1. Attacking Practice – Footskills Warm-Up: QUICKER, QUICKER, QUICKER!!!

a.

e.

g.

i.

K
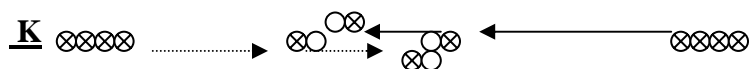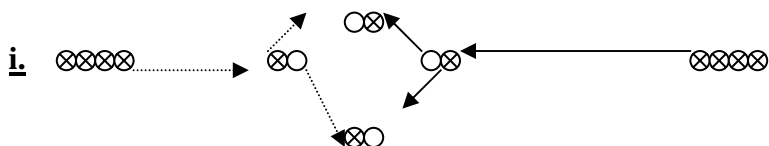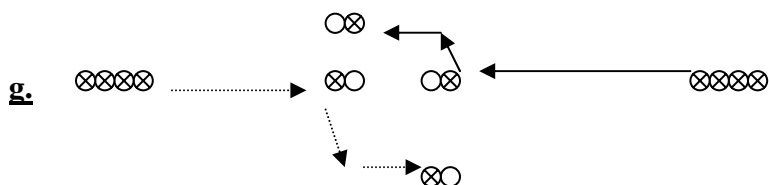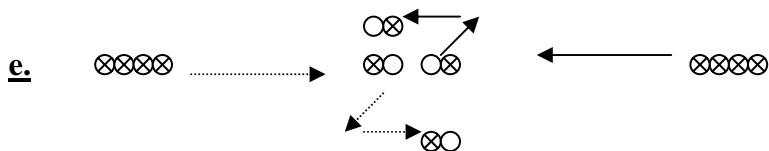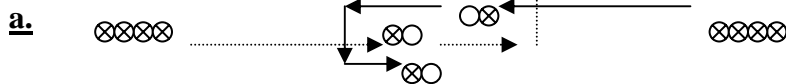
a. Both lines attack each other with speed. Sharply turn around attacking player with inside of your RIGHT foot. Pass the ball back to the next player in line.
b. Inside LEFT foot.
c. Outside RIGHT foot.
d. Outside LEFT foot.

e. RIGHT foot only attack defender. **Pull** the ball with the sole of your foot, **push** with inside or laces, attack space and pass to the next player in line.
f. LEFT foot only.

g. Attack defender pulling ball with soul of LEFT foot **laterally** to the RIGHT, attack space and pass.
h. RIGHT to LEFT.

i. Attack defender making big LEFT foot step over ball, then push ball to RIGHT, attack space and pass.
j. RIGHT step push LEFT.

k. Attack defender straight on. Side step facing RIGHT as you approach defender so LEFT foot is closest to defender. Stop ball motion with LEFT foot like you are going to stop, shield the defender with your body and push ball forward with RIGHT foot continuing run.
l. Opposite.

2. Checking to the Ball:

- Groups of 3 (Half Field)
- $\otimes$ passes ball to $\triangle$ who is checking to the ball. $\triangle$ receives ball and sends pass to $\square$ who is checking to the ball. $\square$ passes ball to $\otimes$ is checking to the ball.
- Continue until whistle is blown.
- Run several groups with different color pinnies at the same time.

Variation:
- Have players check to receive the ball and then after receiving the ball, turn and explode into space before looking to pass to the next player.

3. Receiving the Ball with Your Back to a Defender:
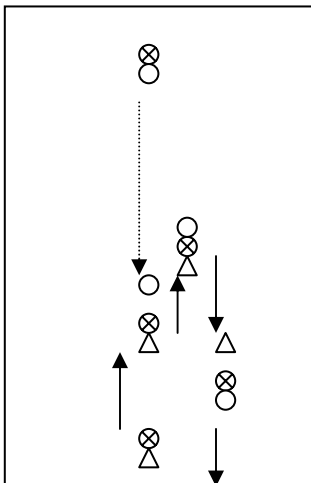
- First Diagram
- ⊗ sends ball to teammate ⊗ being marked by defender △ .
- Defender marks tight.
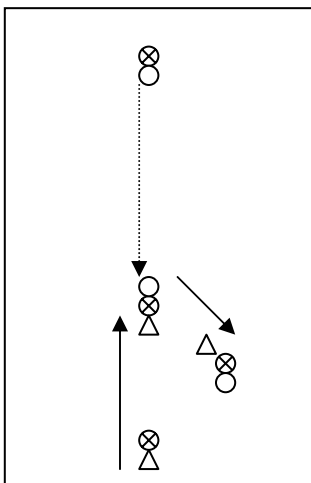- ⊗ comes back to meet the ball and dribbles one to two steps toward server, then makes a tight turn with inside of RIGHT foot towards RIGHT to burn defender and explodes to space with speed.
- Inside LEFT towards LEFT.

