

U6/U7 – 1v1 Moves.



Warm Up: The Skills Zone.

10 Minutes



SET UP: 20x20 Yard Area.

All players have a ball each and are dribbling around the square. Every time a player touches the ball, they receive one point. See how many points your players can get.

PROGRESSION:

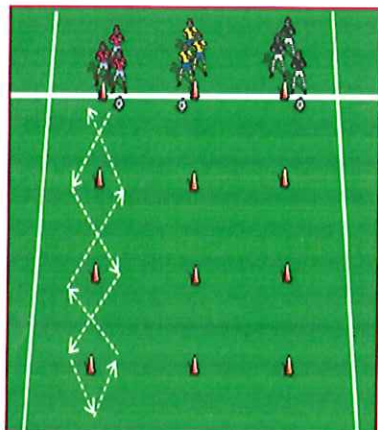
1. Use different surfaces to dribble. (*Out steps only, soles only etc.*)
2. Practice the single scissor and double scissor firstly on the spot and then whilst dribbling.
3. Practice the stop turn and then the drag back. Do these whilst dribbling.

COACHING POINTS:

- Keep the ball close and under control using small touches.
- Get your head up to see space and danger.
- Perform moves slowly and try to quicken them up when mastered.
- After performing a move, dribble away quickly to a free space.

Activity 1: Dribbling Relays.

10 Minutes



SET UP: Create teams of 3 and place 4 cones 3 yards apart in front.

The player at the front of each line must dribble their ball in and out of the cones up to the end and back. When they reach the start of the line they stop the ball for their team-mate to take over and perform the exercise. The winner is the team that finishes first.

PROGRESSION:

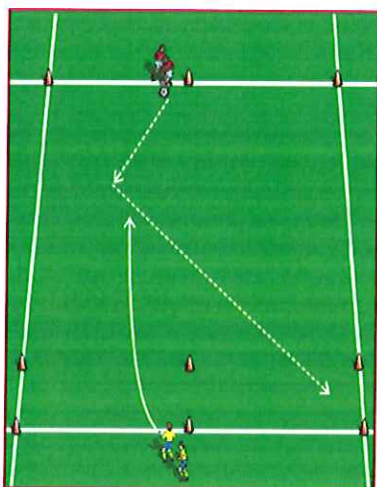
1. Use different surfaces to dribble. (*Out steps only, soles only etc.*)
2. Players must perform a single scissor before setting off.
3. Players must perform a double scissor before setting off.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up.
- Dribble at speed using the inside and outside of both feet to help keep close control.

Activity 2: 1v1 to End-zone.

15 Minutes



SET UP: 15x20 yard area with a 5x15 end-zone.

The red player starts with the ball and tries to dribble into the end zone at the opposite side. The yellow player must try to steal the ball and then dribble the ball out of the area. Play for 3 minutes and then swap the defenders around.

PROGRESSION:

1. Remove the end-zone so now the attackers have to stop the ball on the line that the defenders start on.
2. **Competition:** Every time the ball is stopped on the line a point is scored. If a defender steals the ball they can counter and stop the ball on the attacker's line. Play for 2 minutes then switch roles.

COACHING POINTS:

- Keep the ball close, and under control using small touches.
- Get your head up to see space and danger.
- Use 1v1 moves to beat and opponent. (*1v1 moves should be performed around one or two yards away from the defender.*)

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.