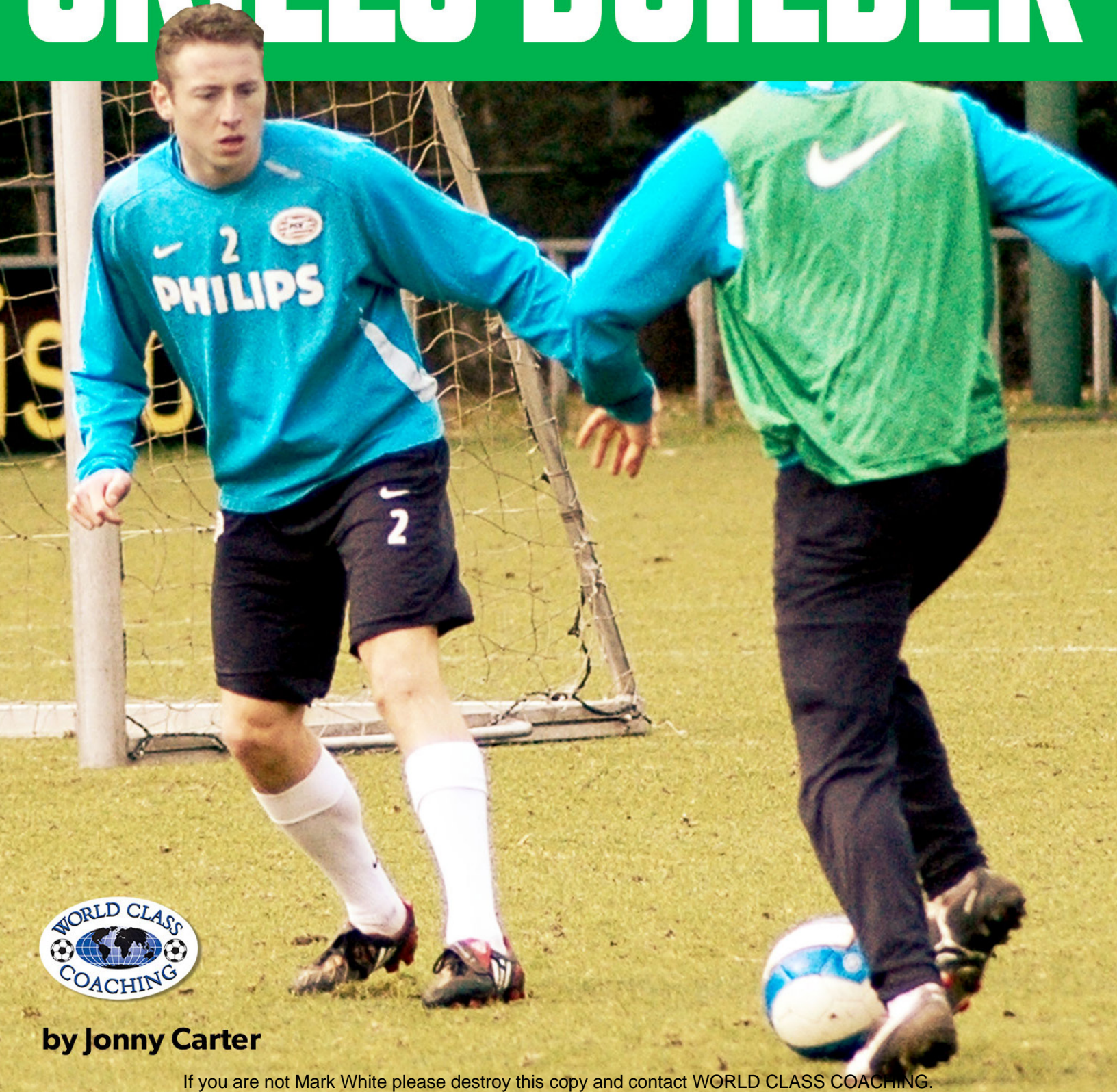


TV1 SOCCER **VOLUME 2** SKILLS BUILDER



by Jonny Carter

1v1 Soccer Skills Builder Volume 2

By

Jonny Carter

Published by

WORLD CLASS COACHING

Soccer Development Project
1-v-1 Soccer Skills Builder

First published November 2020 by

WORLD CLASS COACHING 4015 N 78th Street #120, Scottsdale, AZ 85251

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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*



