

EUSC COACHES TRAINING
ATTACKER TRAINING

Warm-up:

- 1) Passing in Grid; on command Player w/ball explodes to end line
Variation: Players w/pinnies; call color; P w/ball gets to end line
- 2) Passing w/Player outside Grid
 - 2 touch angle pass (thru pass)
 - Wall Pass (1-2 Pass) w/outside player
 - Overlap passing

1st ATTACKER TRAINING:

Coaching Points: Look for proper speed to ball; recognize space; attack correct foot (defender's front foot vs defender's position/space consideration); foot skills; "unbalance" the defender; speed after beating defender

Activities:

- 1) 1v1's in 10x10 grids
- 2) "Queen/King" of Hill: 1v1
- 3) Zone Game: A / Safety zone/ D / Safety Zone/ D / Safety Zone / D / End Line
- 4) "Gauntlet": Same as above w/teams; keep score
- 5) 1v1 Goal Game w/Keepers

COMBINATION PLAY (1st/2nd ATTACKER):

Coaching Points: Look for RECOGNITION of the 2v1; dribble directly at Defender to create 2v1; attack front foot of defender; which foot is making pass?

Activities:

- 1) 2 v 1 (Wall/1-2 Pass) w/Grids & players on cones in grids (to learn positioning)
 - Defender plays ball to one attacker and closes him down
 - Attacking player uses teammate for combination play
- 2) 2v1 w/Small Goals
- 3) 2v2 w/Small Goals - one defender drops back and plays sweeper/keeper
- 4) 3v2 + Keeper
 - Role of 3rd Attacker: drag 2nd defender deep; create space; depth option; allow for 2v1 to take place

EMD

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