



“5 Second Attack”

East Central Soccer District Academy Curriculum

Curriculum Topic: 1v1

Primary Objective: To improve comfort and skill in attacking a single defender

Duration: 10 minutes

The Basics		<p>Organization 2 mini goals, placed 30-40' apart.</p> <p>Split players into 2 groups, each group stands in a line behind their respective goal.</p> <p>Coach standing to the side with many balls.</p>
	<p>Activity Coach serves a leading pass to the first player in either line. That player moves to receive the ball and immediately attack the opposite mini goal. The 1st player in the line that was NOT served that ball comes out to defend the mini goal.</p> <p>Immediately upon making the leading pass, Coach loudly counts down from 5, as the attacking player attempts to dribble past the defender and score into the mini goal. Play is over when the attacker scores, the ball goes behind the goal, the defender steals the ball or the coach reaches zero in his count.</p> <p>If the defender steals the ball and there's still time left, defender can score in opposite goal.</p> <p>Both players return to the back of their original lines and Coach serves a ball to the next pairing. (Coach must try to keep who the ball is being served to balanced so everyone gets to attack, and so each team has equal opportunities to attack.</p> <p>Play until 1 team has scored 3 goals. Play multiple rounds.</p>	
	<p>No shots are allowed prior to beating the defender – attacker cannot receive the ball and then shoot from distance, before trying to take the defender on the dribble.</p> <p>Encourage players to learn from what they've tried; did they execute their move too early? Too late? Did they not accelerate after the move? Did they not move far enough laterally to get past the defender? Was it an ineffective move?</p> <p>**This activity will prove difficult for even advanced players – encourage them to continue learning from mistakes and trying for improvement**</p>	
	None	
Coach Pts		
	None	
Mods		
	None	
Prog		
	None	