



# Mass Youth Soccer Skills Academy

## U11 Week 7 – Individual Attacking

### Main Coaching Points:

- attacker should have knees bent and the ball close to his or her dribbling foot and be balanced
- execute a feint or combination of feints to unbalance the defender and dribble behind them with a burst of speed
- players who are dribbling past an opponent should dribble past them with the foot furthest from the defender
- help players to recognize when they should take people on...1v1
- assist players in recognizing when to dribble at speed (there is open space ahead), and when to slow down.

**1) Paired Shield-Steal**--Break up the group into pairs. One player in the pair has the ball and the other does not. On coach's signal, the player with the ball tries to shield/protect the ball and the player without the ball tries to regain possession. Player with the ball when coach yells time wins. **Version 2:** Coach can switch players around so they play against different players (and do several rounds). **Version 3:** Coach can limit time player with ball needs to shield off defender before dribbling into open space (3-5 seconds). (10 minutes).

**2) One vs. One to Cone**--Split group into pairs. Each pair must have one soccer ball and one cone. Ball is placed about 10 yards away from the cone and the two players start the game by standing at the cone. When the coach says "Go", both players run out and try to win the ball. Whoever wins the ball first is trying to turn and score by taking on the defender and dribbling, passing/shooting the ball at their cone. If the defender wins possession of the ball, they then become the attacker and try and score in the same manner. Whoever has the most points after each round wins. Play each round for 1 minute and rotate players around to play different people each time. *Note:* Defenders cannot stand at the cone and defend – they must go and defend the player with the ball. (10 minutes)



**3) 1v1 to Two Small Goals**--In 10x10 yard grids, with a small goal at each end, play 30 second 1v1 matches. Each grid should have 6 players, 3 players on each team so that players can rest in between each 1v1 match. Coach should make sure that players compete against many different players. (**10 minutes**)

**4) Small Sided Scrimmage**--Create fields based on playing numbers and size of area. Reinforce individual attacking technique and the decisions of the 1<sup>st</sup> attacker (movement of body in feint and burst of speed afterwards, dribble with foot furthest from defender is essential). (**25 minutes**)

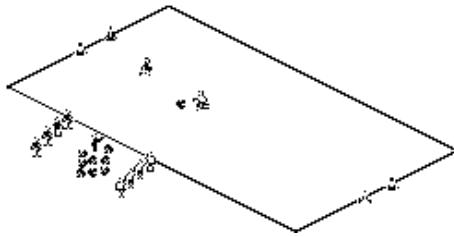
**5) Cool Down and Review**--Ask players to teach you the technical coaching points to insure complete understanding in the group. (**5 minutes**)

# Mass Youth Soccer Skills Academy - Instructor's Guide

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## Optional Activities:

**1) Get Outta There**--Place two small (2 yard) goals at the end of a field 15 yds x 10 yds. Coach stands at halfway line with all the soccer balls. Place half of team on each side of the coach in single file lines. When coach plays out a ball the first two players (one from each line) run out and try to score on the opposite goal by dribbling through it. If the ball goes in the goal or out of bounds, the coach yells "get outta there" and plays in a new ball immediately for the next two players.



*Version 2:* Coach can stop yelling "get outta there" after a while and see if players recognize when balls go out. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* Have the first two players form each line come out each time a new ball is played (2v2). *Version 5:* Numbers---Same set up as **Get Outta There**, but each player is assigned a number on both teams and, when coach calls out a number, the players from each team with that number come out to play 1vs.1. Coach can set up particular match-ups and can call out more than one number at a time for 2v2 or 3v3 games.