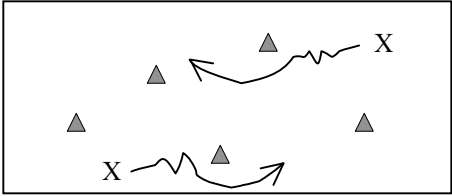
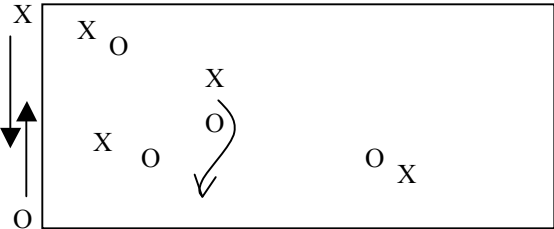
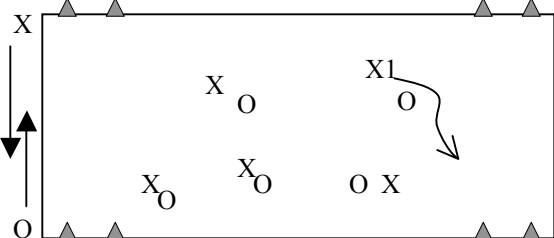



Name: Arsenal - Jason McClanathan

Topic: Skills to beat an opponent

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. Players attack cones and execute a set skill move around the cone</p> <p>* STRETCH</p>	<p>Organization</p>  <p>15 yds</p> <p>20 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - step over (player steps over the ball to unbalance the opponent) -self pass (player plays ball around opponent to run onto) -lunge (player steps and leans to one side) - Mathews (two touches with the inside of the foot, then one big touch with the outside of the same foot)
<p>Match Related Activity 15 min. 4 v 4 playing to end lines</p> <ul style="list-style-type: none"> - players get a point for beating a player with a move 	<p>end line</p>  <p>20 yds</p> <p>25 yds</p> <p>end line</p>	<ul style="list-style-type: none"> - keep ball under control -look to disguise move -change of pace -explode -player must eliminate opponent - attack with a purpose
<p>Match Related Activity 20 min. 6 v 6 game to 4 goals</p> <ul style="list-style-type: none"> - can add neutral players to help achieve topic 	 <p>35 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> - promote risk taking in the final third -help players with confidence - (X1) shows a Mathews the two touches to the inside take (O1) away from the space then (X1) wants to attack the final touch
<p>Match Condition Game 40 min. 11 v 11 game</p>	 <p>full field game</p>	<ul style="list-style-type: none"> -open play -safety should now be a major thought of the players -be aware of opponents strengths and weakness and exploit them
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	