

Practice #

17



1h30

THEME : Shake off a defender if no solution or pass possible



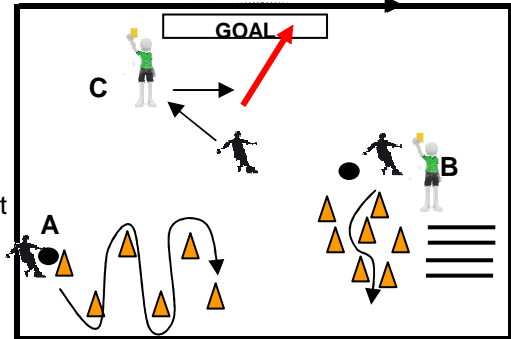
**10'** Warm-Up (3v3 + Slaloms with cones and shoot)

Assistant on 3v3. Coach in Goal

**15'** Motor Skills Drills

3 workshops 4 min per

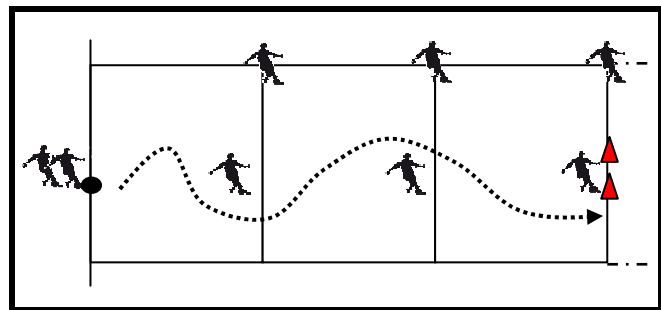
- A) Laterality : Slalom in S. Left foot 2 times, then right foot once.
- B) Balance : Golf club + Pas chassés then dribbling without touching the cones.
- C) Coordination : Wall pass with coach or assistant then shoot directly



**20'** Analytical Drills : Gauntlet Game

- As many zone as player per group.
- 1v1 for 10 minutes.
- 2v2 for 10 minutes.
- Swich group every 5'

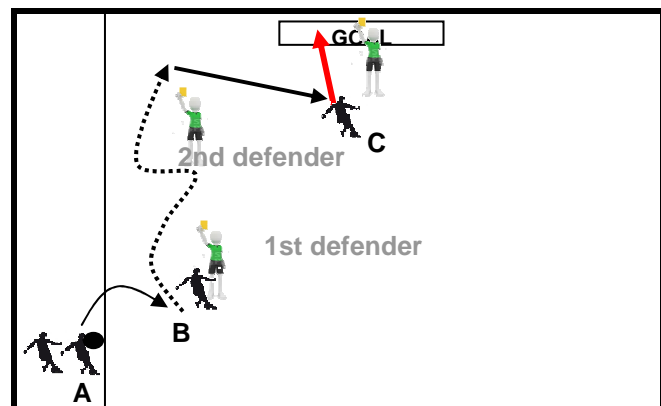
4 Groups



**20'** Situational Drills

- Player A throw from the sideline to B,
- B shield and shake off defender (low pressure),
- then pursue towards the goal,
- dribble next defender and cross for C.
- A to B to C.
- C to 2nd Defender,
- 2nd to 1st,
- 1st to A.
- Change side after 10 minutes

2 teams on each side of the field



**20'** Free Scrimmage

2 teams