



Calculated Performance

Attacking Moves (Feints)

Core Game Skill: 1v1



Topic

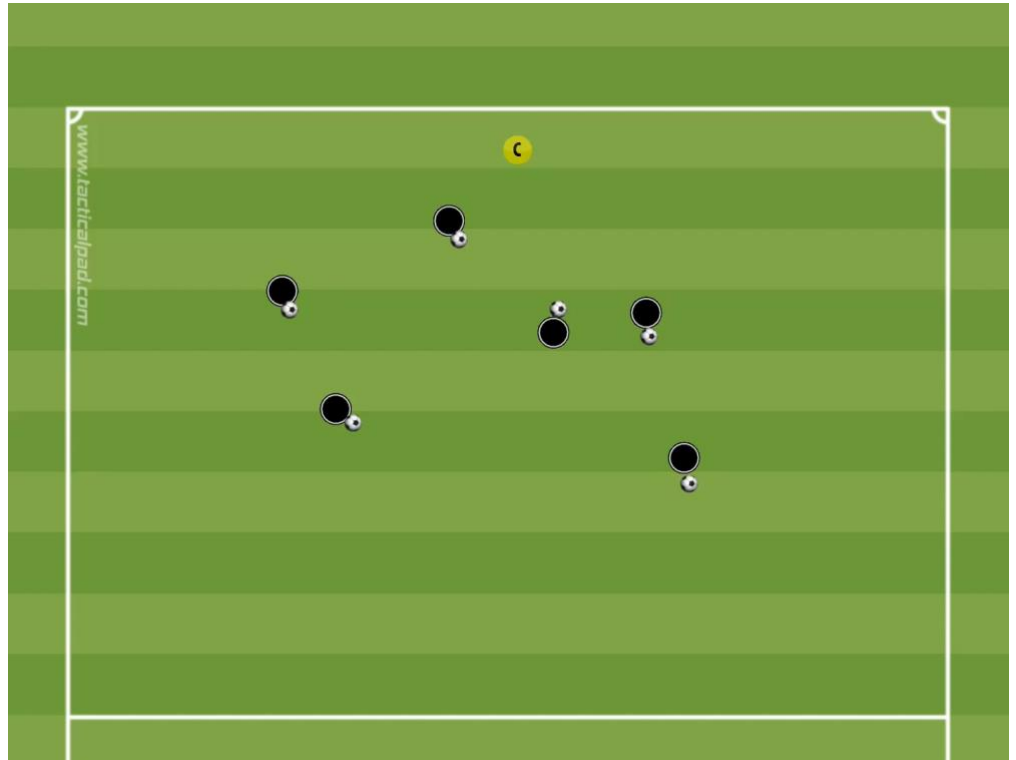
Attacking Moves (Feints)

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per player
20x20 yard grid



Explanation

- This is a warm-up drill that focuses on getting maximum touches on the ball, warming up the inside, outside and sole of both feet.
- Each player dribbles around the area with a ball. Encourage players to dribble with a good ball speed that would mimic a game scenario.
- The coach should select 2 ball mastery patterns, and 2 skill moves from our Moves Libraries.

Progression

- Have players swap balls on a command (whistle/clap/shout). This will improve the players awareness and adds an element of physical development.

Coaching Points

- Speed: Prioritise high-quality skill moves over the speed of the skill move, with the intention to increase the speed once the player has become comfortable with the move.
- Scanning detail: Make sure to scan the space ahead, as well as the ball to maintain a high-quality dribble.



