



U8-U12 1v1 Moves to beat an opponent

Category: Technical: Attacking skills
Difficulty: Moderate

Redz Mor, edgewater, United States of America
Individual-Adult Member

Ball mastery/Juggling

Organization:

1. Open area.
2. Every player with a ball.

Instructions:

1. On arrival, players perform a series of juggling challenges.
2. Bounce, juggle, bounce, juggle, and so on.
3. Bounce, juggle, bounce, juggle x2, bounce, juggle x3, bounce, juggle x4, and so on.

Coaching Points:

1. Light on toes.
2. Knees bent.
3. Soft, controlled touches.

Progressions:

1. Include different surfaces (feet, thighs) and both sides (left and right).



SAQ Warm-up

Organization:

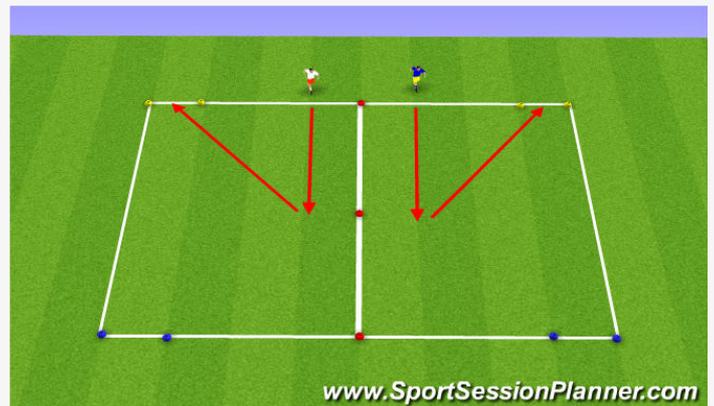
1. 20yd area with 10yd intervals.
2. Yellow and blue gates at opposite ends.
3. Players work in two lines.

Instructions:

1. Players perform various movements (high knees, lunges, and so on).
2. On coach's command players must run through colored gate (blue or yellow).

Coaching Points:

1. Correct execution of physical movements.
2. Awareness and quickness.
3. Gradual increase of intensity.



Technical Unopposed

Organization:

1. 15x10 area.
2. 3 groups of 3 players (set up 3 areas).
3. One ball per player.

Instructions:

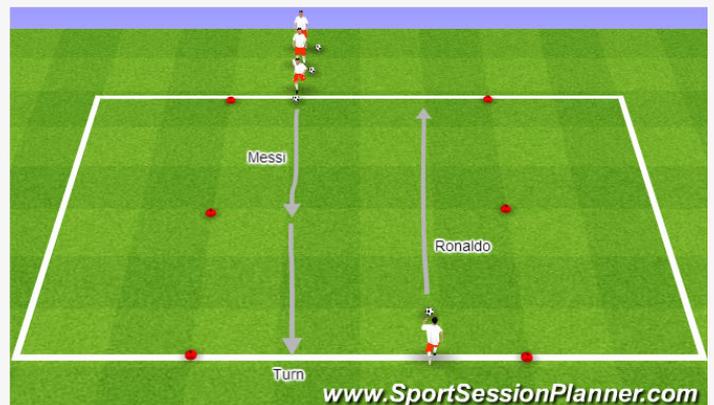
1. Player at the beginning of the line dribbles into area.
2. When he gets to middle cone, he performs a move (Coach Demonstrates scissors step over matthews etc) and continues forward.
3. When he gets to the end, he performs one of three turns (U-turn, Cruyff turn, step-over turn).
4. When he turns, he looks up to the next player and runs back to the start.
5. The next player in line starts dribbling when his teammate makes eye contact.

Coaching Points:

1. Head up to observe space.
2. Connect with teammate - eye contact.
3. Quality of approach - Messi touches.
4. Accelerate away - Ronaldo.
5. Technical execution of turns.

Progressions:

1. Work on both feet.



1v1 Opposed

Organization:

1. 30x20 area.
2. Four goals as shown.
3. Two teams as shown.

Instructions:

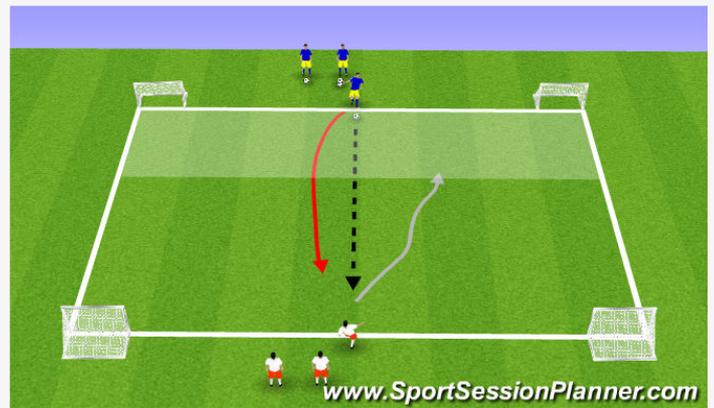
1. Blue team are defenders/servers. Red team are attackers.
2. Blue passes to attacker and immediately presses.
3. Attacker can score on either of two goals on blue side.
4. If attacker enters shaded area, he can turn and score on either of two goals on red side.
5. Defender can score on red goals if he wins possession.
6. Play is over after a goal is scored or ball goes out of play.
7. Players return to same line. Rotate roles after 2-3 minutes.

Coaching Points:

1. Quality of pass - weight and accuracy.
2. Head up as ball travels to observe space/options.
3. Attack space - play at speed.
4. Recognition of defender and space.
5. Look to change direction if space ahead runs out.
6. Positive attitude to shooting.

Progressions:

- R - If quality of passes is poor, attackers start with ball. Defender live on first touch.
P - Add time limit to score.



3v3 Free Play

Organization:

1. 30x20 area with goals.

Instructions:

1. Free play.
2. 3v3.
3. Restarts: kick-ins or dribble in.

Coaching Points:

1. Three lines of attack.
2. Angles and distance of support.
3. Decision-making of player on the ball.

Progressions:

