

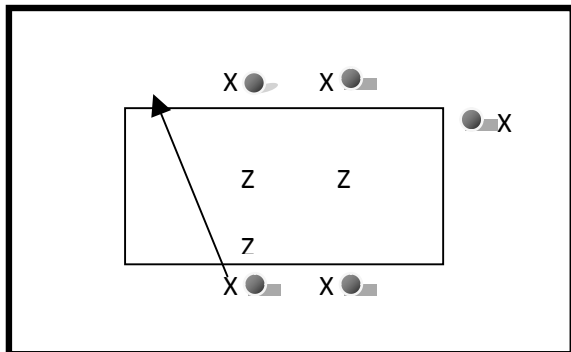
BFSC U9-U10 Training Session #5: Individual Attacking.

Exercise                      Environment

Description / Coach

Alligator Alley

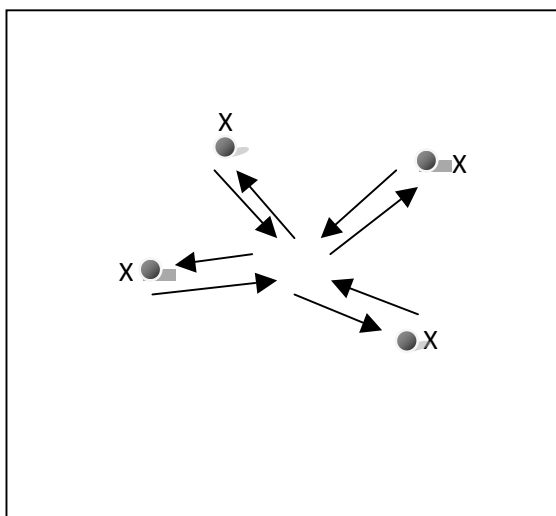
20x20 grid



This is a fun warm-up game used to get players focused on 1v1 play. Select three “alligators” who enter the smaller, central grid (see diagram). These players do not have soccer balls. Explain that the central grid is the “alley” and that the alligators are confined to this space. The rest of the players each have a ball and they spread out around the perimeter of the central grid. The object of the game for the players with balls is to dribble across the alley as many times as possible without losing their ball to the alligators. Players earn one point for dribbling across the narrow length of the grid and three points for dribbling the longer length of the grid (see diagram). The alligators earn one point for each ball they kick out the grid. Players who lose their ball in the alley are not eliminated. They must sprint to get their ball and try again. Play for two minutes and then check scores. Ask players what the attackers have to do well to be successful in this game (see space; change directions and speeds; keep their ball close). Make the high scorers the new alligators and play a second game.

Cut Circles

¼ field

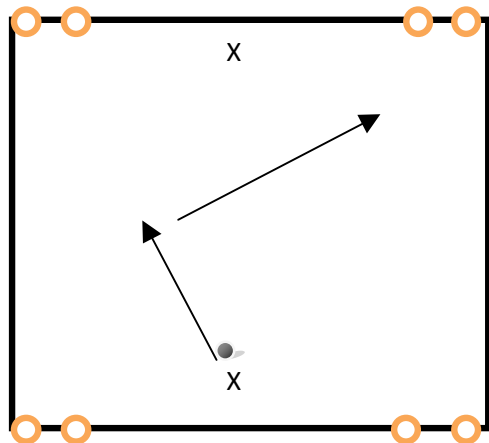


Put players in groups of 4-6. Each player has a ball and they form a circle, each player facing toward the center of the circle. Appoint a leader for each group. The leader makes sure that all players have returned to their starting point before restarting the exercise. Players dribble (all at once) toward the center of the circle and then perform the moves outlined below before returning to their starting point. Each time the players perform the moves, they should alternate the foot that they use. Emphasize close control of the ball and a sharp change in speed after players perform the moves.

1. Inside of the foot cuts. The player dribbles to the cut point, turns her hips and shoulders and takes the ball with the inside of the lead foot, pulling the ball across the body and returning to the edge of the grid. Players need to bend their legs as they perform the move and accelerate after performing the cut. Players should alternate the foot they use to cut the ball and advanced players should check their space (by looking over their shoulder while dribbling in toward the cut point) to be sure that the space is clear for the move.

2. Outside of the foot cuts. The players dribble to the cut point and turn hips and shoulders as above. The player then reaches past the ball with their lead foot, and then takes the ball with the outside of the trailing foot. As with inside cuts, the players need to check their space before the cut and accelerate after the cut to clear tight space. The most common error with outside of the foot cuts is that players fail to reach the lead foot past the ball, creating an unstable platform for the cut and also limiting the potential for the fake that can be created through quick movement with the cut foot. Rotate the cut foot.
3. Pull-back. As above, the players dribble to the inner cone. This time, they remained facing the cone. A pull-back is executed by placing one foot on top of the ball (reach the toes forward and down to increase control) and pivoting, pulling the pull-back side hip and shoulder back with the ball and turning before dribbling back to the start point. A pull-back must be preceded by a check of the space behind the attacker on the way into the grid and a sharp change of speed after the move is completed. Alternate the foot used to perform the pull-back.

1v1 to 4 cone goals 20x20 yard grid

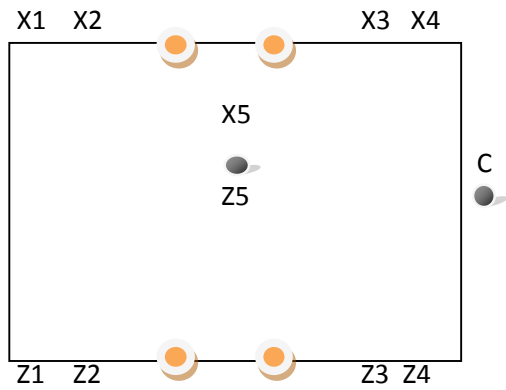


Numbered duels 20x20 yard grid

The above move set is designed to be both simple to learn and also to give players a means to changing directions to create space. Often these moves do not eliminate opponents, but they allow a player to move in a new direction and reset their options. This game allows players to practice the move set under pressure, and the players will find that when followed by a sharp change of speed, the moves in this set can help them eliminate a single opponent as well.

Divide the team into two groups and line them up at opposite ends of the grid. Provide a ball supply for one group. The first player in line with a ball begins the duel by passing to the first player in line at the other end of the grid. The active players then duel with an eye toward dribbling the ball through either of the goals on their opponent's endline. The duel lasts as long as the ball stays in the grid, and players return to their group's line and play again. The availability of multiple goals should encourage the use of the moves set practiced above. Give each team a point for every goal scored. Play for five minutes and then switch the ball supply to the other team and play again.

Split the group into two teams. Number each player so that there are identical numbers on each team. Place each team on an endline and create a cone goal on each endline as well. The coach is positioned at the side of the grid with a ball supply. When the coach calls a player's number and plays a ball into the grid, the duel begins. Players attempt



3v3 to cone goals

30x25 yard fields

to beat their opponent and score through the endline goal. Keep track of the score and encourage players to use the moves set outlined above to create an advantage in their attacking. The coach can expand the game by calling multiple numbers for each duel.

Play a small-sided scrimmage without restrictions. Place small cone goals on the end-lines and encourage the players to continue to practice the move set introduced in the session.