Topic

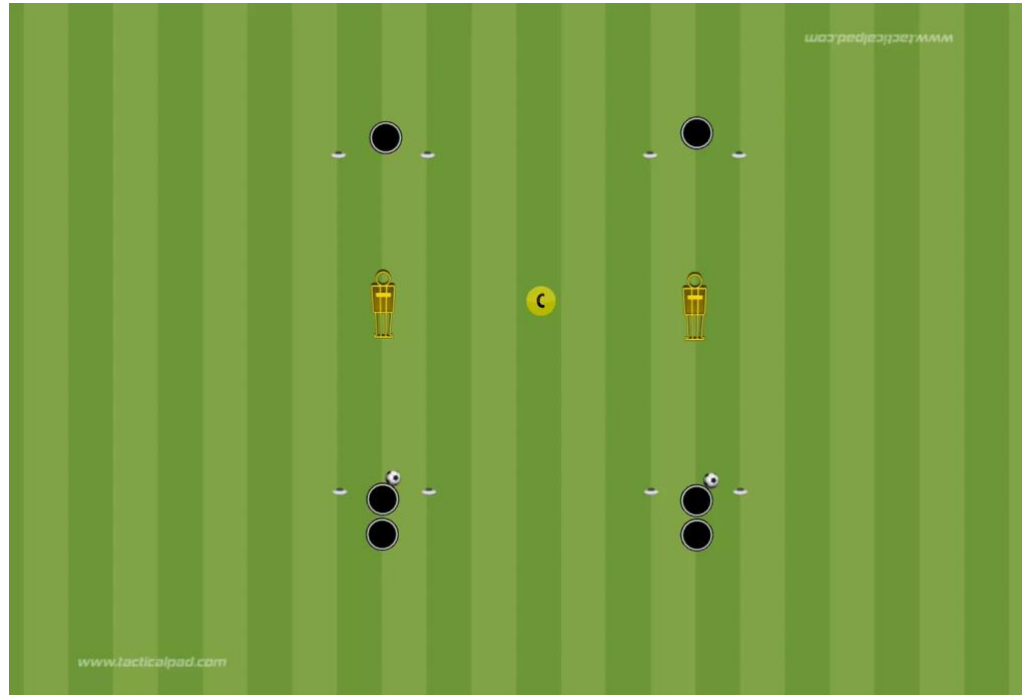
Attacking Moves
(Feints)

Time

25% - 15 mins / 22
mins

Space/Equipment

2 teams of 3 players
1 ball per team
1 mannequin per team
20-yard channel



Explanation

- Players start in groups of 3. The line of 2 players starts with the ball.
- Player dribbles out to the mannequin and performs a feint attacking move, before passing to the next player.
- The aim is for players to get comfortable performing the skills without any pressure.

Time

- 3x 4-minute blocks, with 1 minute rest in-between.
- Work one side for 2 minutes, then change sides for technical balance.

Skill Moves

- Side-Step
- Scissors
- Drag Scissors

Coaching Points

- Speed: Attack the defenders at game-speed.
- Exaggerate body movements: The key to a successful feint is to exaggerate the body movements. The player should understand the aim is to unbalance the defender, making them think you are going one way before going the opposite way.

Progression

- Choose a more advanced feint skill move. Consider a 'double' move, e.g. double scissors.
- Combine 2 skill moves, e.g. sidestep into some scissors



Topic

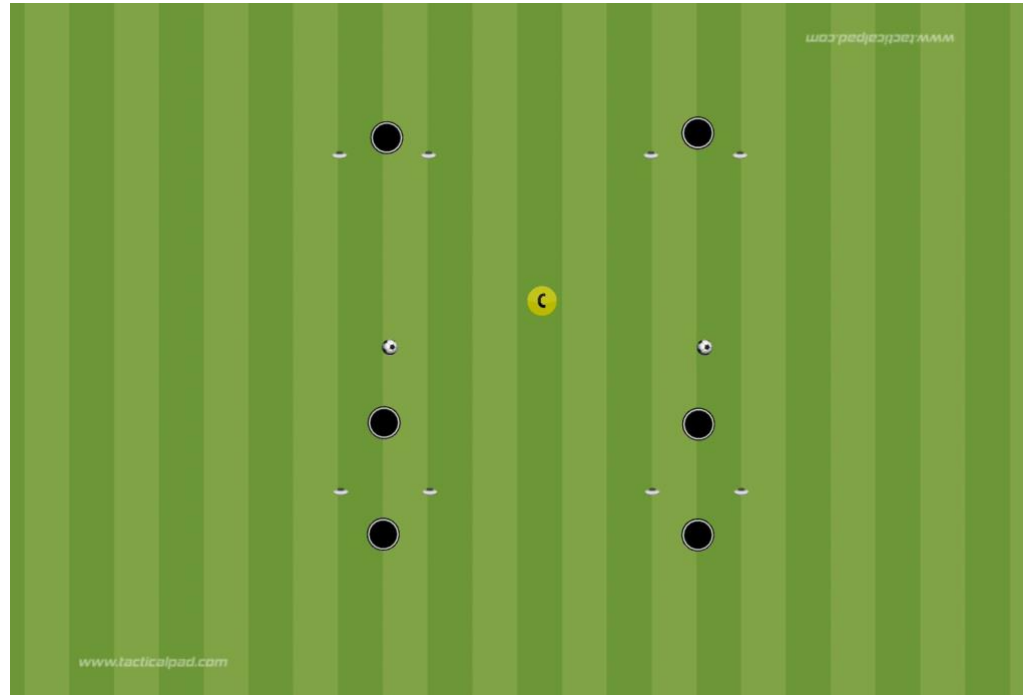
Attacking Moves
(Feints)

Time

25% - 15 mins / 22
mins

Space/Equipment

2 teams of 3 players
1 ball per team
20-yard channel



Explanation

- Players start in groups of 3. The line of 2 players starts with the ball.
- Player dribbles out to the half-way before passing to the next player.
- The player who receives now dribbles out and performs an attacking move against the player.
- The player should only apply gradual pressure; this means they should shadow the player and not tackle the ball.

