



DRILLS AND GAMES

- 1 Turn Left, Turn Right
 - 2 Traffic Jam
 - 3 1 v 1, End Line Game
 - 4 1 v 1, End Zones
 - 5 6 v 6 Small Field, games to 2 points (5 min. time limit). Loser goes off.
- Notes: Have defenders and midfielders play in attacking roles more often.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Be unpredictable. Fool the defenders.
- 2 Positive first touch, touch away from the defender.
- 3 Know when to take defenders on, when to pass.

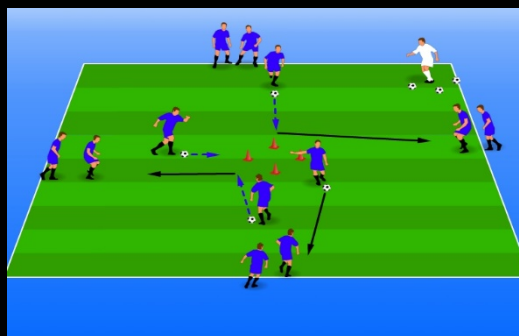
COACHING POINTS

- 1 Change up your dribbling moves and body feints.
- 2 Create enough space to turn with your first touch.
- 3 If you can't turn, play the ball away.

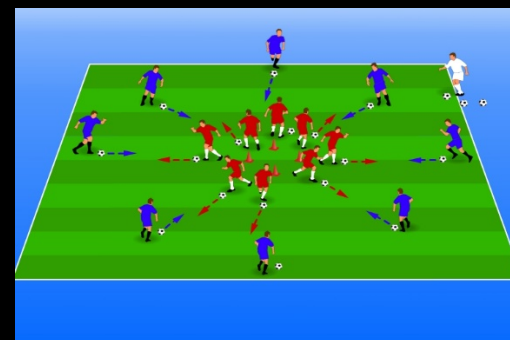
QUESTIONS/TOPICS/NOTES

Do we create enough space to turn? Can we receive the ball and hold the defender off? Is the first touch played away from the defender? Do we attack the 1 v 1's aggressively or do we look to pass first?

1



2



3



4

