

1v1 Dribbling: Skill/Technique

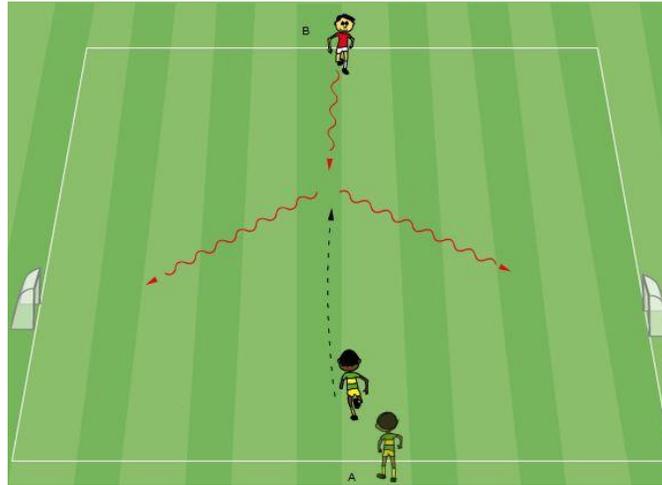
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 15x8m
- 2 goals
- 8 markers
- 4 to 6 players
- Supply of balls.



Coaching Points:

Attacker

1. Controlling touch from B out of feet
2. Be positive and direct when dribbling
3. Dribble at pace towards defender before executing Trick/ Turn.
4. Disguise.
5. Pace after executing Trick/ Turn.

Defender

1. Adapt to the run of the dribbler;
2. Be patient
3. Look to recover by position between attacker and the ball
4. Tackle as last option

Description:

A passes to B then plays 1V1.
B can score in either goal.

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1v1 Dribbling: Skill/Technique

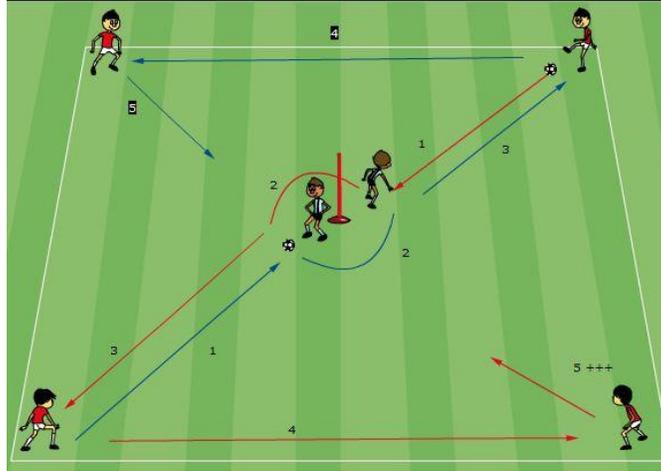
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 10 x 10m
- 4 players in passing position
- 2 players in dribbling position, unopposed
- 1 mannequin
- 4 cones
- 2 balls.



Coaching Points:

Attacker

1. Execute fakes before turning;
2. After turn keep ball on foot that would be furthest away from the defender if chasing you
3. Accelerate away to leave chasing player.

Description:

1. Two players in opposing corner start with the ball.
2. Pass to the middle player who turns and plays the ball to teammate in the opposed corner diagonally.
3. The ball is played across and the same scenario starts again.
4. When the ball has gone back to the first passer for the same central player, change central and outside players.

Progression

1. Use only one ball and apply progressive defending pressure.

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Dribbling & Crossing: Skill/Technique #1a & 1b

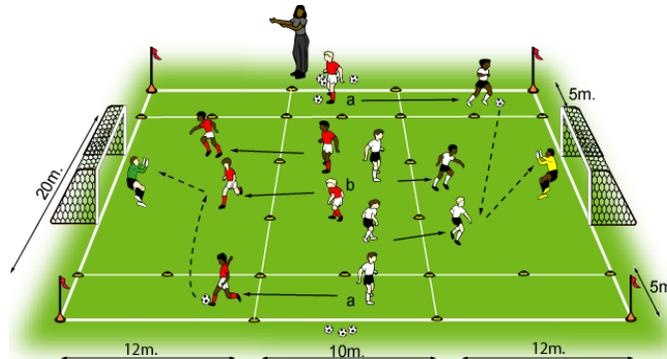
Technique:

