

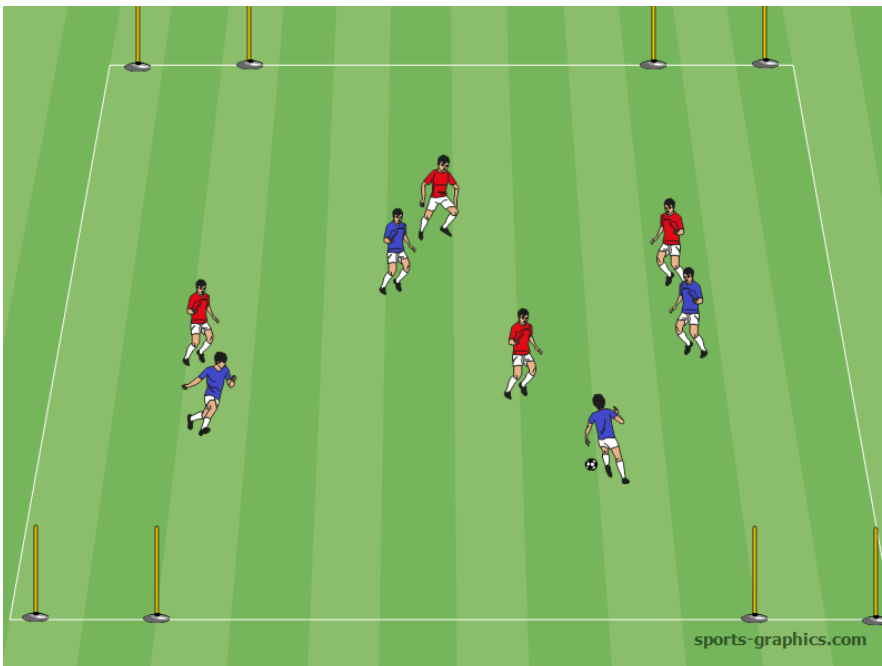
DIAGONAL GOALS

To develop the fundamentals of attacking team play and switching in its most basic form of 4v4

TACTICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 30x20 modifying the size depending on the number of players. Assign each team two diagonal goals/gates to attack and defend.

Place as many balls as possible around the area for fast restarts.

In this practice, the teams score by dribbling (2 points awarded) or passing the ball (1 point awarded) through the two goals they are attacking, placed in opposite corners of the area.

When a team scores, they retreat, allowing the opposition to start play from the goal line.

There are no throw ins, instead the ball is passed in.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Correct technique for the right situation.
- Creating space to exploit 1v1.
- Good decision making - knowing when to/not to dribble with the ball.
- How to make space as individuals.
- To build confidence with close dribbling.
- To develop and refine specific techniques for beating an opponent.

KEY FACTORS

- Angles of support
- Communication
- Decision making - when and where to dribble
- Disguise
- Good first touch
- Good support
- Head up
- Keep the ball moving into spaces and away from legs
- Knees bent
- Look for space, angles and support

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Awareness of passing options.
- Close control of the ball.
- Create space ready to receive the pass.
- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Good movement - diagonal, straight and flat runs, overlapping.
- How players create space to exploit 1v1.
- Make intelligent opening runs and play fast combinations.
- Players should be creative and have visual awareness to exploit openings to get to the gates.
- Receiving with furthest foot.

DIAGONAL GOALS

To develop the fundamentals of attacking team play and switching in its most basic form of 4v4