“Developing highly skillful and intelligent players is a key developmental objective of the Houston Dynamo Academy. The exercises in this manual focus on the theme of the 1-v-1 and developing players that are confident on the dribble, who can use both feet, and who able to change direction effectively. Coach Jonny Carter has put together a strong variety of exercises that will be both enjoyable for the players and helpful for any coach, especially during the early ages and Foundation Phase of U10, U11, U12. Ultimately, when a young player develops the confidence to control, protect, and dominate the ball and the 1-v-1 situation, they will be more equipped and effective when progressing into the other team tactical elements of the game.”

- Houston Dynamo Academy Director
Paul Holocher



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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*

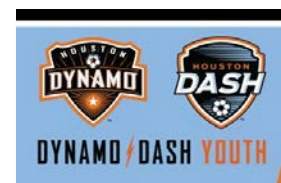


“The 1-v-1 attacking situation is the most exciting and yet fundamental feature of soccer; the cerebral artist that can outwit an opponent with mazy dribbling, lightning speed of movement and a baffling range of skills is a crowd pleaser and first on the coaches’ team selection. At the Dash Academy level, we have a heavy focus on the 1-v-1 discipline and its connection to the wider context of the game, both from an attacking perspective and from a defensive position.

Technical aptitude is one element of the 1-v-1 situation, but the tactical understanding of knowing when and where to be creative is essential learning. Taking repeated different looks at a range of varying game-specific scenarios is necessary for the youth player to thrive through the Academy generations and into the professional ranks.

Your 1-v-1 session planning requirements are covered with the exceptional range of training exercises, game-specific ideas and coaching content included within; enjoy the 1-v-1 Soccer Skills Builder manuals.”

- Houston Dash Academy Director
Mark Gibbs



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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*



*The 1-v-1 training topic is an essential component of the game that is often the difference between success and otherwise. At the youngest age groups the **New Orleans Dynamo** work tirelessly to encourage creative and independent players to be comfortable with the ball and comfortable on the dribble. Being dynamic in the final third and close to the opposition goal is often the game-changer, being able to unlock the processes and organization of your opponent is a magic formula that not all players can command.*

Mastering the 1-v-1 discipline and understanding the tactical decision-making of when to pass and when to dribble is such a massive feature of effective attacking soccer, so much so that early development and later refinement of the craft is essential learning for aspirational players.

Included within these pages are some of the best training activities, suitable and adjustable for multiple abilities, that will allow you to relentlessly coach your players. Whether it is isolating the game-specific 1-v-1 scenario or playing the 'bigger picture' and challenging players to recognize the 1-v-1 moment within the context of the play; these training sessions have everything.

- New Orleans Dynamo Director
Julio Paiz



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Soccer Development Project 1-v-1 Soccer Skills Builder

Summary | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*

The *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* coaching manuals are filled with soccer coaching developmental tool that provides players with an intense, competitive & thrilling training environment

Covered throughout are the necessary ball mastery technical training activities, but more vital than mere technique is the all-important tactical '*decision-making*' training activities that focus heavily on the game's **Key Moments**

Key Moments
In Possession
Loss of Possession Atk > Def
Out of Possession
Regain Possession Def > Atk

When & Where to utilize your range of skills is focused on and heavily highlighted

Each training block builds upon the foundations laid during the previous phase of the training session to help positive players understand and be successful during the individual duels of the 1-v-1 attacking situations

The *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* further references those individual skills & game-play understanding moments explaining how to integrate these themes into the **Group Tactics** beyond the **1-v-1** scenario and into the **2-v-2** & **3-v-3** attacking situations to goal



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Summary | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*

The training traits explored through the *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* can be...

Training Traits	
Ball Familiarity	<i>Closer control with rapid technical improvement & two-footed skill development</i>
Soccer-Specific Vision	<i>Increased field scanning & spatial awareness abilities</i>
Talent Development	<i>Greater range of 1-v-1 moves to penetrate on the dribble</i>
Soccer-Specific Athleticism	<i>Superior balance for greater disguise & capacity to be 'unpredictable'</i>
Winning Mentality	<i>Cultivating players who represent themselves with confidence & integrity</i>
Scoring Goals	<i>Maximizing talent & opportunity to the greatest effect for the team & the individual player</i>

Each of the 10 full 90minute training sessions cover 4 phases...