- Second Diagram
- ⊗ sends ball to teammate ⊗ being marked by defender △ .
- Defender marks tight.
- ⊗ comes back to meet the ball, stops and shields ball, steps RIGHT foot over the ball to the LEFT & pulls ball back around defender using inside of RIGHT foot to turn to the RIGHT, explode to space with speed.
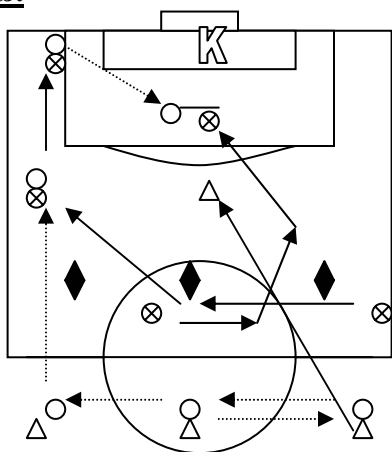- Opposite side.
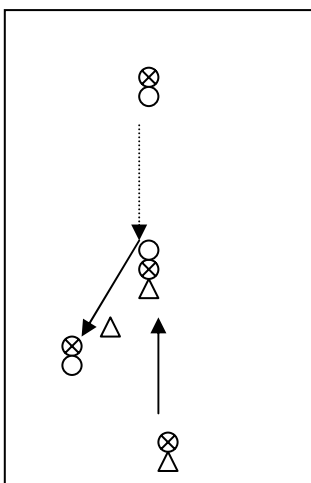
- Third Diagram
- ⊗ sends ball to teammate ⊗ being marked by defender △ .
- Defender marks tight.
- ⊗ comes back to meet the ball, as ball comes to feet spread legs allowing ball to roll under body. One touch pass with inside of RIGHT foot to the LEFT, turn body 180° and explode to space with speed.
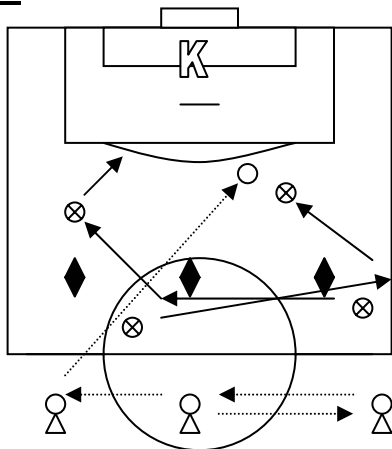- Opposite side.

4. Diagonal Balls to Attack:

a.
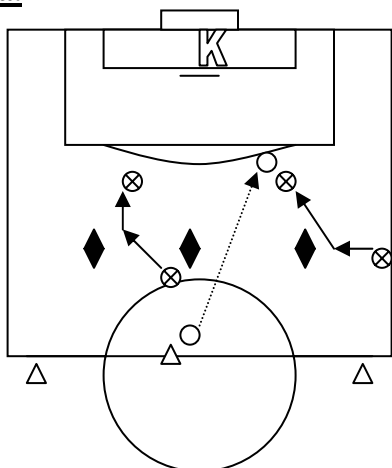
b.

c.

- The following drills are designed to improve striker movement up front while spreading the field.
- Set up 3 cones (♦) as shown in the diagrams.
- Play 2 strikers (⊗) and 3 midfielders (△).
- **a.** Striker on RIGHT starts on touchline to draw defender wide and open up space between defenders to create passing lanes.
- Wide striker starts a lateral run at defender to increase speed and stay onsides.
- One of the midfielders sends a diagonal ball in between the defenders to striker making a diagonal run.
- Other striker pushes wide to pull a defender away from the ball, then explodes to support striker receiving ball after the ball is served.
- Go to goal.
- **b.** Ball starts in middle and is sent to RIGHT side, then quick change of field.
- RIGHT striker runs laterally from touchline to middle of field, then makes diagonal run to receive ball on touchline
- Other striker switches positions with first striker.
- Second striker and weak side midfielder attack goal to receive cross from first striker.
- **c.** Ball starts in middle and is sent to RIGHT side, then quick change of field.
- RIGHT striker runs laterally from touchline to middle of field, then makes diagonal run towards touchline.
- LEFT striker runs laterally to touchline, then sprints diagonally to receive ball once change of field is complete.
- Both strikers attack goal.
- This play works because you are pulling the defenders to the left then sending a ball back to the right behind the defenders in the space that they just vacated.
- A ball straight down the field will go to the keeper or over the endline.
- *Emphasize Diagonal Balls & Runs!*
- *Add defenders over time and allow defensive gaps dictate where diagonal ball goes.*

