

Silky skills to hit the net

Improving your players' ability to use a skill, show disguise or combine quickly with a team mate in and around the penalty area can be crucial to the final result of a game.



What you tell your players the session is about

1. Using skill and disguise to beat a defender.
2. Creating chances to score.
3. Shooting at goal.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 20 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Cones	Various dribbling and skills to go past the cones, from <i>The Ultimate Warm-Ups Manual</i> , exercise 32
The session	Balls, cones, goals, mannequins/poles	Players use clever play to beat defenders and score a goal
Development	Balls, cones, goals	Players are able to attack alone or with team mates to score
Game	Balls, cones, goals	Continuous 2v2 clever play to score goals
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Skills, turns and disguise to beat a defender, passing, shooting, dribbling skills, communication

Team skills: Communication, combination play, movement off the ball

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Advanced Skills

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What to think about

- Do your players have a skill to beat defenders?
- Are they capable of showing disguise in their play to create space to pass or shoot?
- Can they play one-twos or quick "give and go" passes to open their opponents' defence?
- When in and around the penalty box they must look to shoot at every opportunity.





Set-up

Use a 40 yards by 30 yards pitch and for the first and second stages, then use a 30 yards by 30 yards pitch for the game.



What you get your players to do

One player from the white team dribbles the ball from the corner to beat the mannequin with a skill and take a shot at goal.

That player must react quickly to help the black team and return a one-two pass to beat the mannequin and allow the black team player to shoot.

A progression that adds to the clever play is to give the player from the black team the option of playing a one-two with the white player or using him as a decoy before dribbling alone to shoot.



What to call out

- “Play at top speed”
- “Be clever”
- “How quickly can you shoot at goal?”

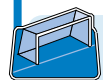


Development

The coach passes to the white attacker who tries to beat the black defender. After this attack, a new white player comes on as a defender.

The black defender dribbles the ball forward and attacks 2v1 with his team mate against the new white player.

When the attack ends, the black forward is replaced by the defender and a new black player comes on in defence. Then the new white player dribbles upfield for a 1v1 attack and the drill is continuous. Play the session for a set time.



Game situation

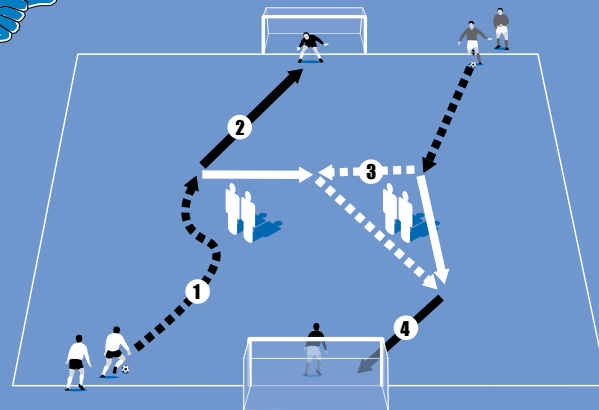
Set up a 2v2 small-sided game. One of the goalkeepers starts with the ball and must throw it out to one of the opponents.

Immediately a 2v2 game begins with players trying to use clever play to beat the defender or to combine with his team mate to score a goal.

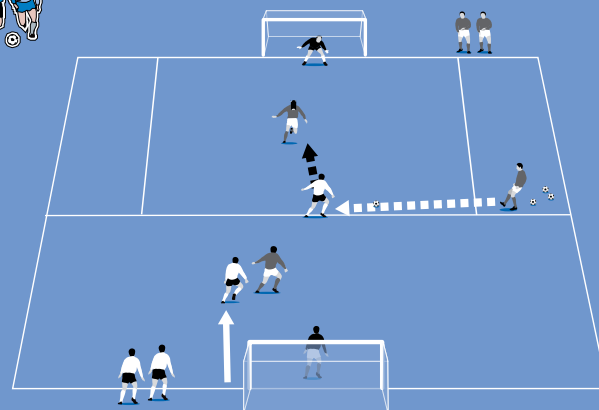
The game lasts for one minute before the teams leave the pitch and two new teams enter the game.

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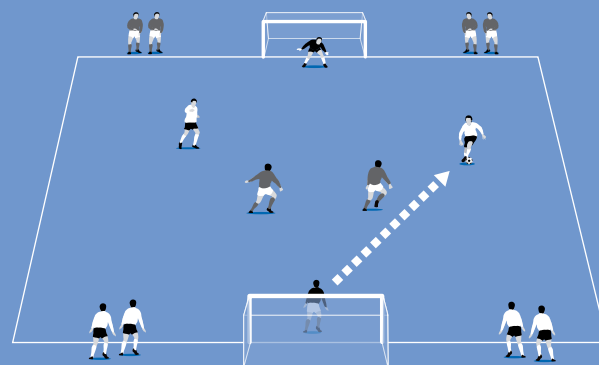
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



A player dribbles the ball and uses a skill to beat the mannequin then shoots. He then helps the other team create a chance.



The white attacker tries to beat the defender. Then the black team attacks 2v1. One player on each team is replaced after they attack.



The ball is rolled to an opponent to start a 2v2 game, each team uses a skill or pass to try and score against their opponents.

