



SAT Session 4 - Opponent on the SIDE

Category: Tactical: Inventive play
Difficulty: Moderate

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Individual-Adult Member

Description

Part 1 (5 mins)

7-Cone Set-Up; 2-players will dribble in between 2 cones and work on the following moves:

Inside Hook
Outside Hook
Cruyff Turn
Shoreline #1

Every player has a ball.

Coaching Points

- 1) Shifting of weight / Light on your feet.
- 2) Sell the move / Deep Knees / Change of Direction.



Screen 2 (5 mins)

Now with players facing each other, person at the front dribbles to center, performs one of the 4 turns and passes ball to next person in line who will check away before receiving ball.

Coaching Points

1. Head up after turn to look for receiving team mate
2. Close ball control
3. Sharp turns



Screen 3 (5 mins)

1 v 1

Players now in pairs in a 1v1 environment.

Players will be passing the ball back and forth until 1 player breaks the passing cycle to test the reaction of other player and add element of surprise.

Player will then try to stop the ball by cone to score point but will use previous turns to escape defender to go back and forth.

Coaching Points

1. Element of surprise
2. Close ball control and skill of fake/turn
3. Sharpness and quality for skills to work



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 your player and pass to teammate through gate.
- 2) IF receive the ball between gate, immediately switch with inside player and resume 2 v 2.
- 3) Encourage players to also beat their opponent 1 v 1 with a quick turn and play teammate in gate behind you.
- 4) 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 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.