## 5. Overloading Attack – Using Strikers to Allow Midfiled to Attack Goal:
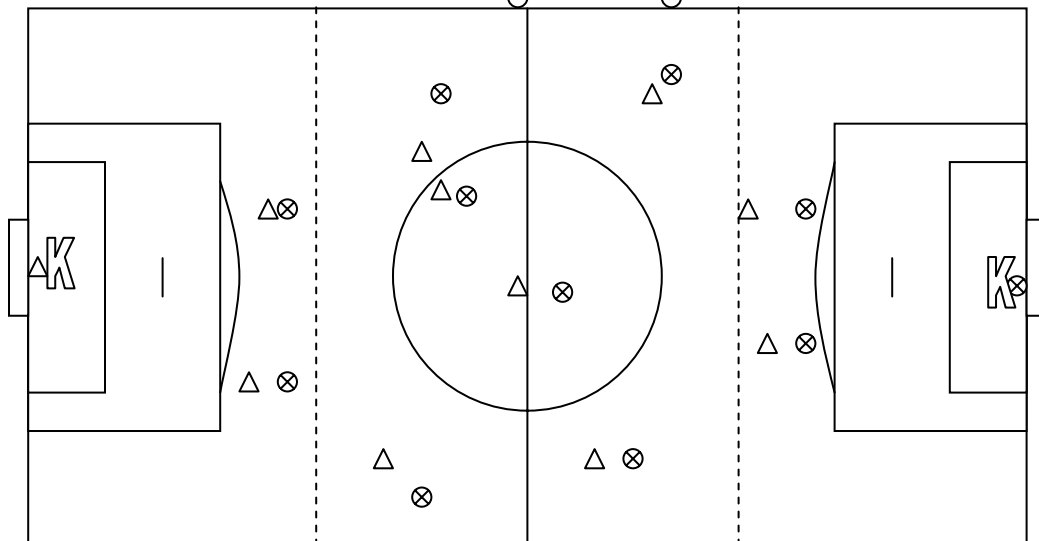
- Use the full field for this drill.
- The purpose of this drill is to build up passing after gaining possession of the ball. Then use the striker checking back to the ball to involve the midfield in the attack.
- Break the field up into 3 zones using flat disc cones.
- You should separate two teams of 11 players by handing out 2 different color pinnies. Have keepers put on pinnies as well to make it easier for players to remember which goal they are attacking and which they are defending.
- The ⊗ keeper and 2 ⊗ defenders should be in one zone with 2 △ strikers.
- The △ keeper and 2 △ defenders should be in one zone with 2 ⊗ strikers.
- 6 ⊗'s and 6 △'s should occupy the middle zone.
- The server puts a ball into play in the middle zone.
- Only the twelve players in the middle zone are in play now.
- The first team to string together 3 passes sends the fourth pass to one of their strikers. As soon as the attacking team completes the 3rd pass the strikers from that same team are released from their zone to check back to the ball and play.
- The defenders in that zone must count to one-thousand-one before they can be released from the zone.
- After the striker receives the ball he must play it back to one of the midfielders who are quickly coming up in support before that team can attack goal. (Overlaps and back passes work well.)
- If the defense gets possession and clears the ball back into their offensive zone play stops. Walk back to the middle, serve another ball.

Make it a game:
- 3 passes and a shot on goal scores 1 point. 3 passes and a goal scores 2 points.
- Once players understand the game offensive players can occasionally take on a defender by themselves to keep the defense honest.

