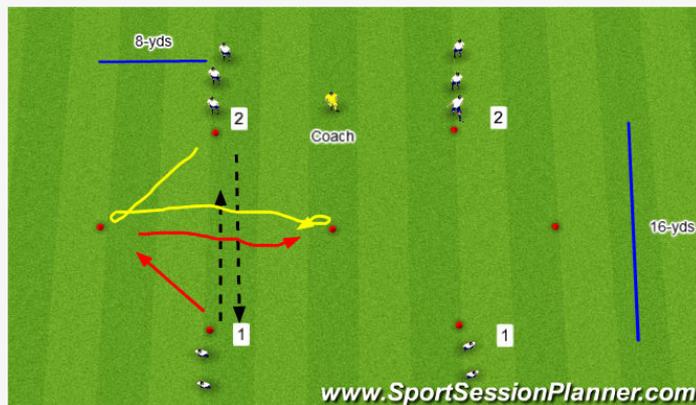
Screen 4 (5 mins)

1 v 1

Now the progression is a 1 v 1.

The attacking player has to get the ball as close to one of the cones as possible by using the turns.

Play ends if defender wins ball and each player joins opposite line.



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.

