



## Academy 7

**Category:** Technical: Attacking skills

**Difficulty:** Beginner

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### Command Grid (15 mins)

#### Description

Dribbling in the space

1s- Toe Touches

2s- Foundations

3s- Skills moves

4s- Right foot only

5s- Left foot only

Turns- Stepmover, Drag Backs, Sole rolls, Heel Turns, Step on the Brakes

#### Coaching Points

- Exit with outside of foot
- Change pace and Direction
- Use of the self pass to get away from pressure
- Explode for 3sec after you exit any skill or turn



### 1v1 Situation (25 mins)

Diagram 1: Dribble at the Cone, Skill move or self pass.

Diagram 2: Dribble at the Coach, Skill move or self pass. Coaches

start in static position and gradually move up to jogging at attacker

Diagram 3: Dribble at the defender who can only move side to

side, Skill move or self pass

Coaching points:

Emphasis should be on the following:

- Attack quickly
- Go directly at the defender
- Change of speed using self-pass, skill move, etc.

Players need to finish on goal.

Celebrate when they score and when saves are made. This will increase their value for the players.



### Play (20 mins)

