

BFSC U11-U12 Training Session #3: Individual Attacking.

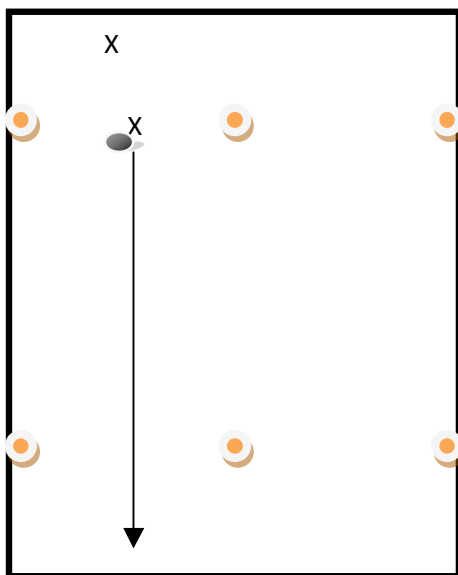
Exercise

Environment

Description / Coach

Bears and Hares

35x20 yard grid



Basic moves square

22x22 yard grid

This game is used to assess/teach speed dribbling. Get the game started first, then go back and coach. Players pair up (one with a ball and one without). Place the players without soccer balls on the endline of the grid. The other ½ of the players (each has a ball) line up ten yards ahead (secondary cone line inside the grid) of the endline players. Explain that at a signal from the coach, the players with the balls dribble as fast as they can toward the endline on the open end of the grid. The players without balls chase their partners and try to tag them before they cross the endline. The winner earns a point. Reverse roles and play in the other direction. Play each way three times and check scores.

Speed dribbling is used to cover open space as quickly as possible. Here are the key teaching cues:

1. The first touch into space should be longer and taken with the laces. This allows the attacker to get into an explosive running rhythm.
2. Subsequent touches are also with the laces and become progressively shorter as the attacker closes in on goal or another defender.

This skill needs to be practiced regularly so that players both recognize the opportunity to speed dribble and develop comfort with dribbling touches on their laces.

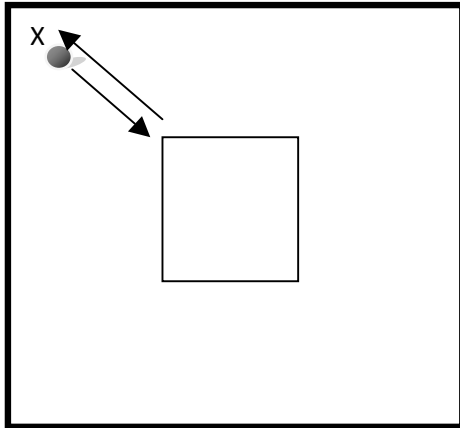
Play the game again, this time adding the restriction that the dribbler must stop the ball on the endline to earn the point. This will compel the dribbler to shorten her touches at the end of the run.

Divide the team into four equal groups and place them in lines (facing in) at the corners of the grid. Each player needs a ball. Explain that the purpose of this exercise is to allow players to practice basic attacking moves in a low pressure environment.

The first player in each line dribbles toward the near corner of the inner grid and performs the basic attacking move before returning to the start point, where the next player enters the pattern. The coach stands in the inner grid and gives feedback to the working players.

The attacking moves and performance cues:

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

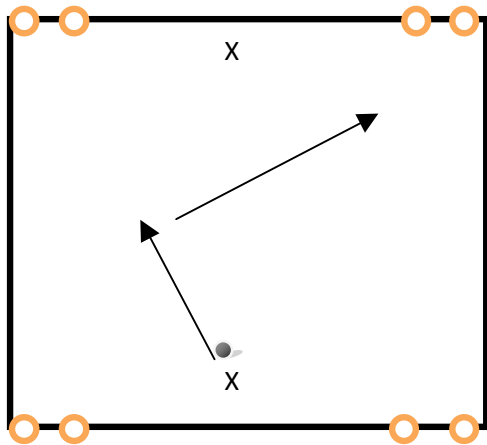


they perform the move and accelerate after performing the cut. Players should alternate the foot they use to cut the ball and advanced players should check their space (by looking over their shoulder while dribbling in toward the cut point) to be sure that the space is clear for the move.

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



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.

2v2 to 4 cone goals

20x20 yard grid

This exercise is just an expansion of the above environment. Encourage players to use cuts and pull-backs to set up a pass to their partner and to open up the field.

3v3 to cone goals

30x25 yard fields

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.