Description
How/when to dribble and beat a defender. Emphasis on wing play.

Ball Mastery (20 mins)

Organization:
- 2 cones, 10yds apart.
- 2 players per set of cones.
- Every player with a ball.

Instructions:
- Coach demonstrates different ball mastery techniques then watches while players try to replicate movements.
- Want players to get lots of touches on the ball using the inside and outside of both feet.
- Foundations, scissors, inside-inside-outside, outside-outside-inside, inside-outside.

Coaching Points:
1. Head up, don't stare at the ball.
2. Use both feet.
4. Quick touches using inside and outside of feet.

Progressions:
- Competition: Who can get to cone quickest?
- Who can get most repetitions in 30 seconds?

Main Theme: 1v1 on flank (25 mins)

Organization:
- Half field, with channels on both sides.
- 1 attacker and 1 defender in each channel.
- 3 attackers in the middle and 1 defender.

Instructions:
- Players A and B knock the ball between each other then play to C when they check to the ball.
- Player C plays D.
- D looks to beat defender 1v1 and get down the flank.
- Players A or B and C make runs into the box.
- Defenders can not win the ball.
- Alternate sides, 1 right flank, 1 left flank.

Coaching Points:
1. When to make run.
2. Correct technique of move (scissor/inside-outside).
3. Head up to find players in the box.
4. Speed of movement.

Progressions:
- Dribble to end line and look to pull it back.
- Head up for a cross.
- Defenders can now win the ball.
Main Theme: 1v1 on the flank (25 mins)

Organization:
-Same as previous.

Instructions:
-Change of passing rotation.
-Player B plays to C.
-C plays back to A.
-A plays out to D who then goes 1v1 with defender.

Coaching Points:
1. Timing of runs.
2. Accurate passes, should be clean and quick.
3. Correct technique to beat defender.
4. Head up to find players in the box.

Match (20 mins)

Organization:
-Half field
-4v4 to goal.

Instructions:
-No restrictions.
-Look to be creative and take on players.

Coaching Points:
-Look to isolate players 1v1.