

WARM UP = 1 Touch Pass	20 Minutes	S.1 = 1v1 Attacking	15 Minutes
	<p><b>DRILL:</b></p> <ul style="list-style-type: none"> <li>• Players move about the grid</li> <li>• Players pass to other players</li> <li>• Restrictions: <ul style="list-style-type: none"> <li>◦ Start with 2 balls</li> <li>◦ Increase the # of balls to increase tempo</li> <li>◦ Progress from 2 touch to 1 touch</li> <li>◦ Progress to "dumming" the ball</li> </ul> </li> </ul> <p><b>KEY FACTORS: Support (player / ball)</b></p> <ul style="list-style-type: none"> <li>• Angle (behind / in front)</li> <li>• Distance (near / far)</li> <li>• Communication / Eye Contact</li> </ul>		<p><b>DRILL:</b></p> <ul style="list-style-type: none"> <li>• Z passes B to X</li> <li>• Y defends NET against X</li> <li>• X dribbles, fakes, overtakes, etc...</li> <li>• Objective is for X to beat Y by attacking the space behind Y</li> <li>• Variation: <ul style="list-style-type: none"> <li>◦ Z passes into space to simulate 50/50 ball</li> <li>◦ Incorporate &amp; 1-2 overlap run</li> </ul> </li> </ul> <p><b>KEY FACTORS: Attacking</b></p> <ul style="list-style-type: none"> <li>• Deception</li> <li>• Change of speed / pace</li> <li>• All parts of foot</li> <li>• See the man / ball / space</li> <li>• Attack the space behind the defender</li> </ul>
<p><b>EQUIP = 4 x Balls / 30 x 30 grid</b></p>	<p><b>S.2 = 2v1 Attacking</b></p>	<p><b>EQUIP = 6 x Balls / 1 x Net / 10 x 30 grid</b></p>	<p><b>20 Minutes</b></p>
<p><b>EQUIP = 6 x Balls / 30 x 30 grid</b></p>	<p><b>S.3 = 3v3 Scrimmage</b></p> <p>* NET *</p> <p>GK</p>	<p><b>DRILL:</b></p> <ul style="list-style-type: none"> <li>• Z passes B to either X</li> <li>• 2 X's attack NET</li> <li>• Y defends NET against both X's</li> <li>• X dribbles, fakes, overtakes, etc...</li> <li>• Objective is for X's to beat Y by attacking the space behind Y</li> <li>• Supporting X should be in position to facilitate attacking <ul style="list-style-type: none"> <li>◦ ie: wall pass</li> </ul> </li> </ul> <p><b>KEY FACTORS: Attacking</b></p> <ul style="list-style-type: none"> <li>• Deception</li> <li>• Change of speed / pace</li> <li>• All parts of foot</li> <li>• See the man / ball / space</li> <li>• Attack the space behind the defender</li> </ul> <p><b>KEY FACTORS: Support (player / ball)</b></p> <ul style="list-style-type: none"> <li>• Angle (behind / in front)</li> <li>• Distance (near / far)</li> <li>• Communication / Eye Contact</li> </ul>	<p><b>15 Minutes</b></p>
<p><b>EQUIP = 6 x Balls / 1 x Net / 10 x 30 grid</b></p>	<p><b>20 Minutes</b></p>	<p><b>DRILL:</b></p> <ul style="list-style-type: none"> <li>• 3v3, X v Y</li> <li>• Full size net with GK</li> <li>• Y attacks net, X defends nets and visa-versa when X wins ball</li> <li>• Objective is to attack the net, using space and support</li> <li>• All passing should be one touch or receiving player should attack defender 1v1</li> </ul> <p><b>KEY FACTORS: Attacking</b></p> <ul style="list-style-type: none"> <li>• Deception</li> <li>• Change of speed / pace</li> <li>• All parts of foot</li> <li>• See the man / ball / space</li> <li>• Attack the space behind the defender</li> </ul> <p><b>KEY FACTORS: Support (player / ball)</b></p> <ul style="list-style-type: none"> <li>• Angle (behind / in front)</li> <li>• Distance (near / far)</li> <li>• Communication / Eye Contact</li> </ul>	<p><b>EQUIP = 1xBall / 3xVests / 20x30 grid / 1xnet</b></p>