

# 1<sup>st</sup> Attacker

## “Technical warm-up” (as players arrive)-Technical Box

### Set up-

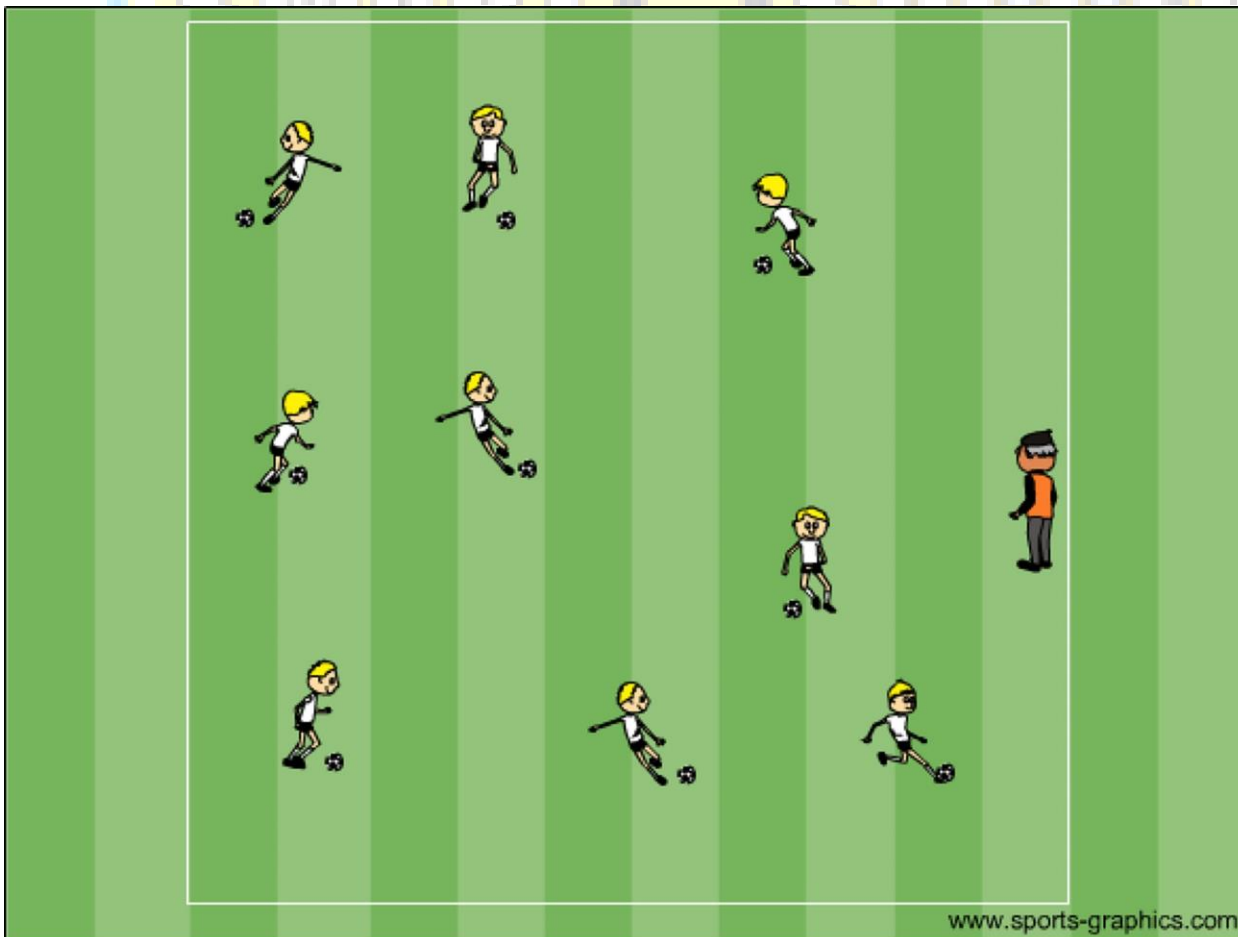
In a grid large enough for the number of players, but small enough to make it “crowded” (example: 10yds x 10yds for 20 players), players each with a ball.

### Play-

On coach’s signal, each player obeys coach’s instructions. Each player controls his/her own ball, using many changes of direction and speed. Players look for space within the grid to maneuver while keeping the ball close.

### Coaching points-

Creativity! This is a time to teach new fakes and feints!



