

Brad Murphree – Individual Attacking Play ODP Mini Camp U12 Girls April 12, 2004

Warm up: 15 min.

Players grouped into 3's play 1v1. Player A plays ball to player B who then takes on player A and tries to penetrate through a gate 4 yards wide. Player B attempts to beat player A on the dribble or use player C who plays a supporting role in the gate to combine around player A. Intermittently during play coaches introduce moves to players in a fast footwork setting, give players a chance to stretch and then re-group players on a "go" command.

Technical: Teaching Points

Good receiving touch

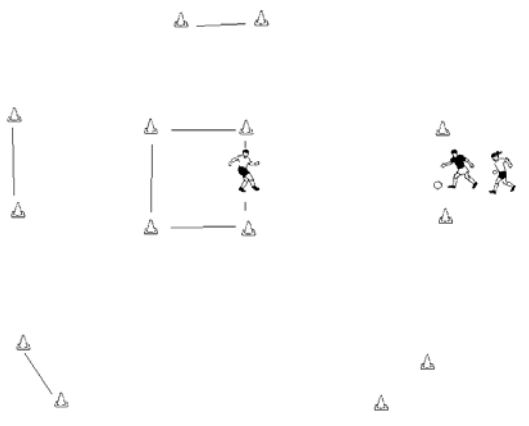
Moves to use focus on three – Matthews, Scissors, CAP (chop & push)

Timing of move

Drawing defender to commit and exploding past, then sealing off once behind

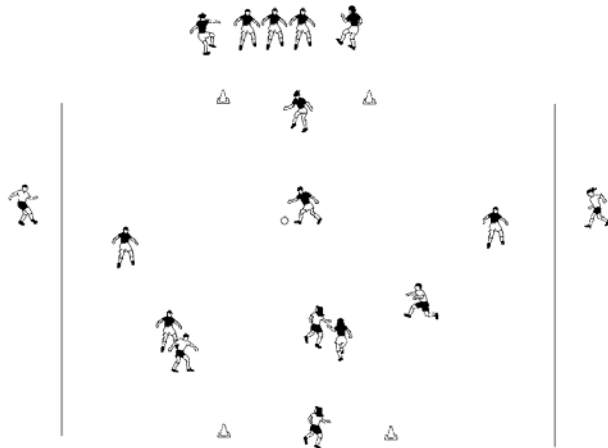
Proper moment to use support

Area



Game Application:

Players divided into 3 teams to play 5v3 or 4v2 depending on numbers. Goalkeepers in goal. Each team designates a central midfielder who will start the attack each time. Each team will also have two designated players who play as outside backs when they are defending and transition into outside midfielders when they are attacking. Each team will also have one or two designated forwards who will join in the attack from the flanks when their team is in possession. Once a team finishes their attack by scoring a goal, placing a shot on goal losing possession or playing the ball out of bounds they will then defend the goal they just attacked (see diagram). The defending team will then attack the opposite goal in the same sequence. Goalkeepers and field players are to play the central player in order to start the attack.



Technical Points:

Body open to field on receiving touch

First touch freezes defender

Move's are attempted and are timely

Exploding, sealing off, change of pace

Wise use of risk taking

Tactical points:

Drive at the defense to penetrate.

Draw defenders to combine

Support striker for longer shots

Play ball wide to stretch