



Curriculum - Tier 2 - Individual Possession(Moves - Attacking Defender in Front w/o Momentum)

Category: Technical: Coerver/Individual Skills
Skill: U8

Pro-Club: Red Bulls New York Academy
Ryan Rademacher, Troy, United States of America

Warm Up / SAQ (10 mins)

Organization:

- Set up as shown
- 10x12 yds

Instructions:

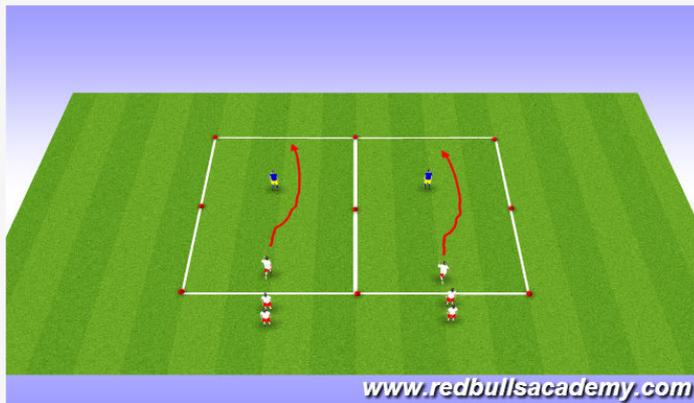
- Players lined up outside the channel with "pinnie tails."
- Each channel contains one defender.
- Players attempt to make it past their defender while staying inside the channel and keeping their "pinnie tail."
- 1 point for successfully making it across. 1 point if defender grabs attacker's pinnie.
- Can play tag rather than using pinnies.

Coaching Points:

- Use body fakes and feints to elude defender
- Keep pinnie tail from being exposed to defender (body positioning)
- Acceleration and deceleration
- Creativity

Progressions:

- Make channels narrower
- Add soccer balls instead of penny tails



Warm Up - Ball Mastery (10 mins)

Speed, Agility, Quickness done for 10 minutes prior to ball mastery.

- Players dribble freely in space looking to perform tasks given by coach.

Messi - Dribbling looking for gaps between other players who are defenders (small touches, pinky toe, head up as much as possible)

Xavi - Whenever space isn't available looking to change direction (ball out of feet so can pick head up immediately)

Ronaldo - Looking to dribble where there is lots of space ahead of him (bigger touches, pick head up on touch, laces of foot nearest ball). Have adjacent space to sprint into and then sprint back into original area

Snake - Once players have identified space, they perform snake (must slow body down to effectively perform skill).



Technical - Unopposed (20 mins)

Organization:

- 8 x 14 (smaller space than typical 1v1)
- Players begin on endline as shown on left

Instructions:

- Player A dribbles towards middle obstacle, perform the given move / technique (snake), joins end of opposite line.
- Player B begins on Player A's eye contact after coming out of move.

Coaching Points:

1. Static or very controlled approach driving at defender's front foot.
2. Timing / Exaggeration of move - just outside tackling radius / shoulder, knee, eyes
3. Body shape - low centre of gravity
4. Eyes up, identification of space, change of speed, appropriate angle taken for next movement

Progressions:

- Remove extra balls, players must pass coming out of move.
- Remove middle cone, partners perform skills on each other (passive pressure)



Technical - Opposed (20 mins)

Organization:

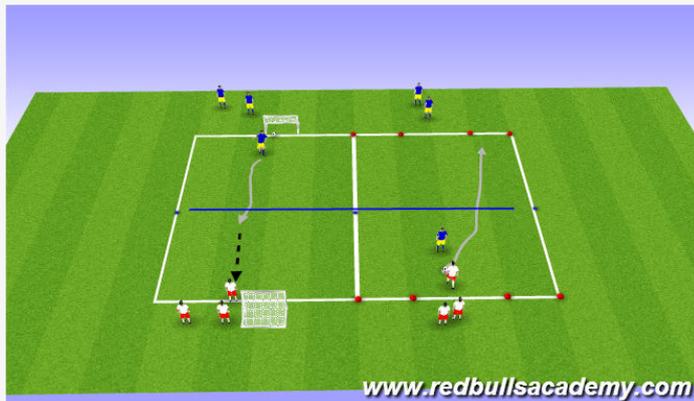
- 12x14 (Players as shown).
- Lines of 2-4.

Instructions:

- Defender (blue) dribbles to the blue line then plays short pass to the attacker(white).
- Defender cannot win the ball until the attacker takes his first touch.
- Attacker scores by passing into goals or dribbling through gates.
- Defender scores by stealing ball and scoring.
- Players switch lines.
- First player to 10 wins, switch fields.

Coaching Points:

- Static or very controlled approach driving at defender's front foot.
- Timing / Exaggeration of move - just outside tackling radius / shoulder, knee, eyes
- Body shape - low centre of gravity
- Eyes up, identification of space, change of speed, appropriate angle taken for next movement



Tournament 3v3 (30 mins)

Organization:

3v3 Small-sided tournament games: 4 teams of 3 players each team. 2 fields of 20x30 yards with 2 Pugg Goals on opposite endlines.

Instructions:

4 Teams of 3, play 3v3 tournament style format where each team will play one another. 3 points for a win, 1 point for a tie and 0 for a loss. Each game should be approximately 6-8 minutes in duration (obviously play a 3 game tournament).

Coaching Points:

- Review of session's learning outcomes being translated into the game
- 3 lines of attack
- Creating triangle (gives angles of support)
- Making triangle as big as possible (Creating space)