## “Small Sided Activity” Partner Tag

### Set up-

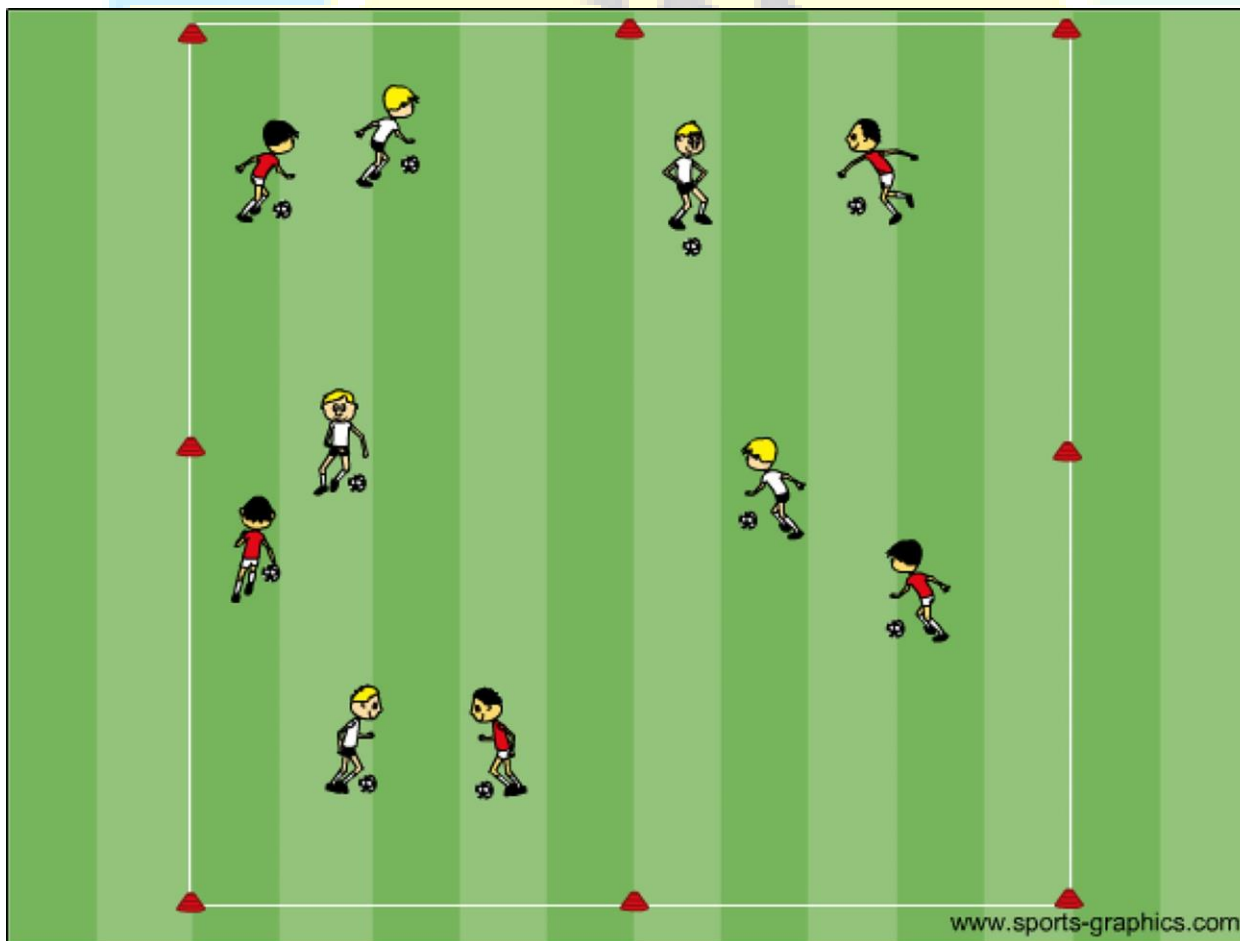
In a grid large enough for the number of players, but small enough to make it “crowded” (example: 10yds x 10yds for 20 players), players each with a ball and a partner. One partner is “it”.

### Play-

On coach’s signal, each player who is “it” must try to tag his/her partner as many times as they can, while controlling a ball, in a given time frame (1 min). At the end of the time, partners agree on the number of tags and then reverse roles. Play starts again. Note: any player leaving the grid is penalized. If a tagger (it) leaves the grid, subtract a tag from the final score. If a non-tagger leaves the grid, add a tag to the score.

### Coaching points-

Use fakes and feints to elude the tagger. Try to turn and face tagger whenever possible. Keep the ball close!!!



