



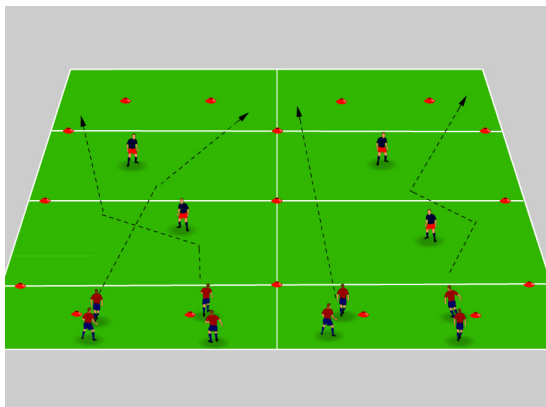
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016 **Duration:** 00:30 min
Time: 18h 00m **Age/Level:** U8 - U10

Session 1V1 attacking
Objective:

U9/10 Week 6

Jail Break without a Ball



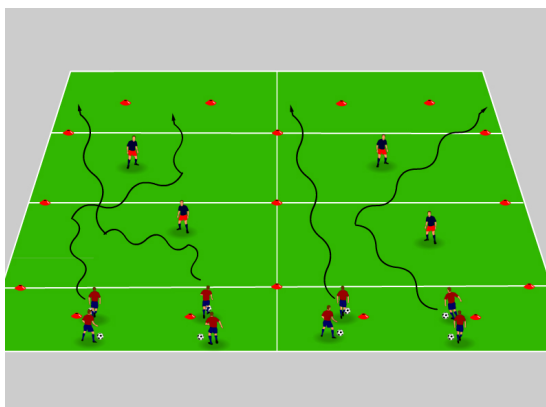
Description:

Set up (2) 15 X 10 yard grids with 1 defender in each. Defenders must stay in their grids. 2 players go at the same time trying to run through both grids being tagged. Players must use tricks and feints to beat the defenders. If an attacker gets tagged, they change places with the defender.

Coaching Points:

1. See the Opponents/Open space
2. Change of Direction & Speed
3. Use tricks/feints and skill the beat defenders
4. Sell the feints

Jail Break with a Ball



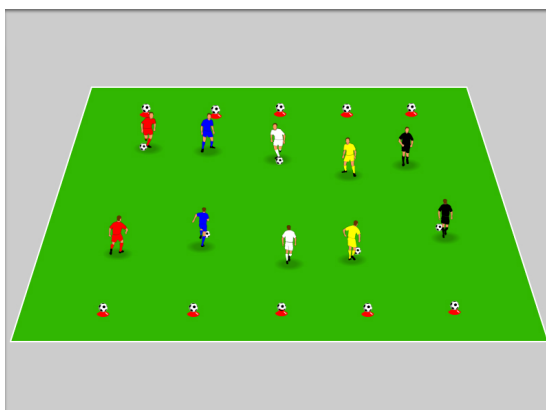
Description:

Set up (2) 15 X 10 yard grids with 1 defender in each. Defenders must stay in their grids. 2 players go at the same time trying to dribble through both grids without losing their balls. Players must use tricks and feints to beat the defenders. If an attacker loses their ball, they change places with the defender.

Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed
4. Use tricks/feints and skill the beat defenders
5. Sell the feints

Drill file name/title goes here



Description:

Set up a number of 1V1 fields 20 yards apart. Players play 1v1, trying to knock their opponents ball off of the cone. Switch match ups every couple of minutes.

Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed