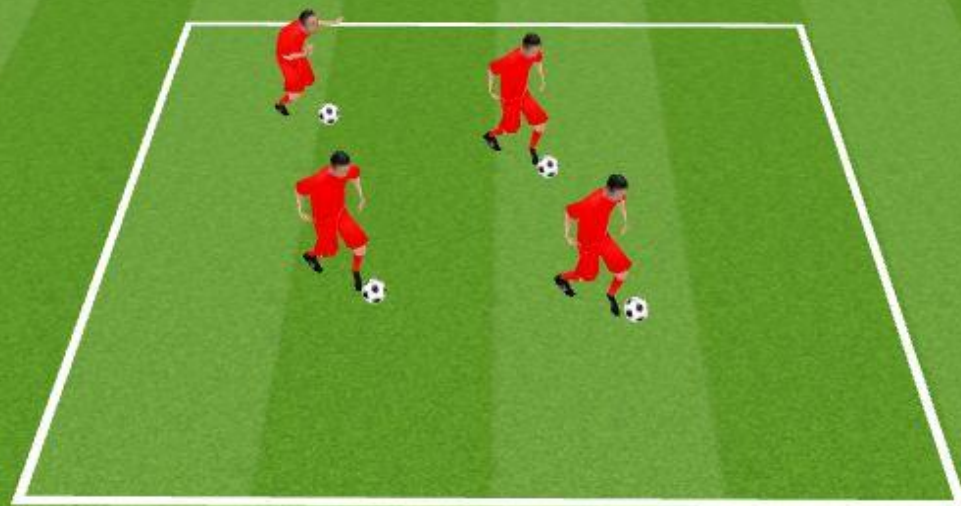


Session Plan 1 – Topics: 1v1 Dribbling to Elude, Escape, & Eliminate

WARM UP: TAG

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 10 x 10 yards to 20 x 20 yards (depends on # of players)

Organization / Equipment: Cones & Balls

Explanation: General movement with the ball to start (2mins warm-up). Then three – ten players try to avoid being tagged by the tagger or taggers. Switch roles on a tag. All players must have their ball close and under their knee.

Coaching Points:

- i) Close dribbling & under the knee
- ii) Split vision – see the ball and the space in front of you
- iii) Control with the different surfaces of the foot (top, sides, and bottom)
- iv) Speed and a change of direction when pressured
- v) Deception - Can you use a feint to get away from the defender?

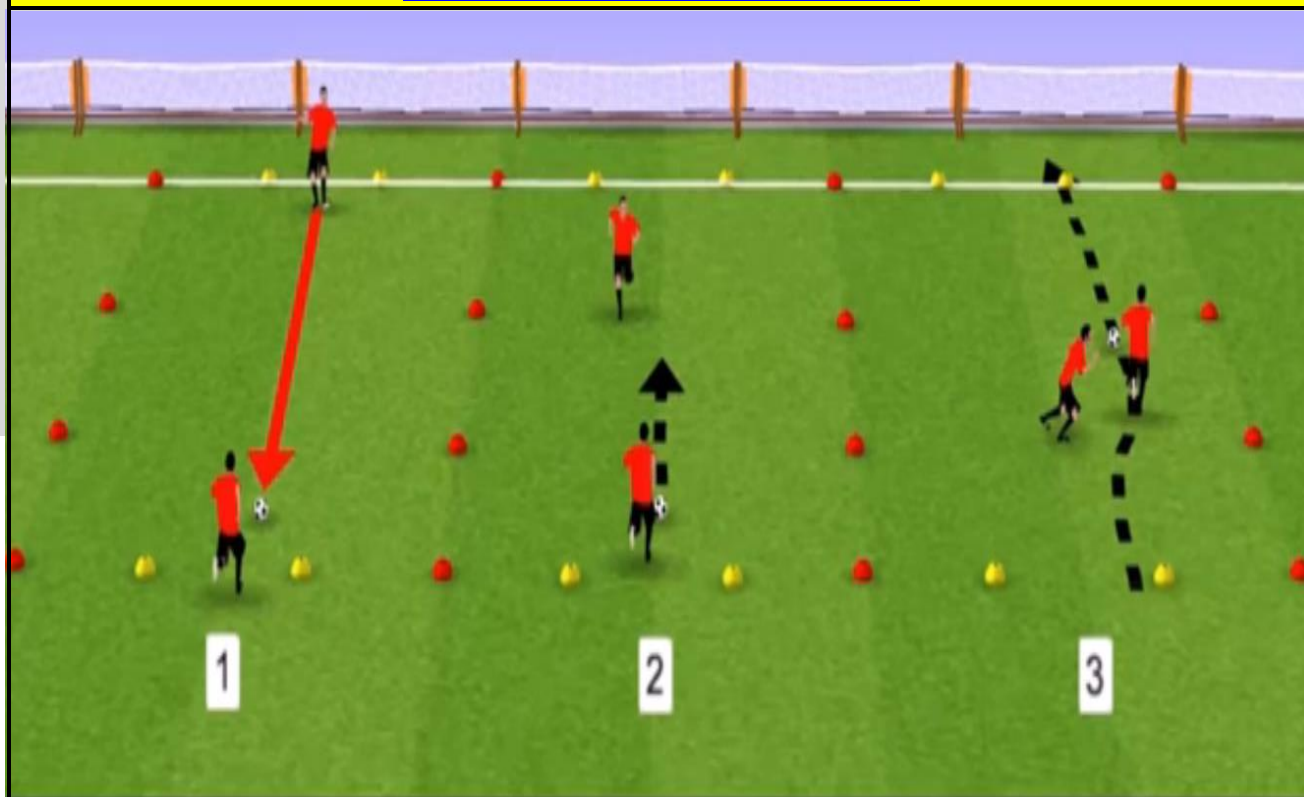
Intervention Key Questions:

