



Name: **Dan Dolan**

Topic: **Role of First Attacker**

Date: **9/19/07**

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
<p><b>RESTRICTED SPACE</b></p>	<p>- Dribble in a large grid doing various moves on coach's command. (cut, chop, step over etc.)</p> <p><b>Progressions:</b> Pass and move, take over's, over laps, give and go's</p>	<p>- Vision, head up            - Change of speed and direction, constantly moving            - Communication both verbally and visually</p>
<p><b>ONE GOAL WITH COUNTER</b></p>	<p>- Grids about 15 x 10 yards with 4-5 players at each grid.            - Start off 1v1. Score by getting to opposite end line. Switch after a goal or 30 sec.</p> <p><b>Progressions:</b> 2v2 to small goals</p>	<p>- First touch            - Decision making – dribble or pass            - Moves            - Change of speed and direction            - Linking up with partner</p>
<p><b>GAME – 2 GOALS</b></p>	<p>- 2 grids of 25 x 15, one end with a big goal and other has a target player just outside the end line.            - Play 3v2 to goal. Attacking team of 3 attacks goal. Defending team scores by playing ball to target.</p> <p><b>Progressions:</b> Play 4v3 to goal. Make grid larger for more success if needed. Instead of target player use two small goals.</p>	<p>- Just coach the attacking team            - Decision making – shoot, pass or dribble            - Vision and communication            - Link up with teammate</p>
	<p>Play 6v6 to goals with keepers</p>	<p>- Is the first attacker making good decisions            - Has the session helped with 1<sup>st</sup> attacker</p>