Dribbling and Crossing from Wing Channels

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the back half of

Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

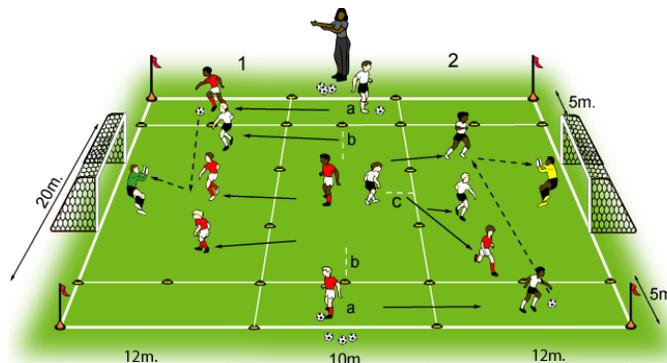
Skill Work:

Dribbling and Crossing from Wing Channels

15 minutes

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- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- As with previous exercise.
- Be composed but efficient
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by changing pace as the defender arrives, cutting back and forward again, using another

Description:

- 1 As with the previous exercise but one of the two resting central attackers from one group becomes a defender in the other group. The action begins when the winger dribbling the ball forward into the end channel and crossing the ball as before. On the winger's second touch the defender, starting at point (b), chases back to try and block the cross, without entering the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross. The central attackers rotate between attempting to score, resting, and acting as a defender in the other group after each cross. After 10 crosses each the wingers switch with two central attackers.
- 2 **Progression:** As above but the defender starts at point (c) on the wingers first touch. This time the winger must decide whether to cross the ball before the defender gets across to block, or, try to create space for the cross by faking/feinting, if the defender does get manage to block the early cross.

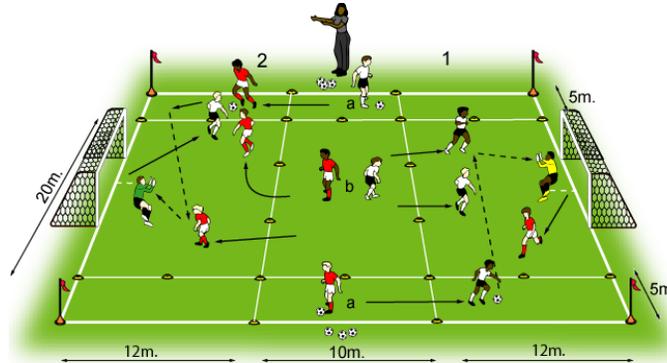
Dribbling & Crossing: Skill/Technique #2

Skill Work (Advanced): Dribbling and Crossing from Wing Channels

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create $\frac{1}{2}$ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.

To be used for the more skilled players. Eliminate Technique Session and add as final progression.

Description:

- 1 As with the previous exercise but this time the defender starts in the middle of the goal and tries to block the cross once the winger has had his /her first touch. Once again the defender cannot enter the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross, or, the nearest attacker moves to support the winger if crossing options are taken away. In this case the winger may:
 - a. Use a dribbling technique to gain space for a cross.
 - b. Attempt a wall pass in order to get space for the cross
 - c. Pass to an attacker who must turn and finish in three touches or less.
 Action continues until shot is taken or ball goes out of play. All player rotations as in previous exercise.

