



1v1 Attacking with Transition (Travel 2)

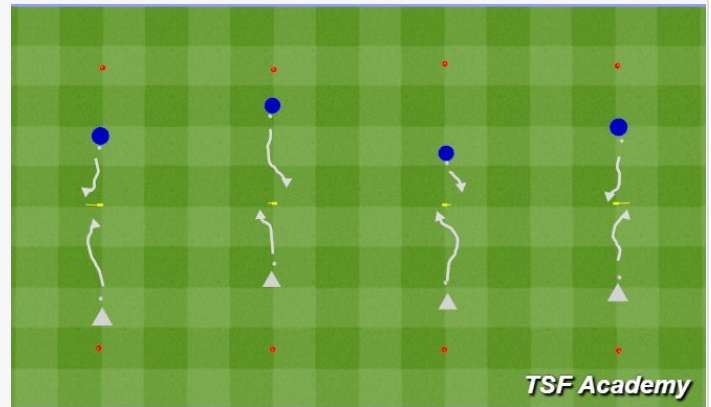
Category: Tactical: Attacking principles

Skill: Mixed age

Pro-Club: TSF Academy
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1v1 Dribbling (20 mins)

- Each player has a ball and both players dribble to the manican and perform a move and then dribble to the opposite cone.
- Players perform different 1v1 skills past the manican.
- Player must perform the skills with speed.
- Players must use both feet and go both ways to encourage confidence when dribbling.
- Players must try to dribble with their head up.
- Players must make sure they perform the skills with disguise.
- Can take away the manican and add in pressure from 1 of the players.
- Each player can take it in turns to attack the other players cone.
- 75% Pressure



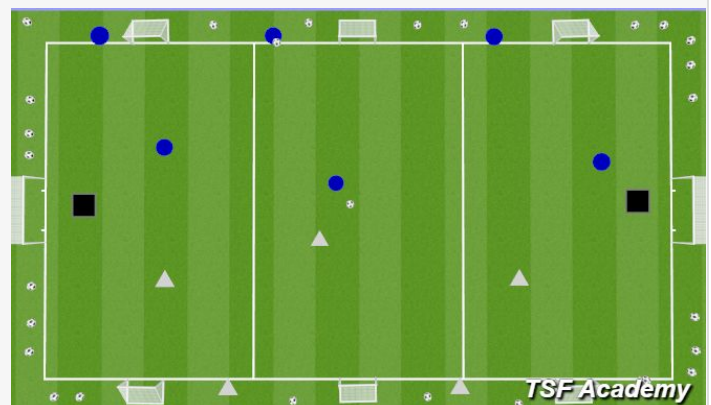
1v1/ 2v1 Attacking (20 mins)

- Blue 1 and White 1 dribble to the middle cone and pass to their own colour B2 & W2. Once they have passed to their team they go and defend the opposite colour.
- Example: B1 dribbles to the cone and passes to B2, then sprints towards W2 and defends the 2 goals.
- W2 will go 1v1 with B1 and score in either of the 2 goals.
- If B1 wins the ball then they dribble over the yellow line.
- Add a second attacking player for a progression in making a 2v1 to 2 goals.
- Rotation is Att to Def, Def to Att.



3v3+2 Transition (20 mins)

- 3v3+2.
- 6 Goal game.
- Attack 3 goals and defend 3 goals.
- Numbers up attacking.
- Numbers down defending.
- Transition.



SSG (30 mins)

- Good decision making
- Quick desions
- Speed of play
- Awareness of space
- Transition Def-Att / Att-Def