Session Planning	
Warm Up & Activation Ball Mastery & SA&Q	<i>Arrival & Homework 10mins</i>
Technical Training High Repetition – Low Pressure	<i>15mins</i>
Game Related Skill Training	<i>20mins</i>
Game Specific	<i>25mins</i>
Conditioned Match Play	<i>25mins</i>
Cool Down & De-Activation Analysis & Review	<i>Depart & Homework 10mins</i>

Along with 2 **Bonus Small Sided Game** training activities per volume the *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* coaching manual series provides endless training ideas for youth players to pro players on this essential 1-v-1 training theme

84 descriptive session plan diagrams included between the two books easily demonstrate how to run your next elite training session with unrivaled success

Never run out of 1-v-1 training situations ever again

1-v-1 Skills = Goals = Success



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1-v-1 Soccer Skills Builder

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1-v-1 Soccer Skills Builder

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About the Author



Jonny Carter

'A' License

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Coaching Resumé

Houston Dynamo Juniors Louisiana
Talent Development Program | TDP Director

Former Coach Education Manager for Chicago Fire
Juniors

Former Chicago Fire Juniors Emerging Talent
Head Coach 2003 Girls | 2005 Girls | 2007 Boys

Former Chicago Fire Juniors Short Course Design

Former Chicago Fire Residential Camp
Head Coach | Curriculum Design & Development



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World Class Coaching Publications

Tactical Soccer Coaching | Volume I & II

Coaching the Principles of Soccer
Attack & Defense

Chelsea FC 3-4-3 | Antonio Conte

Conquering Your Next Coaching Course

Pro Academy Training Sessions &
Pro Academy Session Plans

Coaching Possession with a Purpose
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Session Plan #6



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1-v-1 Soccer Skills Builder | Session Plan #6

Skill Moves 1-v-1 Chase the Ace | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves 1-v-1 Chase the Ace

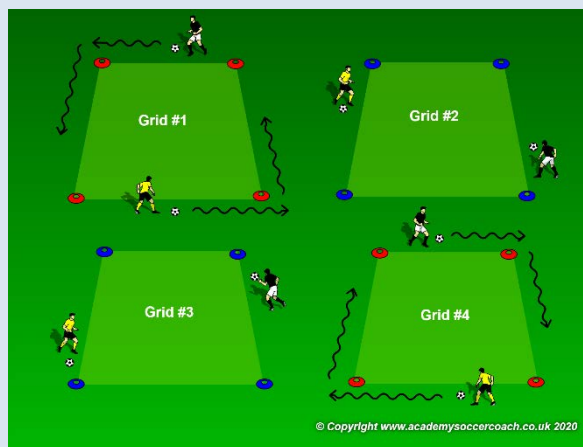
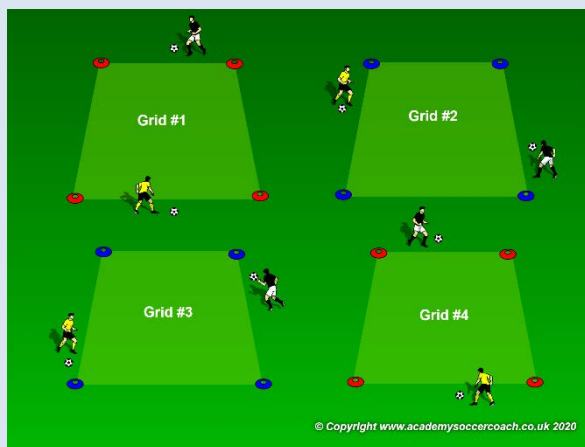
- 5yrds x 5yrds | 10yrds x 10yrds Grid
- 1 BLACK Attacker -v- 1 YELLOW Defender | 1 ball each
- 1 BLACK Attacker dribbles around the outside of the Grid – Any direction
- 1 YELLOW Defender follows & tries to tag the BLACK Attacker
- Rotate Attackers & Defenders
- Rotate opponents Winners versus Winners

