

**WARM UP (10-15 mins) – Dribbling & Ball Skills**

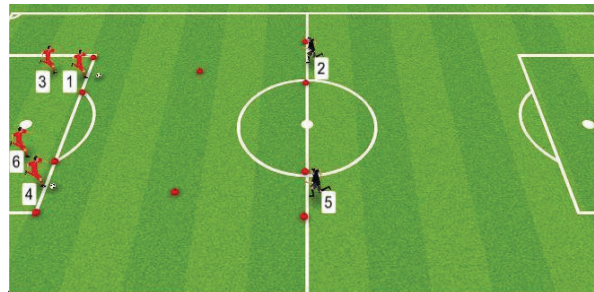
Player 1 dribble to the middle cone and performs a skill to beat the disc and then passes to Player 2, who dribbles back performs skill at the middle cone and then passes to Player 3. Repeat.

Teach a different skill each time you use this drill:

- Scissors
- Step-Over
- Drop Shoulder

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away

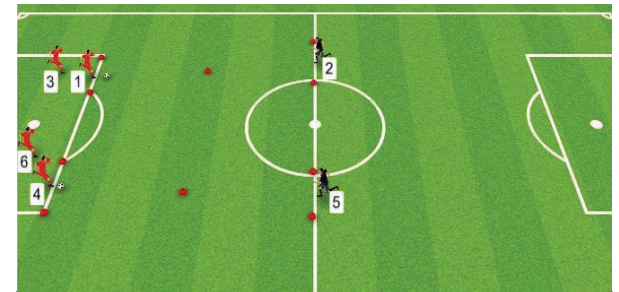


**THEME #1 (15 mins) – 1v1 tacking No Pressure**

Moving on from the warm up - Add a static defender where the center cone is. This will help the attackers understand the distance required to perform the skill without being too close or too far

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away

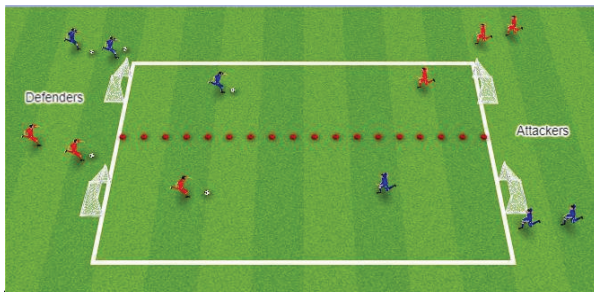


**THEME #2 (15 mins) – 1v1 Attacking Low Pressure**

Allow defender to be more 'effective'

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away



**THEME #3 (15 mins) – 1v1 To Goal**

set up two fields. At one end is defenders who start with ball. At opposite end is attackers. Defender passes the ball to the attacker who takes on the defender 1v1. Objective is for the attacker to beat the defender with a skill and score. If defender wins the ball they can score in opposite goal. Players go to the opposite side (same "team" - ie blue to blue; red to red)

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away



**THEME #4 (15 mins) – 2v2 To 4-Goal**

Open up the field. Put all Blues at one end, and all Reds at opposite end. Defender passes ball in to attacker and then go 2v2. Object is still for attackers to take on players in a 1v1 scenario. Use skills previously learnt.

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away



**THEME #5 (15 mins) – Scrimmage**

All no restrictions game, however continue to focus on 1v1 opportunities.

**COACHING POINTS:**

- 1 - Head Up
- 2 - Execute the Skill
- 3 - Accelerate Away