

Topic: 1v1

Goal: To have players begin to notice 1v1 situations and the ability to beat players in a game

Objectives: Develop comfort and familiarity with the ball, while attempting to beat another player in a 1v1 situation

Technical Aspects Covered: Dribbling technique, stopping the ball, changes of direction, beating a player.

Warm-Up Games

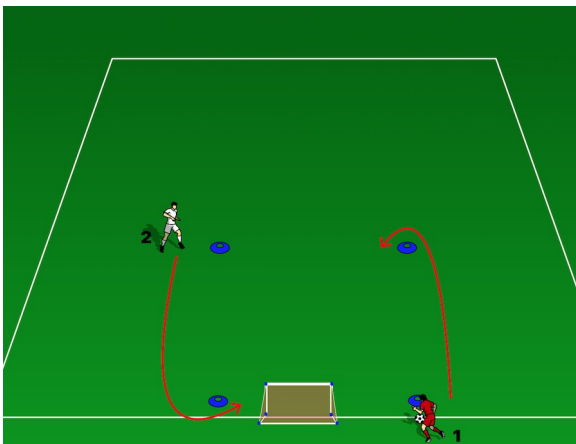
Description: Player 1 dribbles around the cone directly in front of them and looks to attack the goal while player 2 runs without the ball to the cone directly in front of them and immediately defending the attacking player (player 1)

Players should look to use skill moves, and acceleration to successfully beat the defending player and score a goal.

Splitting the group in half and using both nets to set up the drill is highly recommended.

Duration: 15-17 Mins

Intensity: High



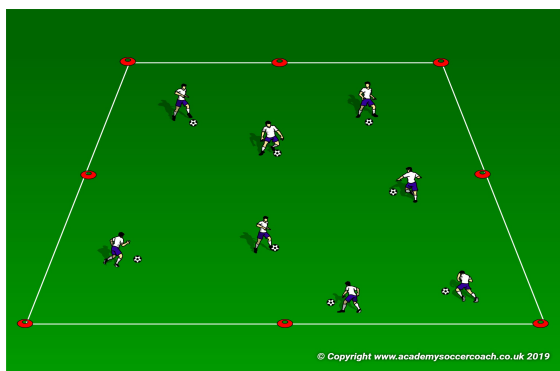
Individual Ball Mastery

Description: Individual ball mastery – Players moving around with ball at their feet using both feet. Every few touches they must perform a dribbling move or turn followed by an acceleration. Coach should look to introduce 3-5 dribbling moves/turns throughout this time.

Dribbling moves: Inside/Outside chop, Ronaldo Chop, The Roll, Step over/scissor

Duration: 8 mins

Intensity: Medium/high



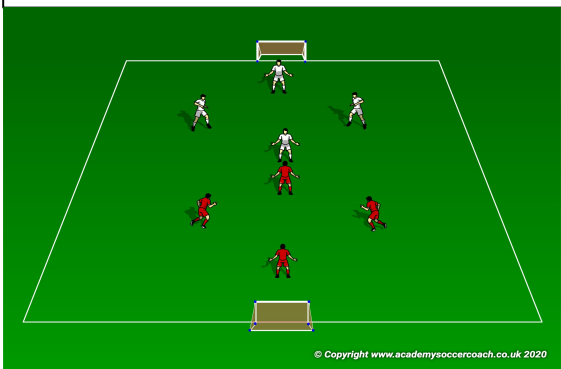
Coaching Points:

- Encourage players to use both feet and all 6 parts of their feet – inside, outside, heel, sole, laces and toe (yes, toe!)
- Head up and scanning the field, checking shoulders constantly to spot the spaces
- Accelerate into the space with ball under control using laces to push ball out of feet so as to not break stride
- Test self with both feet, particularly performing dribbling moves and accelerating

Description: Small sided game between two teams 4 players per side. Players should be given positions, 1 defender, 2 midfielders, and 1 attacker. After 5 minutes sub 1 player into defense but take the right midfielder off. When this occurs the defender will go to left mid, the left mid will go to the attacker, and the attacker will go to right mid. Adapt this rotation/substitution based on the number of subs.

Duration: 30 Mins

Intensity: High



Coaching Points:

- Look for opportunities to dribble and take space
- Can players recognize these opportunities?
- Can we dribble under control?
- Can we pass to another teammate accurately?