Skill Moves

- Step Over
- Drag Circle
- Cut Circle
- Cruyff
- L-Turn
- V- Move

Field Plan |

Skill Moves 1-v-1 Chase the Ace



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #6

Diamond Dribbler | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

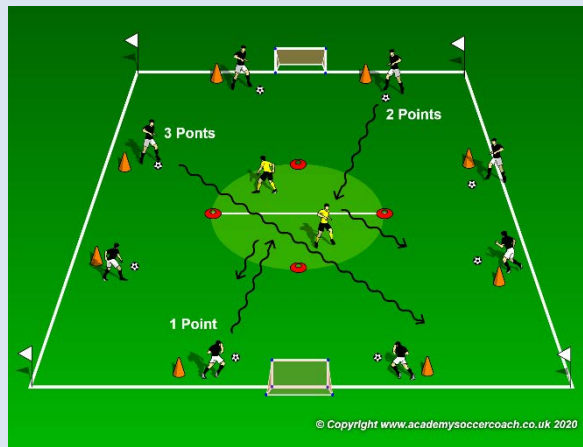
Set Up |

Diamond Dribbler

- 20yds x 20yds Grid | 5yds *Diamond* in middle of the Grid
- BLACK Attackers with a ball each evenly spread around the edge of the Grid
- 2 YELLOW Defenders conditioned inside the *Diamond*
- BLACK Attackers dribble ball into & out of the *Diamond* | All BLACK Attackers dribble at the same time
- Exit same side 1 point | Exit either side left or right 2 Points | Exit opposite side 3 points
- BLACK Attacker reset to any vacant cone on the edge of the Grid
- If 2 YELLOW Defenders touch the BLACK Attackers ball BLACK score goes to zero | If 2 YELLOW Defenders win possession of the BLACK ball & play to mini counter goals = BLACK eliminated from the round
- Play continuous for 90seconds | Rotate 2 YELLOW Defenders

Field Plan |

Diamond Dribbler



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #6

4 Way Dribble Gates | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

4 Way Dribble Gates

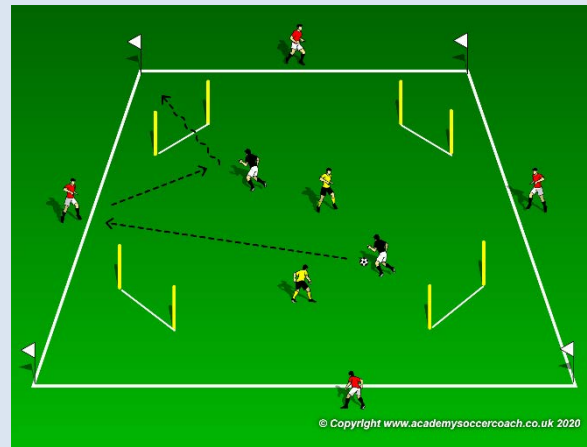
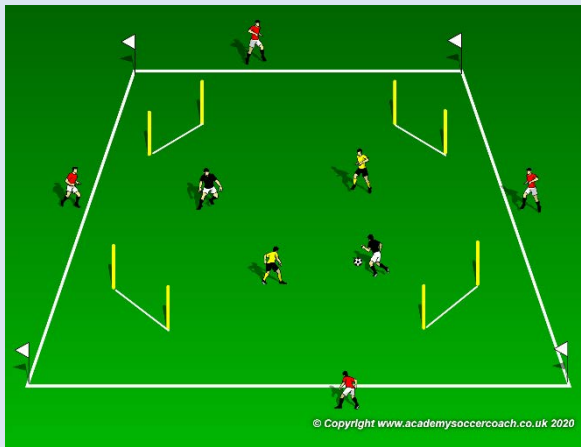
- 25yds Wide x 25yds Long | 4 *Dribble Gates* set up inside the Grid | 3yds wide
- 2 BLACK Players -v- 2 YELLOW Players inside | 2-v-2 or 3-v-3
- 4 RED Neutral Players outside each side of the Grid | 4 RED Neutral Players conditioned to play with the team in possession
- Objective to secure possession of the ball & dribble through any 4 *Dribble Gates* in any direction = 1 point
- Play continuously | No set pieces | Restart dead balls with another ball played in quickly
- Play to team score of 18 then switch teams & team-mates

