



Attacking Play

Warm Up

Setup 30x30 yard box.
Players with a ball each.

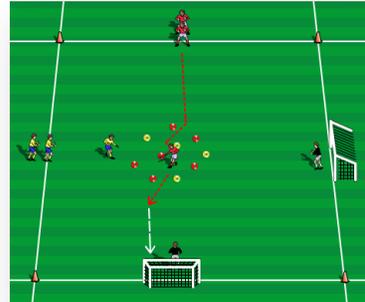
Instructions Work players through the following dribbling exercises. The exercises will enable the players to work with both feet whilst using various parts of the foot. See who can create and demonstrate a new skills or copy skills being used by the world's best players and try to re-create this in your training programme. Integrate dynamic stretching exercises.



Drill

Setup 30x30 yard box, two goals and a supply of balls.
Players in two groups.

Instructions Players form two queues opposite each goal. Simultaneously, two players dribble a ball on to the pitch. They try to use close control and quick footwork to go in and out of the cones then take a shot at their respective goal. They get their ball after the shot and join the end of the line. Set conditions i.e. shoot with weaker foot etc.



Development

Setup 40x30 yard box with a 10x10 yard box opposite the goal.
Split group into defenders and attackers.

Instructions Start with a 3v1 passing in the 10-yard square. Aim is for the attackers to complete four passes. Once the players have achieved this, one of the attackers is allowed to dribble the ball out of the area and towards the halfway line. The attacker must then make a through pass for one of the attackers to run and score a goal. Rotate positions.



Game Related Practice

Setup 60x40 yard pitch. Central area is 30x40 yards with two end zones measuring 15x40 yards. Two teams

Instructions The game is played mainly inside the central zone. For the first half, goals must be scored by a player dribbling into the opponent's end zone to go 1v1 against the opposition goalkeeper. In the second half, goals can only be scored by a player making a through pass for a team mate to run on to in the opponent's end zone and shoot past the goalkeeper.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.