6. Attacking Space with Speed and Drawing the Defender to You Before Distributing the Ball:
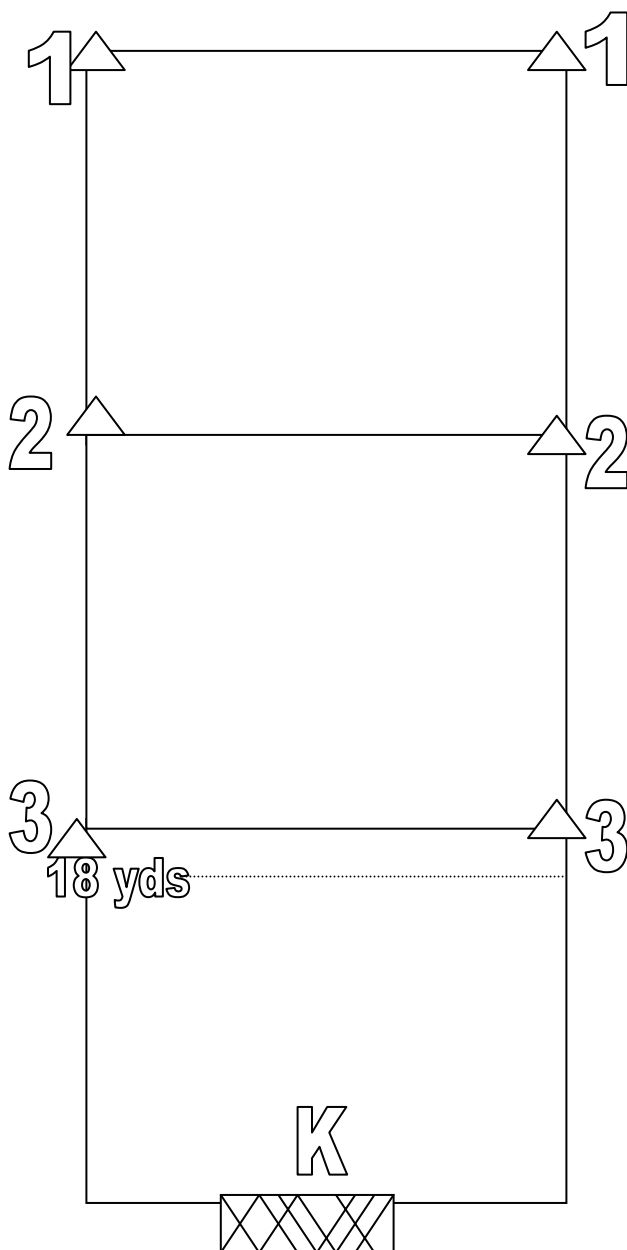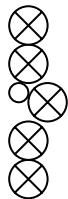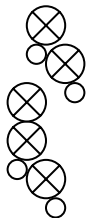
- The purpose of this drill is to have attackers dribble the ball quickly into open space. When a defender steps in front of the attacker, draw the defender then pass the ball.
- $2 (\otimes) - v - 1 (\triangle)$
- 20 x 60 yard grid with a full size goal and keeper.
- Give defenders numbers 1, 2 or 3.
- Ball starts at either $\otimes$ line.
- Coach blows whistle to start play and calls out a number.
- Defender on the side the ball starts at and the number the coach calls is in play.
- Defender can only step forward of the line they are standing on to defend.
- $\otimes$'s attack defender with speed, dribbler draws defender to them and then passes ball to other player.
- Both $\otimes$'s attack goal with speed.
- Add 2 and possibly 3 defenders by calling out more than one number.

1   1

2   2

3   3

18 yds

K

7. 2 – v – 1 with a Driven Ball:
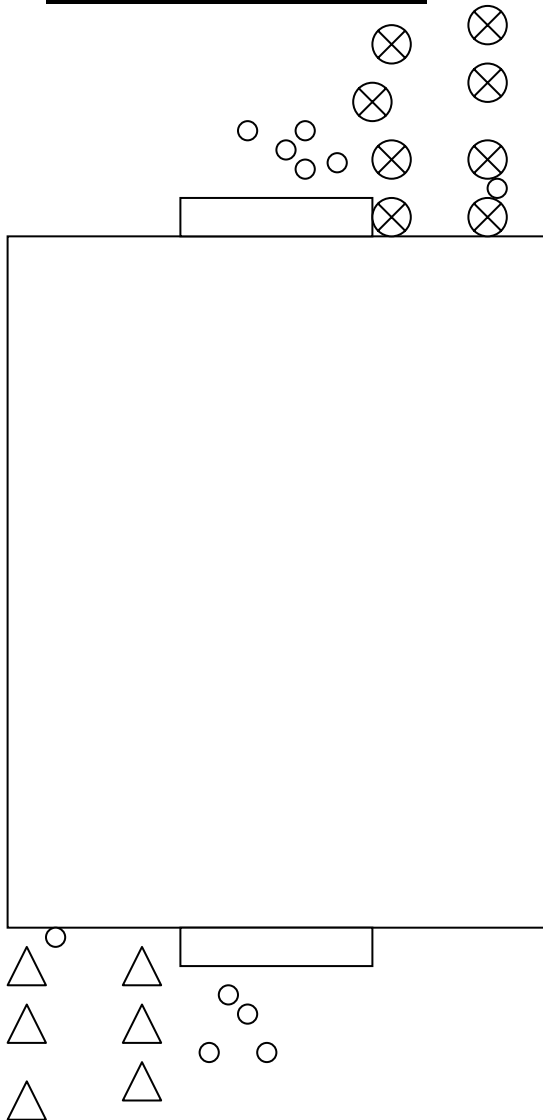
- 1 △ drives a ball to 2 ⊗'s.
- The ⊗'s receive the ball and attack goal with speed.
- The other △ sprints to defend the ball before the ⊗'s get control of the ball.
- Play a 2 – v – 1 game until a goal is scored, the ball goes out of bounds or the keeper gains possession.
- After first run is complete, have ⊗'s serve ball to △.