Prog >

- Play 3-v-3 on inside

Field Plan |

4 Way Dribble Gates



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #6

4 Way Dribble Gates + GK's | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

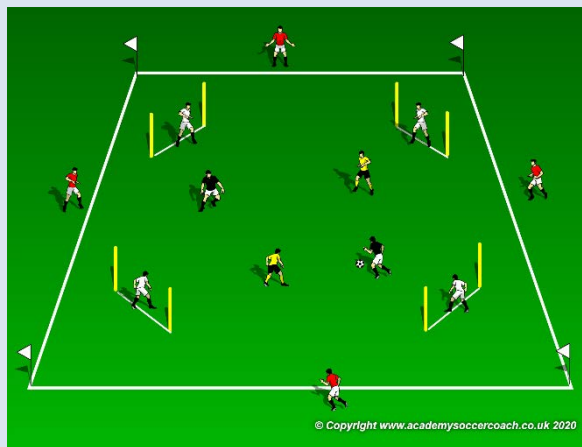
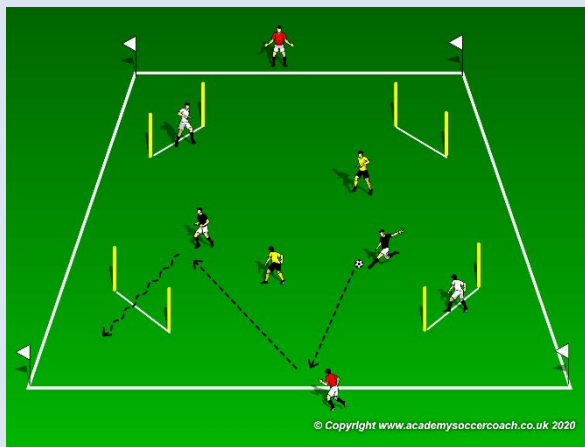
4 Way Dribble Gates + GK's

- 25yds Wide x 25yds Long | · 4 *Dribble Gates* set up inside the Grid | 3/5/6yds wide Gates
- 2 BLACK Players -v- 2 YELLOW Players inside | 2-v-2 or 3-v-3 or 4-v-4
- 2-4 RED Neutral Players outside each side of the Grid | · 2-4 RED Neutral Players conditioned to play with the team in possession
- Objective to secure possession of the ball & dribble through any 4 *Dribble Gates* in any direction
- Dribble empty Gate = 1 point | Dribble GK occupied Gate = 5pts | Shoot or Pass through Gate = 3pts
- Play continuously | No set pieces | Restart dead balls with another ball played in quickly
- Play to team score of 21 then switch teams & team-mates

Prog > · Play 3-v-3 on inside | GK's in all Gates | Reduced RED Neutral Players

Field Plan |

4 Way Dribble Gates + GK's



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves 1-v-1 Chase the Ace

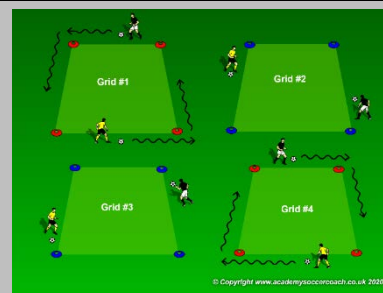
- 5yrds x 5yrds | 10yrds x 10yrds Grid
- 1 BLACK Attacker -v- 1 YELLOW Defender | 1 ball each
- 1 BLACK Attacker dribbles around the outside of the Grid
- 1 YELLOW Defender follows & tries to tag the BLACK

1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Field Plan



Time | 15mins

Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Diamond Dribbler

- BLACK Attackers with a ball each evenly spread around the edge of the Grid
- 2 YELLOW Defenders conditioned inside the *Diamond*
- BLACK Attackers dribble ball into & out of the *Diamond* | All BLACK Attackers dribble at the same time
- Exit same side 1 point | Exit either side left or right 2 Points | Exit opposite side 3 points
- BLACK Attacker reset to any vacant cone on the edge of the Grid

