



U13 - U18 Session 6

Category: Academy: Attacking transition game
Difficulty: Moderate

Gordon Ferguson, Blaine, United States of America



Ball Mastery ATTACKING SKILLS Box (15 mins)

Organization:

- Unlimited amount of players.
- Each player with a ball.
- Grid spaced depending on numbers of players. Ensure the space forces players to play close enough to one another to ensure decision making while moving in the space.

Instructions:

Players dribble in determined space and perform different soccer moves on coaches call.

1.) Have players start with various dribbling techniques:

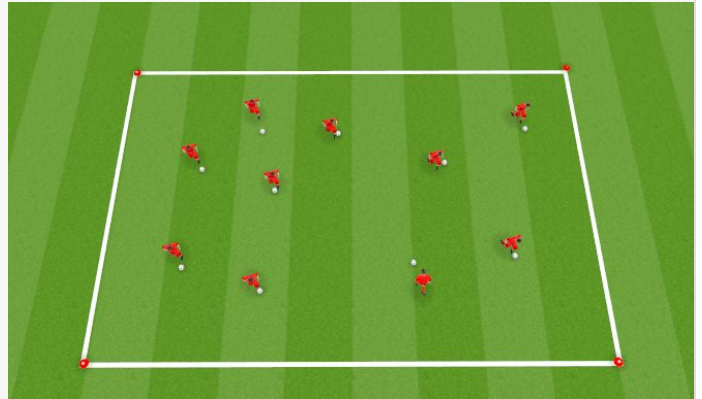
- Inside and outside
- Toe Taps
- Foundations
- Roll the ball with the sole of the foot

2.) Introduce players to different types of attacking moves:

- Scissors
- Pull V
- Stepmover
- Body Feint/Fake Shot
- Ronaldo Chop

Coaching Points:

- Head up players do 5 push ups if they dribble into another player.
- Change of speed.
- Keep ball close and under control.
- Over emphasize body feints.



Delayed 2v2 to Goal (20 mins)

Organization:

- 20 Minutes - Delayed 2v2 to Goal
- 4 Minutes ON / 1 Minute OFF (4 Rounds)

Instructions:

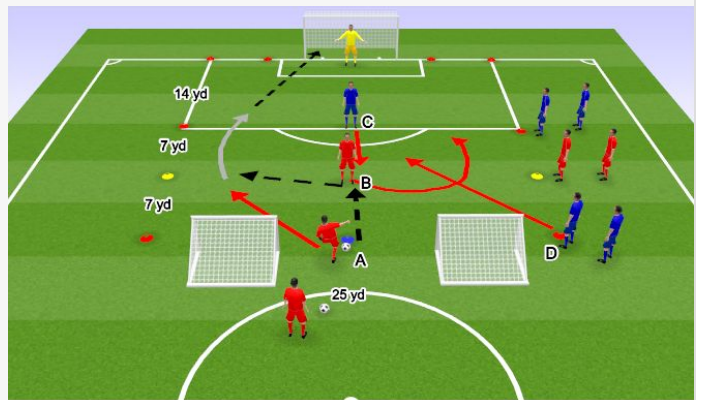
- Player B and Player C must start between the designated cones in the diagram above (yellow & red).
- Player A passes the ball into Player B and try to combine to score on the large goal.
- Once the pass is made all players are live and can move anywhere within the grid.
- Player D joins to make it 2v2 and the defending group works to steal the ball and score on the counter mini goals.
- When the ball goes out of play, 4 new players will start the next ball.
- Players that just finished switch lines within their team.
- Rotate attacking/defending groups each round.
- Make sure teams count their points out loud and recognize which group wins each round.

Progressions

- Time Restriction (attackers have 5-8 seconds to score)
- Add a shooting line that attackers must cross before scoring.

Coaching Points

1. Correct passing/receiving technique
2. Be CREATIVE and BRAVE in attack near the large goal
3. Decision making with ball: dribble/moves vs. pass



Attacking Game (20 mins)

Organization

- 20 Minutes - 5v5 Attacking Game
- Directional Game in the entire space. (Use larger field dimensions if space allows.)

14 Players = 6v6 + 2 subs, 12 Players = 5v5 + 2 subs

10 Players = 4v4 + 2 subs, 8 Players = 3v3 + 2 subs

Instructions:

- Players rotate in after each goal (or every two minutes)
- Team must get the ball into attacking shooting zone before scoring.
- No positions/GK; free flowing movement into open space
- No throw ins; restart play with attacking player passing or dribbling in from out of bounds.
- Goal kicks are restarted anywhere in 6 yard defensive scoring zone. Pass or dribble in. Defending team must be at half line (red cones above) before ball is restarted.
- Instead of corner kick, ball is put in play at edge of attacking scoring zone. Pass or dribble in.
- Game restarts with a kick-off after a goal is scored.

Progressions:

- Ball must be dribbled into shooting zone, before you can score.
- Ball must be passed into shooting zone, before you can score.

Coaching Points:

1. Where is the space? How do we find it? (Head up to dribble or pass)
2. Proper decisions with large vs. small touches