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Dribbling & Crossing: Skill/Technique #1a & 1b

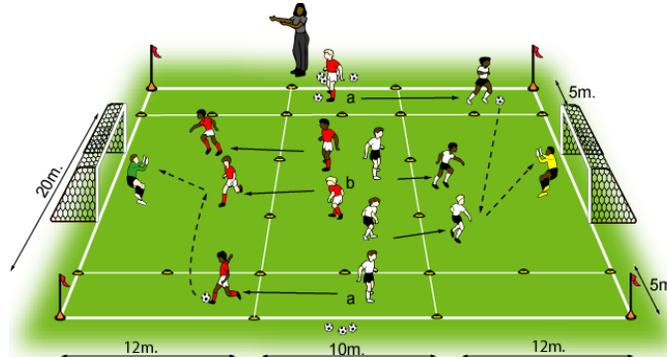
Technique:

Dribbling and Crossing from Wing Channels

20 minutes

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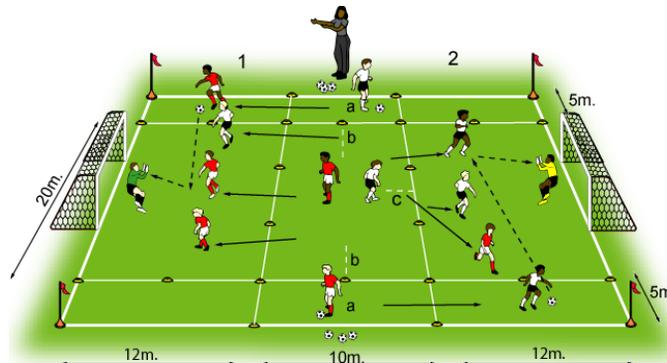
Skill Work:

Dribbling and Crossing from Wing Channels

15 minutes

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Dribbling & Shooting Skill/Technique #1

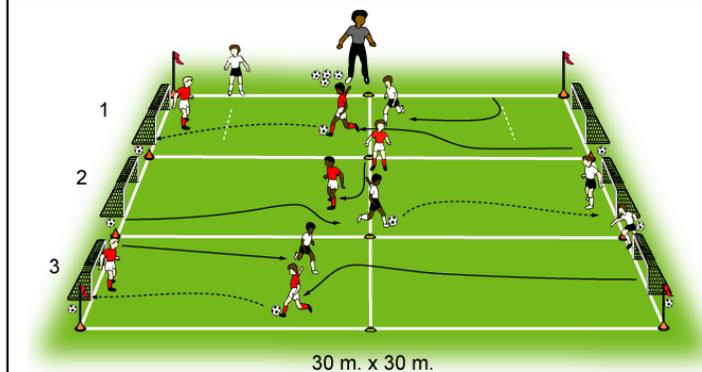
Skill/Technique:

Dribbling and Shooting under pressure of time.

20 minutes

Organization:

- Groups of four working in a playing area of 30x10m.
- A goal at each end
- Markers to indicate the playing areas
- Players rotate between being a defender and an attacker each turn.



Coaching Points:

- Take a long first touch to take space quickly.
- Get head up to see what options you have.
- Cut across the defender when you get past them.
- Protect the ball; keep your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

1. Red player dribbles ball to half way line and shoots at goal. White defender starts 2m ahead but on the far side of the playing area, and tries to take the ball away from red player to score in the red goal. The defender cannot start until the red player takes the first touch towards goal. Once the shot is taken the players switch ends/roles and two new players repeat the process from the opposite end. Repeat 10 times each
2. As above but the defender starts at the halfway line and the attacker has to try and beat them or create space for a shot.
3. As above but the defender starts at the corner by the opposite goal. The attacker has to decide whether to shoot early or beat the defender first.
4. **Variation:** Practice each move with the defender coming from the both sides

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Dribbling & Shooting: Skill/Technique #2

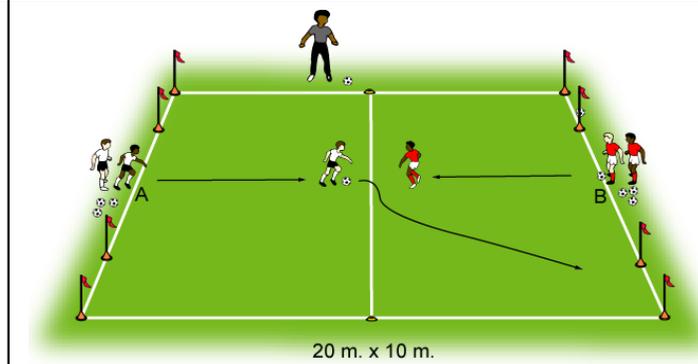
Skill Work:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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