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Field Plan



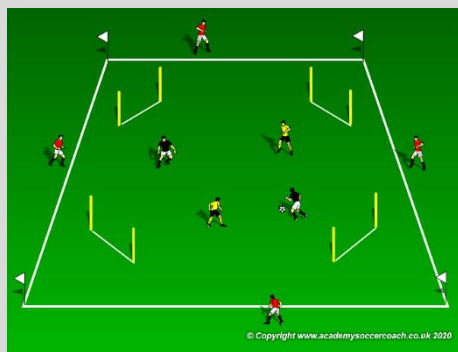
Time | 20mins

Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

4 Way Dribble Gates

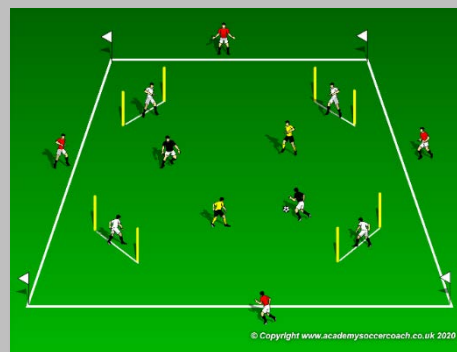
- 2 BLACK Players -v- 2 YELLOW Players inside | 2-v-2 or 3-v-3
- Objective to secure possession of the ball & dribble through any 4 *Dribble Gates* in any direction = 1 point



Time | 25mins

4 Way Dribble Gates + GK's

- 2 BLACK Players -v- 2 YELLOW Players inside | 2-v-2
- Objective to secure possession of the ball & dribble through any 4 *Dribble Gates* in any direction



Time | 25mins



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Session Plan #7



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Skill Moves 1-v-1 Collect on the Dribble | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves 1-v-1 Collect on the Dribble

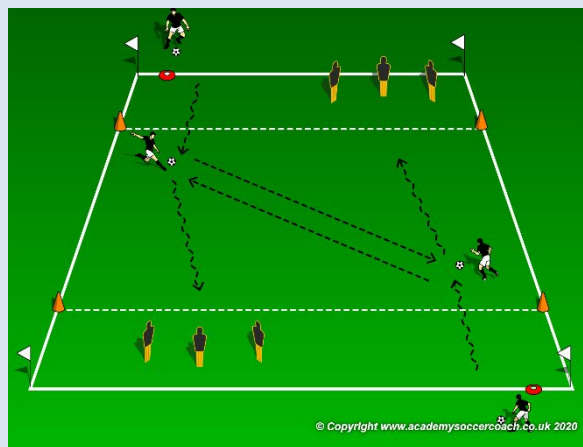
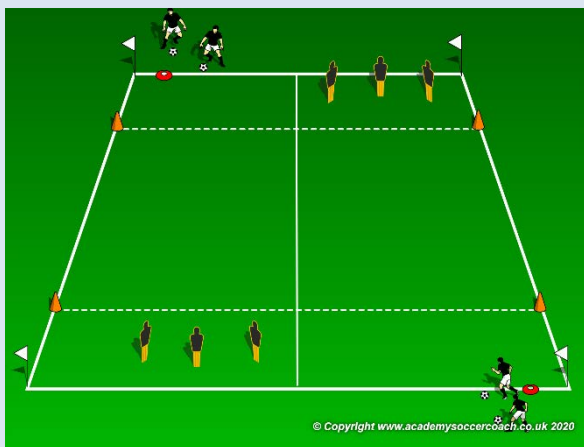
- 20yds Wide x 30yds Long Grid
- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the mannequin
- Rotate back to the opposite line
- Relocate Left & Right side to view different passing angle

Skill Moves

- Step Over
- Drag Circle | · Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves 1-v-1 Collect on the Dribble



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #7

Skill Moves 1-v-1 Collect on the Dribble -v- Defender to an End Line | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