## “Expanded Small Sided Activity” Team 1v1 to End Zones (4v4)

### Set up-

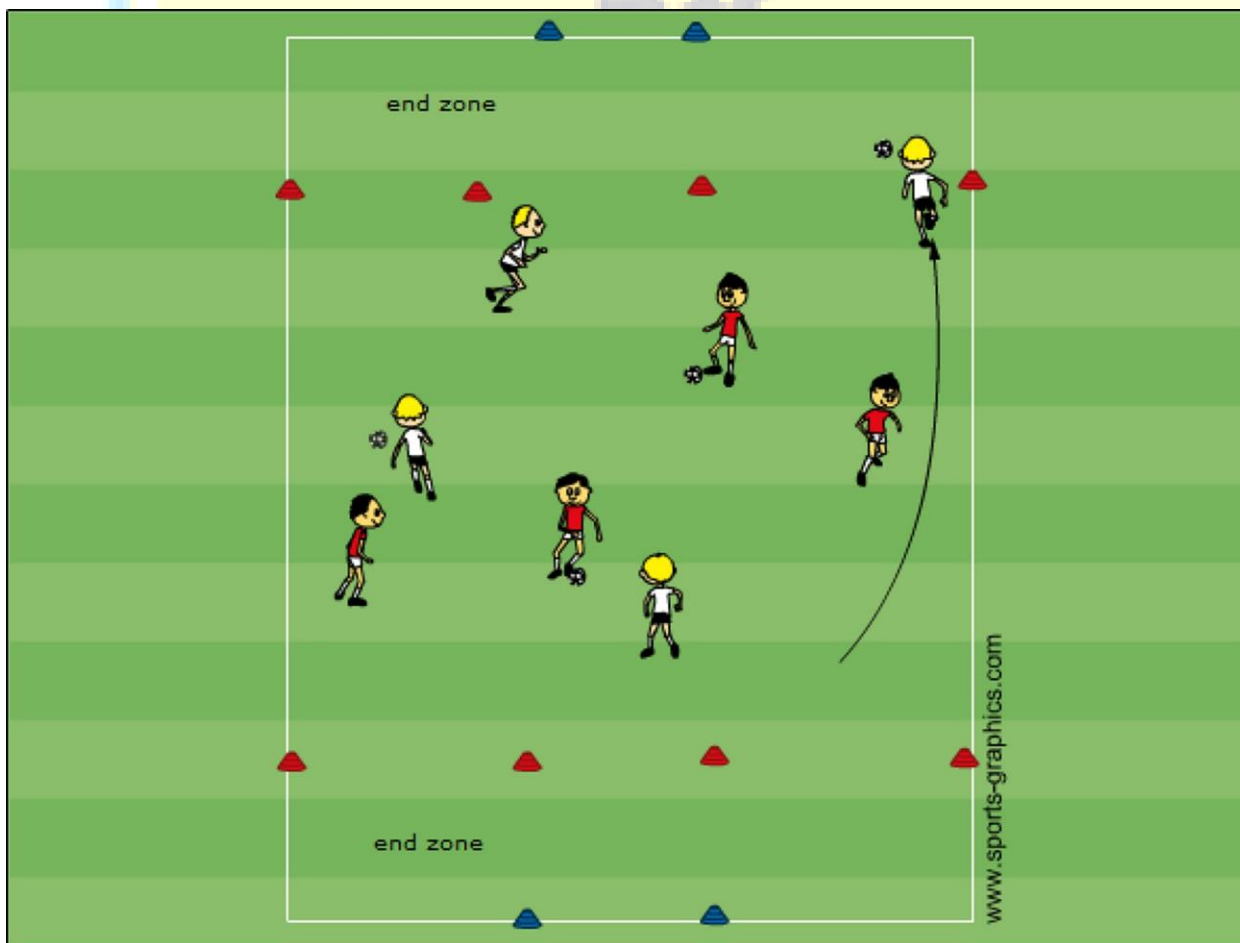
Two teams of 4 (use vests) in a 20yd x 40yd grid with end zones (see diagram). 4 Balls total in play (2 for each team to start).

### Play-

Players attempt to dribble 1v1 against an opponent to their end zone (player must stop the ball in end zone to record a point). Players may NOT enter opponent’s end zone unless they are dribbling a soccer ball! Any ball that goes out of play is restarted with a dribble-in or pass-in. A point is awarded when a player successfully dribbles into and stops the ball in the opponent’s end zone.

### Coaching points-

Use a fake or feint to get by and then accelerate! Look for space behind the defender before attacking the defender! Challenge yourself. Don’t attack until there is a defender waiting for you! Ask, “Which move will you do next?”



### Scrimmage 4v4