Time

- 3x 4-minute blocks, with 1 minute rest in-between.
- Work one side for 2 minutes, then change sides for technical balance.

Skill Moves

- Same as before.

Coaching Points

- Timing: The attacker will now need to consider their timing of the skill. Make sure the attacker isn't starting the skill either too early, or too late.

Progression

- Allow players to increase their pressure to challenge the attacker.



Topic

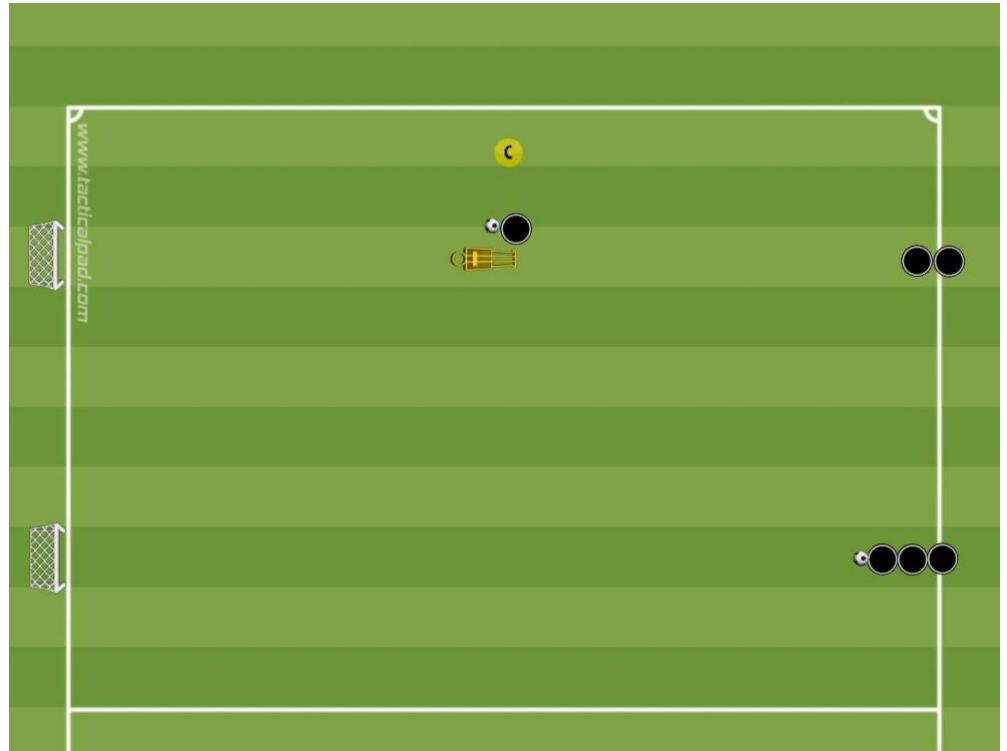
Attacking Moves (Feints)

Time

25% - 15 mins / 22 mins

Space/Equipment

2 teams of 3 players
1 ball per player
2 PUGs
1 mannequin
20-yard grid



Explanation

- Split players into 2 teams, one with a mannequin and a goal (Team A), the other with just a goal in front of them (Team B).
- Team A starts by dribbling out and performing an attacking move at the mannequin, then passing into the goal.
- The player then quickly transitions into becoming the defender for Team B.
- Team B can only start once the ball has reached the goal from Team A's shot.
- The player from Team B goes 1v1 with the player from Team A. Team B target is to beat the defender and play into the goal. If the player from Team A wins the ball, they gain a point by passing back to Team A.
- Players rotate teams after each turn.

Coaching Points

- Quick transition: Emphasise a quick transition from Team A to go from attacking to defending. Vice versa for Team B, can they attack quickly to catch the defender from Team A off guard.

Progression

- Turn it into a multi-ball drill. The next player from Team A also starts when the first player passes into the goal. This would mean there will be 2x 1v1s happening at the same time.