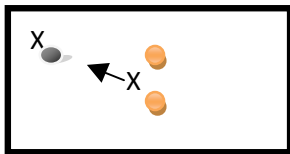


BFSC U11-U12 Training Session #1: Individual Attacking.

<u>Exercise</u>	<u>Environment</u>	<u>Description / Coach</u>
Dribbling square	20x20 yard grid	Each player needs a ball. Players dribble within the grid. Utilize the following restrictions for twenty seconds each: Dribble in place; dribble left foot only; dribble right foot only; change pace and direction with every fourth touch; dribble with one touch per step; left foot only, alternating between the inside surface and the outside surface; right foot only, alternating between the inside surface and the outside surface.
Awareness dribbling	20x20 yard grid	Each player has a ball. Players dribble within the grid. After twenty seconds, the coach stops the exercise to explain the importance of changing the dribbling surface with purpose. Then the coach details the players to switch the ball to the outside of the away foot when they encounter pressure. Whenever the switch is made, players must also point to open space and dribble there with a sharp increase in speed. Explain that these are the building blocks to defensive dribbling and learning to keep the ball under pressure. Play for one minute.
Awareness tag	20x20 yard grid	Each player has a ball. Players dribble in the square with the goal of tagging other players while avoiding being tagged. For a tag to count, it must be on another player's back and the tag must be applied before the target player calls out the name of the player applying the tag. This game is designed to get players to be aware of the space all around them when they are in possession, and also to encourage players to be creative and even sneaky on the dribble. Play for two minutes and check scores. Re-emphasize the importance of "keeping one's head on a swivel" in possession and then play a second game.
Shielding	20x20 yard grid	Work in pairs with one ball for each group. Use one pair to demonstrate proper shielding. One player stands with the ball on the outside of one foot and her opposite shoulder into the defender (her partner). The shielding player should be shown to be able to keep the ball beyond the reach of the defender as long as she adjusts her feet, keeps a shoulder into the defender and keeps the ball on the outside of the away foot. Allow each player to practice in a stagnant setting (the defender does not try to win the ball). Then have one partner dribble and at a cue from the coach, she goes into a shielding position and her partner tries to win the ball. After five seconds, switch the ball to the other partner and play again. Give each player three opportunities to practice shielding with pressure.
Knockout	20x20 yard grid	Every player needs a ball. Explain that the purpose of the game is to keep one's ball

Creating attacking opportunities out of defensive dribbling situations

1v1 to a central goal



3v3 line soccer

12x12 yard grid

25x25 yard grids

Conclusion

(remind the players to shield the ball if under pressure) while trying to knock other players' balls out of the grid. Explain that play will go on for two minutes and then they will be asked to subtract the number of times their ball is knocked out from the number of balls they knock out to determine a winner. When a player's ball is knocked out, they must sprint after the ball and then complete six dribbling touches along the perimeter of the grid before they can reenter the game.

Players work in pairs in the grid with a ball for each group. The purpose of these walk-throughs is to show players moves to turn shielding situations into attacking runs. The pairs set up with one player in a shielding position and the other as a passive defender. Demonstrate the following possibilities:

1. Spin Off. If the defender is either forward or behind (as opposed to straight on the the shielding shoulder), the attacker can spin off using the outside of the away foot to move the ball and the shielding shoulder to keep the defender off of the ball. Emphasize that the ball can be moved while the attacker is shielding to try to create an unbalanced defensive position.
2. Self-pass. If the defender maintains a balanced defensive position, the attacker can use the outside of her away foot to tap the ball 1-2 yards away from the defender and then quickly get separation from the defender to face-up (work one's body around the ball to face the defender. The attacker is always better off to get faced up and create a better range of attacking options.

Players work in pairs in a grid with a ball and a two-yard central cone goal. Explain the purpose of the exercise is to give the attacker the opportunity to hold the ball in tight space under pressure. In this environment, both shielding and the spin-off and self pass can be practiced. Goals can be scored by either player and the attacker may dribble through the goal from either side. Play for three minutes and then check scores.

Play small-sided games (ideally 3v3 or 4v4). For the first ten minutes, require a three-touch minimum for each player in possession. This will create high pressure dribbling situations and allow players to practice the defensive dribbling they practiced in this session. A point is earned by dribbling over one's opponents endline. After ten minutes remove the restriction and allow open play.

Reinforce with players the importance of awareness in dribbling. Shielding, intelligent and creative dribbling and utilizing moves to create space can help a player to maintain possession under pressure.

