



01/U18G - Open up the Penetrate - Isolate Defenders and Take Them on 1v1

Category: Tactical: Penetration

Difficulty: Difficult | Start Time: 24-Jan-2019 16:15h

Am-Club: Rio Rapids Soccer Club

Kiva Gresham, Albuquerque, United States of America

Description

Warm Up Mirror Dribbling (15 mins)

DESCRIPTION/ORGANIZATION:

Cones 20 yds apart

The players at the front of each line dribble towards each other

When they meet in the middle they perform the desired move

Explode and take 2 touches before playing to the opposite line

Scissors

Inside/Outside

Drop shoulder

Rollover/Scissors/outside

Right and Left foot

COACHING POINTS:

Smaller touches as you approach the player/larger touches after the move

Sell the move (body movement, Ball movement, eyes)

Use furthest foot from defender to protect the ball

Change of speed and direction



3 v 3 to Goal (25 mins)

DESCRIPTION/ORGANIZATION:

3 v 3 to goal

Players must penetrate the 18 on a dribble

Once attackers cross the 18, defenders cannot follow

If defenders win the ball, play to the players on top, attackers become defenders

If ball goes out of play, last team to touch it becomes defenders

If attackers dribble into the 18, defenders stay on

COACHING POINTS:

Take an isolated defender on, be brave! Use techniques from warm-up

2 or more defenders- possess the ball to find an isolated defender

Overload one side of the field with 2 attackers and then switch to create 1v1

Runners staying away from the isolated defender in order to keep isolation

Wide players pulling defenders wide to create a 1v1 through the middle



1v1 Round Robin (20 mins)

DESCRIPTION/ORGANIZATION:

10 x 15 Grid

Ball gets played fast and smooth across the grid

Player receiving the ball attacks 1v1 against defender

Player gets a point for dribbling across the endline

if defender wins the ball, the score by dribbling across the endline

Ball is dead if it goes out

Players switch lines upon completion of their turn

Keep track of team points

Play a round robin to determine winning team

COACHING POINTS:

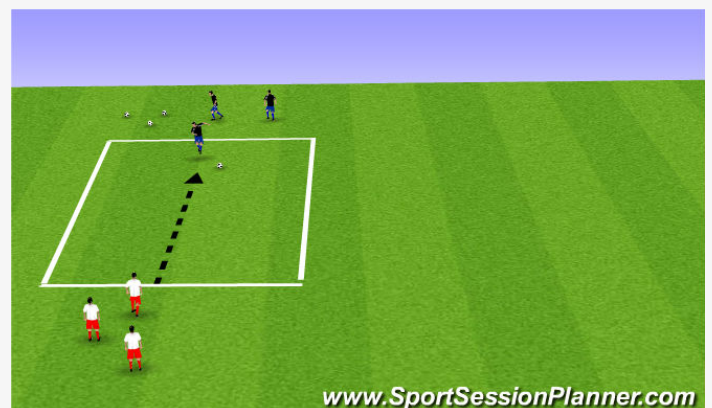
Smaller touches as you approach the player/larger touches after the move

Sell the move (body movement, Ball movement, eyes)

Use furthest foot from defender to protect the ball

Change of speed and direction

Cut across defender after beating her- aggressive movement



11 v 11 vs 00s (30 mins)

DESCRIPTION/ORGANIZATION:

11 v 11 full sized game vs 00's

All restarts begin with a 01 throwin from half field

All other normal game rules apply

COACHING POINTS:

Find moments to dribble 1v1

Keep head up and determine number of defenders

Timing of moves

Change of Speed

Change of Direction

Cutting across defenders after you beat them- aggressive movement

if the 1v1 is not on, can we keep possession to find an isolated defender, or find other ways to penetrate the back line

