

SESSION PLANNER



Topic: 1v1 techniques

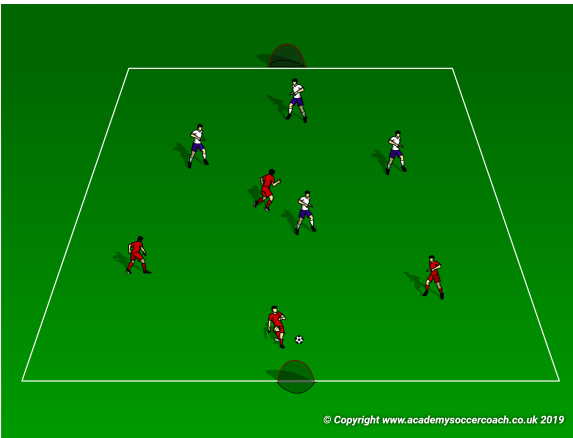
Objectives: Develop ability to attack and defend 1v1s

Goal: Develop technique of attacking a defender/attacker

Technical Aspects covered

Defending, dribbling moves, first touch, scanning the field

Warm-Up Phase



Description:

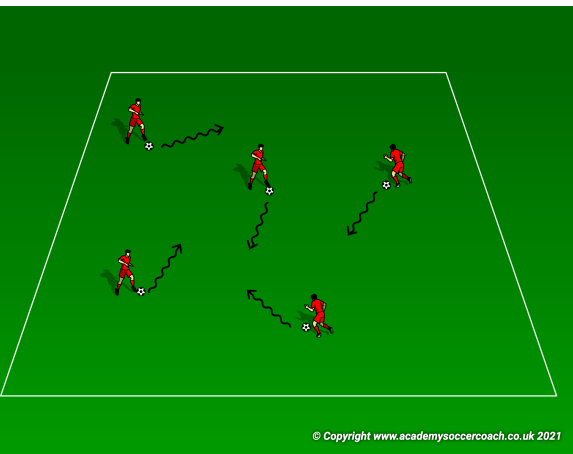
1v1s, 2v1s leading into a scrimmage with everyone as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

Duration: 10-15 Mins

Intensity: High

Coaching Points: Session will be heavily based around 1v1s so players are encouraged to dribble

Individual Ball Mastery, Technique Isolation



Description: Individual ball mastery – dribbling moves, turns etc. Coach will bring each player in and demonstrate each of the moves found below.

Sole Roll, Step over, Sole roll outside chop, pull push, L-turn

Duration: 5-10 mins

Intensity: Medium/high

Coaching Points:

- Encourage use of both feet, head up, push self out of comfort zone
- Head up and constantly **scanning the field**
- **Checking shoulder** before turning, **accelerating into space** (individual ball work)
- Create space by moving ball, defender will naturally follow leaving one side exposed, defenders move when the ball moves
- Look for defender lifting back foot, this is the optimal moment to go past him/her...accelerate, don't delay

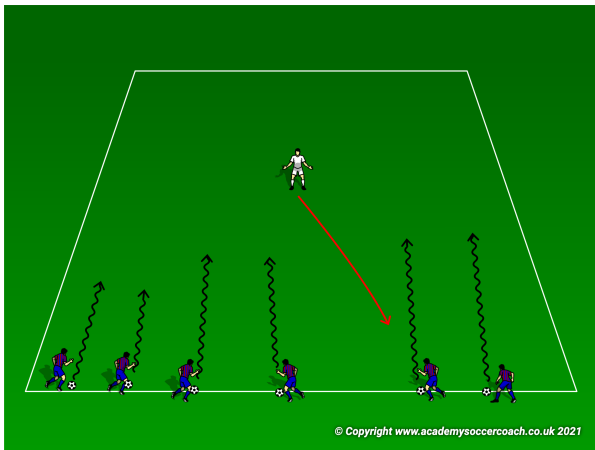
SESSION PLANNER



5 W's

What: Develop 1v1 techniques -attacking and defensive
Who: Entire group
Where: Anywhere on the field
When: 1v1 scenarios attacking space, defending against the dribble
Why: To attack/defend space for self/others

Opposed/Conditioned Technical Drill



Description: All players with a soccer ball with the exception of one player who will be the defender. Players will look to beat the defender and get to the other side. If the defender wins the ball (not just kick it away) the player who lost the ball becomes a defender. If a player dribbles out of bounds they are also a defender. Once all players become defenders the last player who was the attacker starts as the defender. The game starts on the coaches go.

Progression: make the space bigger

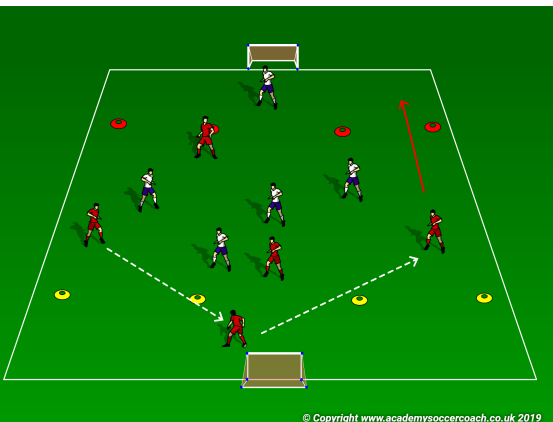
Duration: 15 minutes

Intensity: Medium/high

Coaching Points:

- Head up & scanning the field
- Dribbling moves if required and accelerate
- Accelerate, don't hesitate
- Be clinical

SOG



Description:

Small sided game. Gates can be used to encourage wide play. Have players create a point system by dribbling through the gate or passing through the gate to a teammate

Duration: 20 Mins

Intensity: High

Progression: Take gates away and allow players to play freely while looking to create opportunities to attack in wide areas.

Coaching Points:

- If you see space, use your pace
- If you hit a wall share the ball
- If you see a hit, let it rip