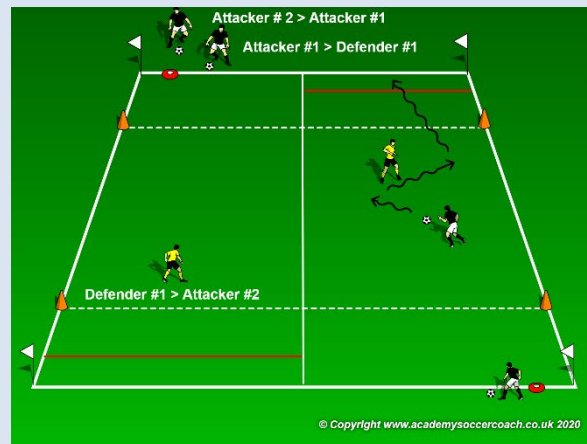
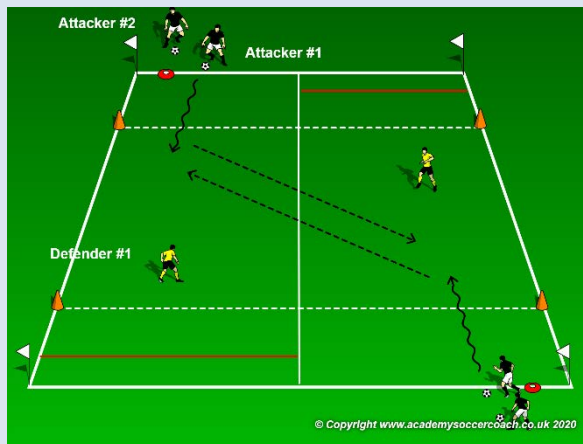
Set Up |

Collect on the Dribble -v- Defender to an End Line

- 20yds Wide x 30yds Long Grid
- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the Defender 1-v-1 to stop the ball on or over the Red End Line
- If YELLOW Defender wins possession of the ball counterattack to opposite End Line
- Rotate back to the opposite line
- Attacker # 1 > Defender #1 | Defender #1 > Attacker #2 | Attacker #2 > Attacker #1
- Relocate Left & Right side to view different passing angle

Field Plan |

Collect on the Dribble -v- Defender to an End Line



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #7

Collect on the Dribble to Goal | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

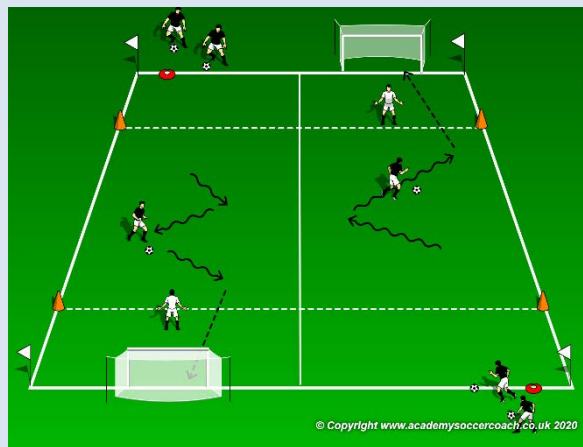
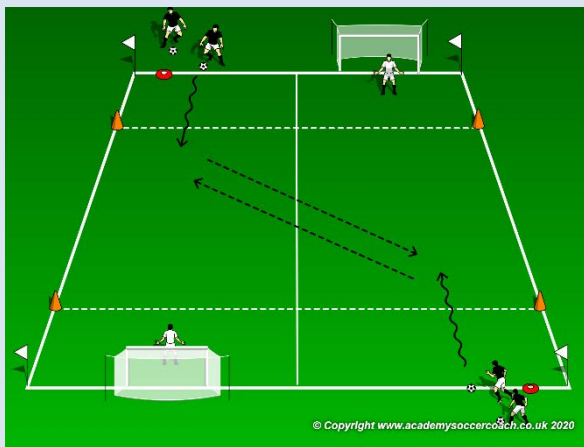
Set Up |

Collect on the Dribble to Goal

- 20yds Wide x 30yds Long Grid
- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the GK 1-v-1 to score
- Rotate back to the opposite line
- Relocate Left & Right side to view different passing angle

Field Plan |

Collect on the Dribble to Goal



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Collect on the Dribble to Goal 2-v-1 + GK | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