- i) Why is it important to always have your eyes up when dribbling?
- ii) What different parts of the foot can we use?
- iii) How far away should you do my move / feint?

Constraints to Modify or Challenge: Size of playing area or the number of taggers.

STATION 1: 1v1 Dribbling Ladder

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 15x10 yards channels

Organization / Equipment: Cones, Balls, Pinnies & a Gates

Explanation: A 1v1 towards a goal. The defender plays the ball to the attacker. Switch roles each time. Make a competitive ladder with 2-3 minute games. The winner moves up the ladder and the non-winner moves down.

Coaching Points:

- i) Close dribbling
- ii) Split vision – see the ball and the space in front of you
- iii) Dribble at defender to freeze them
- iv) Distance & timing of feint/move (1-2m)
- v) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

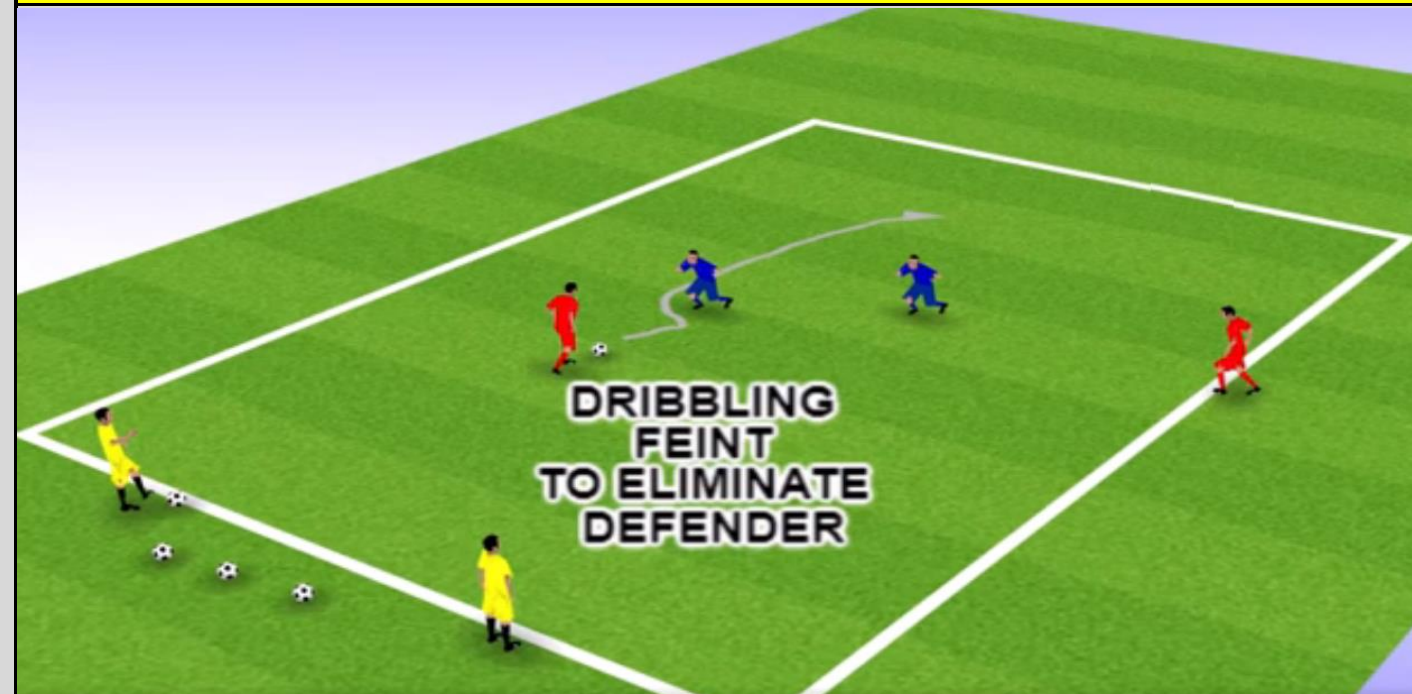
- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area. Dribble over line instead of gate.

Session Plan 1 – Topics: 1v1 Dribbling to Elude, Escape, & Eliminate

STATION 2: Endzone Rush Game

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 30x20 yards

Organization / Equipment: Cones, Balls, Pinnies & a Goal

Explanation: A 2v2 towards a line/endzone. Could accommodate 8 players. 4 on offense & 4 on defense and switch periodically in this continuous 2v2. If they can be deceptive and eliminate a defender on the dribble to cross the line they get three points for their team. If the defending team acquire the ball they can then dribble across the opposite line for points. You can set up two of these mini fields with 6-8 players in each. Maximize participation, creativity, & fun.

