



DRILLS AND GAMES

- 1 Shadow Dribbling
- 2 1 v 1, Two Goals
- 3 1 v 1, Five Shots
- 4 2 v 1 → 2 v 2 → 2 v 2
- 5 Free Play, 9 v 9

Notes: Play the starting outside midfielders against the starting outside backs.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Take players on with the head up.
- 2 Move the defender with feinting moves.
- 3 Explode out of the dribbling move, close the door.

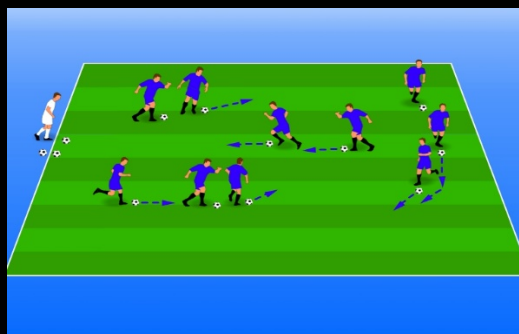
COACHING POINTS

- 1 Sell your moves with head and body feints.
- 2 Make sharp changes of speed and direction.
- 3 Commit to the 1 v 1 challenge after you turn.

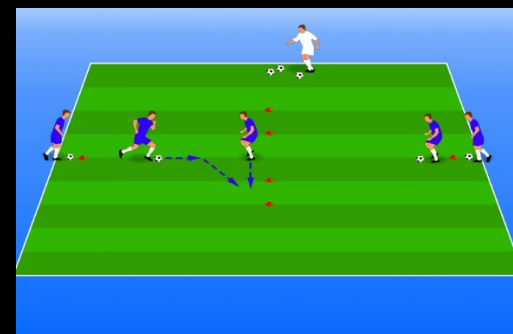
QUESTIONS/TOPICS/NOTES

Do we fake passes to set up the dribble? Can we receive the ball and hold the defender off? Can the attackers get themselves turned to face the goal? Once turned, do we win the 1 v 1's?

1



2



3



4

