



DRILLS AND GAMES

- 1 Sharks and Minnows
- 2 Out of the Corner
- 3 4 v 3 To Goal

4 8 v 6, Half Field

5 Free Play, 9 v 9

Notes: Play the starting midfield together in the 8 v 6 and 9 v 9.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Create 1 v 1's by changing the field.
- 2 Know when to take defenders on.
- 3 Change speed and direction w/the dribble.

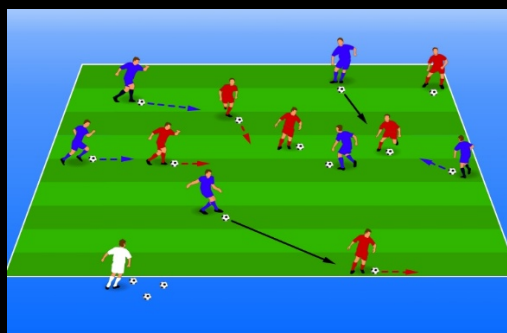
COACHING POINTS

- 1 Make sharp changes of speed and direction.
- 2 Sell your dribbling moves and body feints.
- 3 Attack at speed and freeze the defender.

QUESTIONS/TOPICS/NOTES

Always look to take defenders on 1 v 1. If your first attempts fail, do you keep attacking 1 v 1? Can you close the door? When the defense contracts, play the ball out to the flank. Can you keep it?

1



2



3



4

