

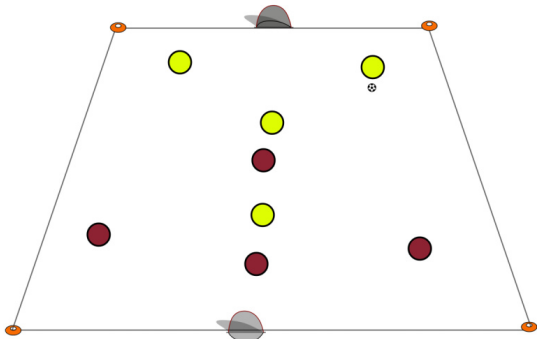
Select a Date

Week 7 - Grade 1 Clinic

Select team

Theme: Attacking

Time:80 minutes



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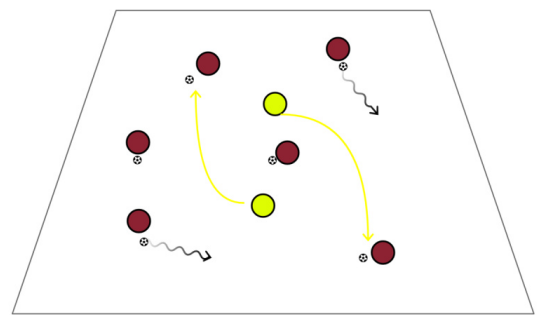
Intentional Free Play

OBJECTIVE: 10 Minutes

As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A



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OBJECTIVE: Improve players' ball control while dribbling under pressure.

ORGANIZATION: 15 Minutes. Set up a 20×20-yard grid.

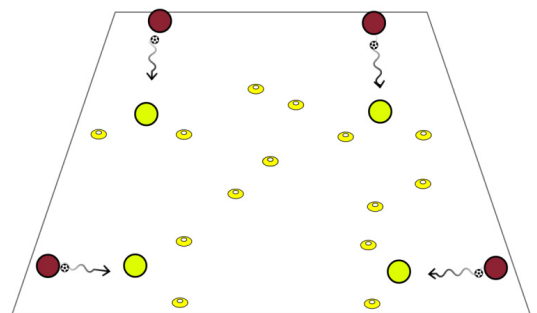
Select two players as "sharks" who don't have balls; the rest are "minnows" with balls.

Minnows dribble within the grid while sharks try to steal their ball or kick it out of the grid. Once out, minnows become sharks. The last player with a ball wins.

COACHING POINTS: Keep the ball close to the feet with small touches.

Encourage quick changes of direction to evade sharks.

Keep your head up to avoid defenders and space awareness.



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OBJECTIVE: Teach players how to beat a defender and dribble into space.

ORGANIZATION: 15 Minutes. Set up a 15×20-yard grid with several gates, scattered throughout.

Players work in pairs—one attacker with a ball and one defender.

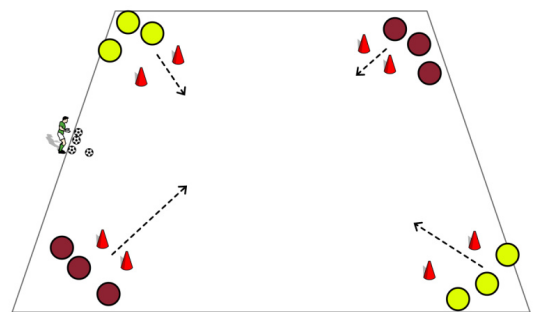
The attacker tries to dribble through any gate while the defender tries to block or steal the ball. Introduce feints attackers can use to by pass a defender.

Rotate roles every few minutes.

COACHING POINTS: Encourage attackers to use changes of pace and direction to beat the defender.

Defenders should stay low and be patient, focusing on positioning.

Encourage the use of feints and dribbling moves to get through the gates.



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OBJECTIVE: Teach players to recognize opportunities to pass and create a scoring chance in a 2v1 situation.

ORGANIZATION: 15 Minutes. Set up a 20×15-yard area place 2 tall cones or targets in each corner. Split the group into 4 teams. Give all players a number. If there is an odd number give someone 2 numbers. Each team should have the same numbers, 1,2,3 etc.

Coach has all balls, pass one in and calls out a number "2", each number 2 runs into the area to possess the ball and try to dribble and attack another teams cones. They are trying to kick down a cone with the ball. If they do that team removes the cone. The team at the end with the most cones still standing win's. All teams play until the end, even if they have no cones.

COACHING POINTS: Speed of attack, finding open space.