



Dribbling 1v1 footskills

Category: Technical: Attacking skills

Difficulty: Moderate

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Individual-Adult Member

Description

1v1 footskills session

Warm up (10 mins)

Organization

40 x 40 square.

Inside the area everybody has a ball at their feet.

Dribble the ball around the area showing off footskills and ball control.

Start at 50% and bring up tempo during the warm up.

Add dynamic stretches, high knees, heel flicks, skipping, kick through, open the gate and windmills



SAQ (10 mins)

Organization

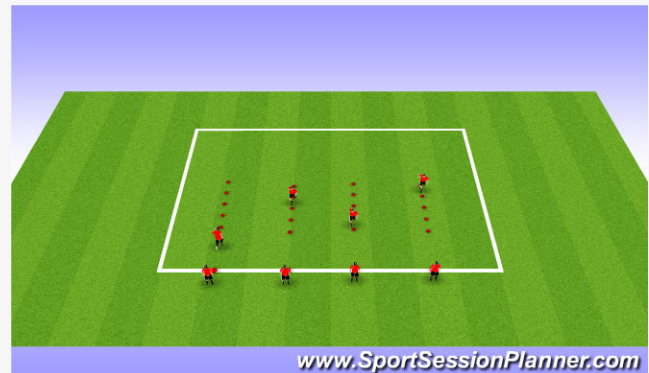
4 lines of cones

line 1 two feet in each space

line 2 bunny hops

line 3 side to side through cones

line 4 two forward one back.



Technical (15 mins)

Organization 40x40 square

Split into 4 channels. with cones in the middle of each lane to act as defenders.

Players must attack cones and perform skills shown to them by the coach.

Suggested dribbles- Matthews, scissors, double scissors.

Coaching Points

slow into the move, fast out - keep control of the ball.

over exaggerate to move - sell it as much as possible.

Head up and see the space.



1v1 (15 mins)

Organization

40 x 40 square split into two sections.

Player 1 passes the ball down to player 2 who try to beat player 1 across the line at the top.

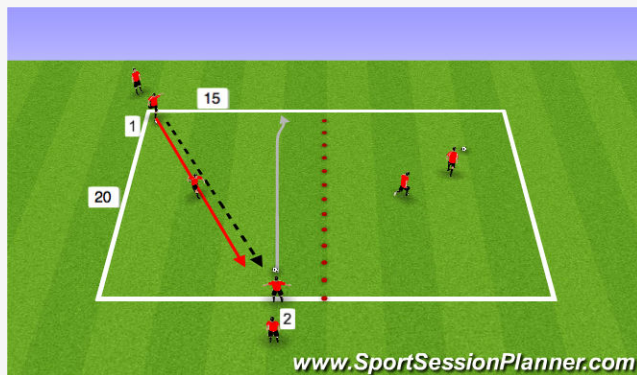
Coaching Points

Good first touch

Attack the space

Distance between attacker and defender when attempting a move?

accelerate past the defender quick



Game (20 mins)

3v3 Game

encourage players to attack defenses 1v1

can we recognize when to attack individually or when to pass

can we be creative as players

can we get forward quick