Coaching Points:

- i) Dribble at defender to freeze them
- ii) Distance & timing of feint/move
- iii) Be deceptive and deliberate – have a move in mind! Use it!

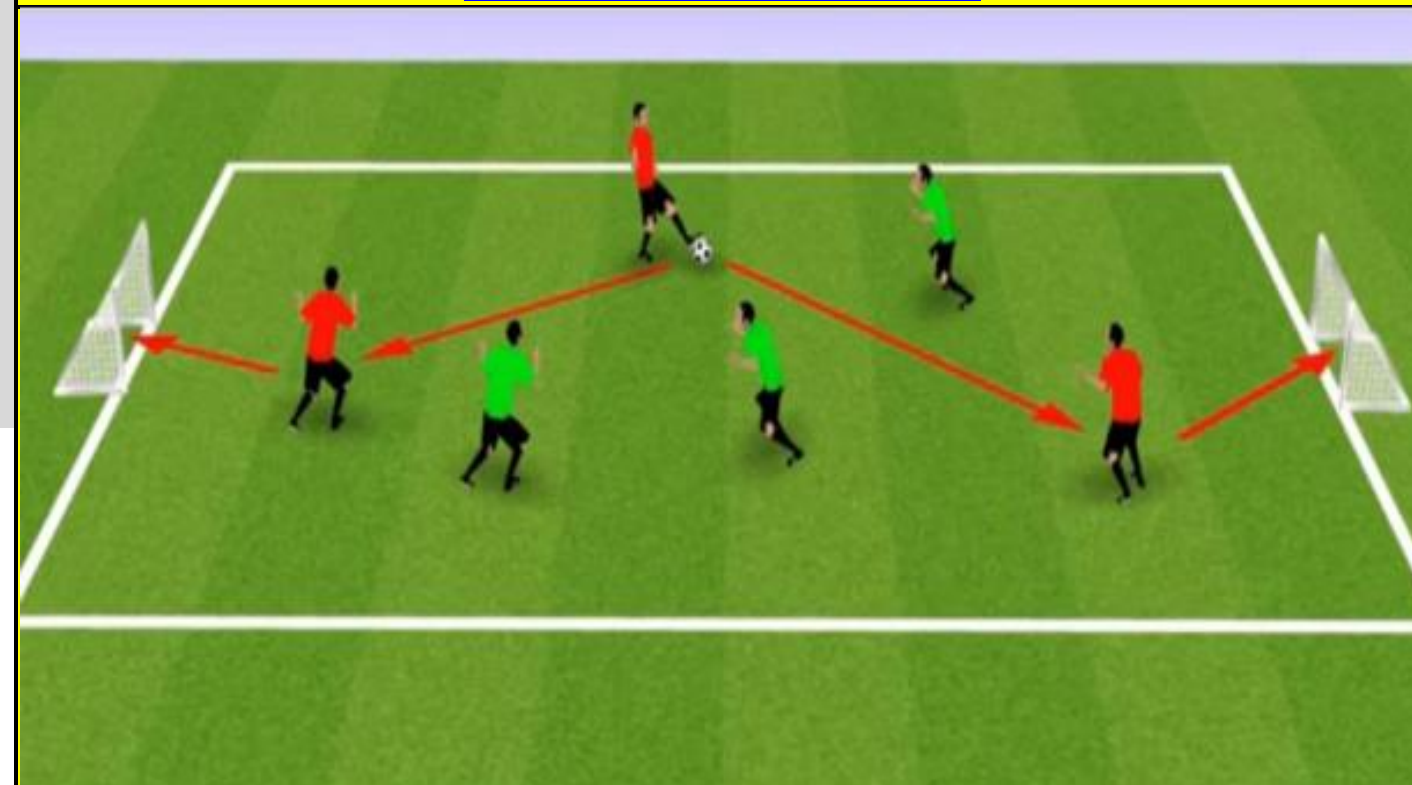
Intervention Key Questions:

- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area. Take away the goals & use endzones.

STATION 3: Which Way?

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 15 x 20 yards

Organization / Equipment: Cones, Balls, Pinnies & Goals **Explanation:** The team in possession tries to advance the ball past the half-way line and then can attack either goal. Incentivize running and dribbling the ball with the awarding of 3 points if they score by targeting a defender to go around and score.

Coaching Points:

- i) Dribble towards the open goal & opportunity as quickly as possible
- ii) Keep the ball under your knee and use the top of foot to develop speed while running with the ball
- iii) Dribble at defender to freeze them
- iv) Distance & timing of feint/move
- v) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area. Take away the goals & use endzones.

Session Plan 1 – Topics: 1v1 Dribbling to Elude, Escape, & Eliminate

SMALL SIDED END GAME

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions

Constraints to Modify or Challenge: Take away goals & play endzones. Dribble past defender to score 3points!