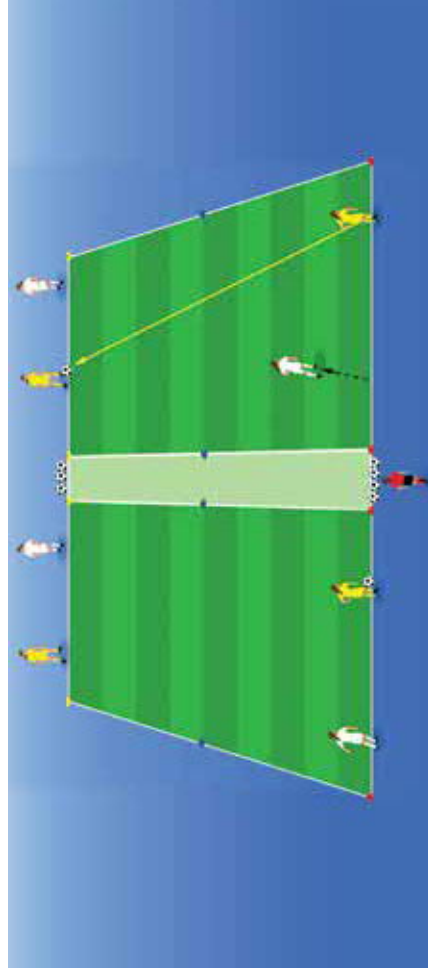
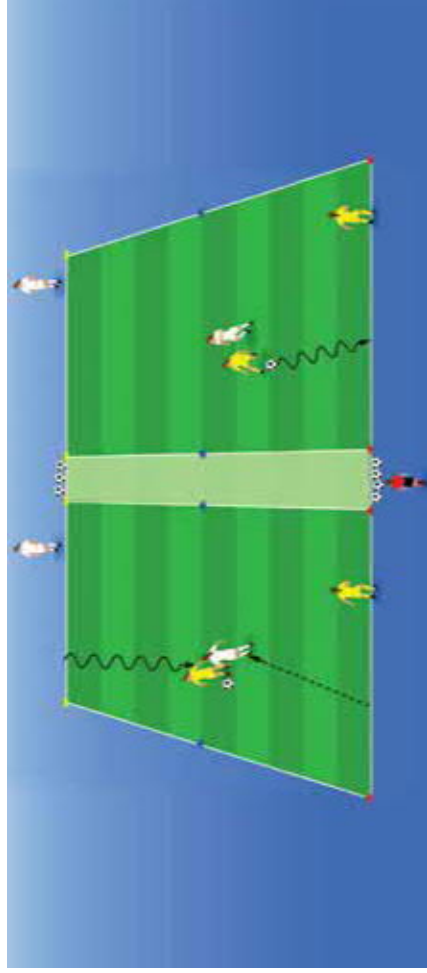


Intervention: Skill Breakdown (Attacking)

Beat defender



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Suggested equipment list:

- 20 cones, 12 balls, 2 sets of bibs, 4 portable goals or 8 portable poles

Grid size:

- Create 15 x 7 metre grids (guide only)

Explanation:

- Position 4 players per grid in two teams, with one player from each team on opposing ends (top picture).
- Game starts when yellow player passes to his/her team-mate
- As the pass is played, the white defender from the side the ball is played is allowed to enter the grid to defend in a 1v1 duel

Scoring system for attacker:

- 2 points for dribbling the ball over the defender's starting line

Scoring system for the defender:

- 1 point for winning the ball and dribbling over the attacker's starting line

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Swap roles of attacker and defender regularly.

Key Coaching Questions:

- **Pre-action:** Can you keep the ball close to your feet? Can you keep your head up to see your opponent?
- **Action:** Are you able to use body feints, change speed & direction to beat your opponent?
- **Post-action:** Can you accelerate past the defender?

Key Coaching Words:

- **Glue** - encourage keeping the ball close to feet
- **Scan** - encourage players to keep head up with vision on opponent
- **Positive** - encourage players to use feints, change speed & direction to beat defender