



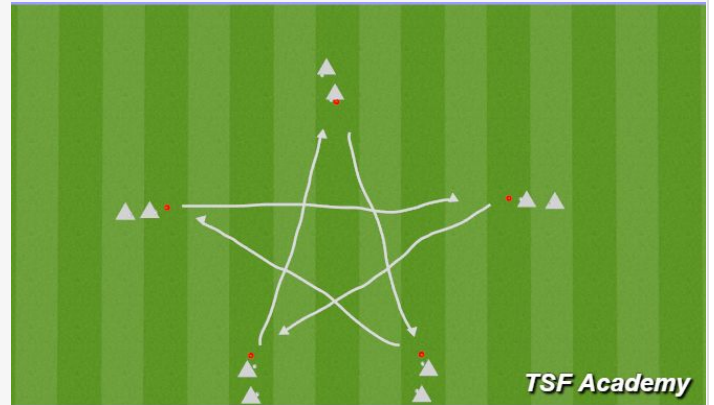
1v1 Attacking with Transition (Travel 1)

Category: Technical: Attacking and Defending Skills
Skill: Mixed age

Pro-Club: TSF Academy
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Star Warm Up (Dribbling) (20 mins)

- Each player has a ball.
- Dribble to the next cone in the direction of a star.
- Add in boxes and toe taps
- Add in extra cones in the middle.
- Add in turns and skills



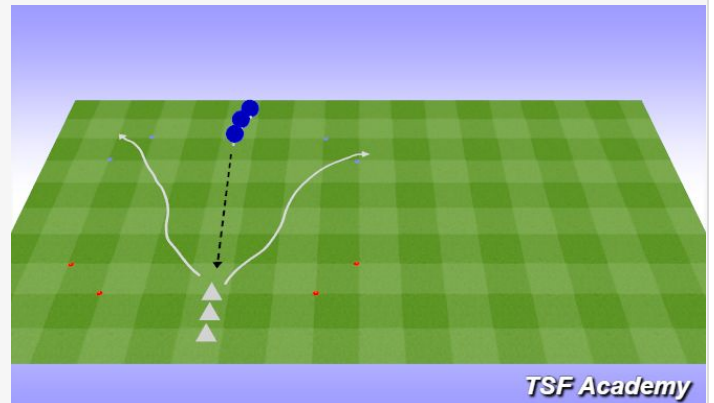
1v1 (4 Goal Game) (20 mins)

1v1 attacking

- The defending players have the ball (In Red)
- The attacking players without a ball (In Blue)
- The defender plays a pass to the attacking player and applies slight pressure to begin with (50%)
- The attacker takes a positive first touch and performs a skill on the defender and then accelerates through either of the 2 gates opposite him.
- Players can switch each go and rotate positions.

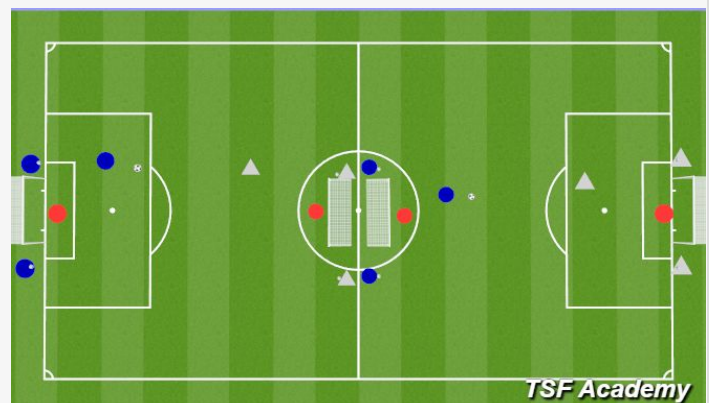
Progression

- Now the defender can make a pass and apply full pressure (100%)
- The attacker must try to beat the defender and dribble through either of the opposite gates for a point.
- If the defender manages to tackle the attacker he can then dribble through either of the other two gates.
- Rotation would be both players switch positions.
- Use points for scoring system.



1v1 Transition SS (20 mins)

- 1v1 Transition
- Player stays on until the ball goes out on their side for a goal kick or scored against.



4v4 (30 mins)

- 4v4 SSG

- Different formations can be used depending on what you are looking for.

- 1-2-1
- 2-1-1
- 2-2
- 1-1-2

- Encourage players to play with freedom and have confidence.

- Attack with speed.

- Pace on pass.

- Communication.

- Movement off the ball.