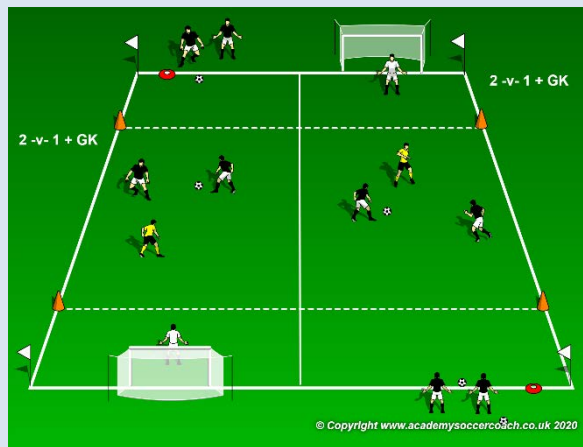
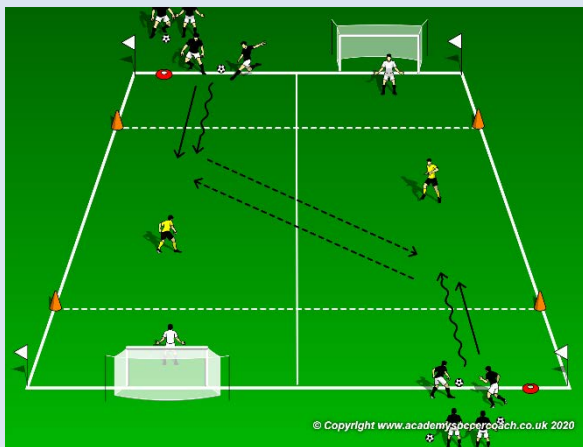
Set Up |

Collect on the Dribble to Goal 2-v-1 + GK

- 20yds Wide x 30yds Long Grid
- 2 Pairs start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the Defender 2-v-1 + GK to score on Goal
- If YELLOW Defender wins possession of the ball counterattack to opposite End Line
- Rotate back to the opposite line
- Attacker # 1 > Defender #1 | Attacker # 2 > GK | Defender #1 Attacker #1 | GK > Attacker #2
- Relocate Left & Right side to view different passing angle

Field Plan |

Collect on the Dribble to Goal 2-v-1 + GK



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves 1-v-1 Collect on the Dribble

- 20yds Wide x 30yds Long Grid
- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the mannequin
- Rotate back to the opposite line
- Relocate Left & Right side to view different passing angle

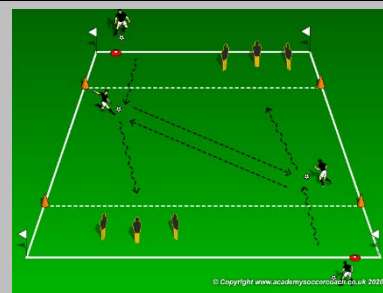
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Collect on the Dribble -v- Defender to an End Line

- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the Defender 1-v-1 to stop the ball on or over the Red End Line
- Rotate back to the opposite line
- Attacker # 1 > Defender #1 | Defender #1 > Attacker #2 | Attacker #2 > Attacker #1

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

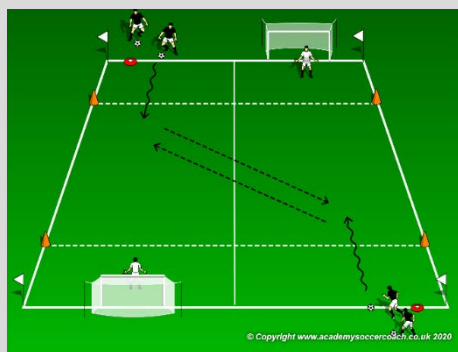


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

Collect on the Dribble to Goal

- 2 Players start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the GK 1-v-1 to score



Time | 25mins

Collect on the Dribble to Goal 2-v-1 + GK

- 2 Pairs start at the same time | Dribble forward 6yds | Pass diagonally to team-mate | Receive diagonal pass from team-mate
- Collect the ball on the dribble & beat the Defender 2-v-1 + GK



Time | 25mins



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Session Plan #8



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Skill Moves Dribble Grid | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Dribble Grid

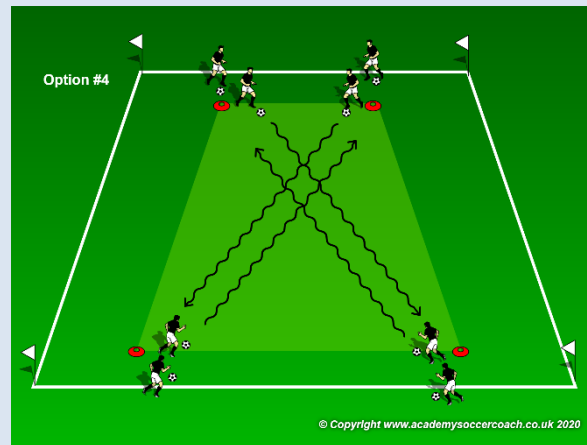
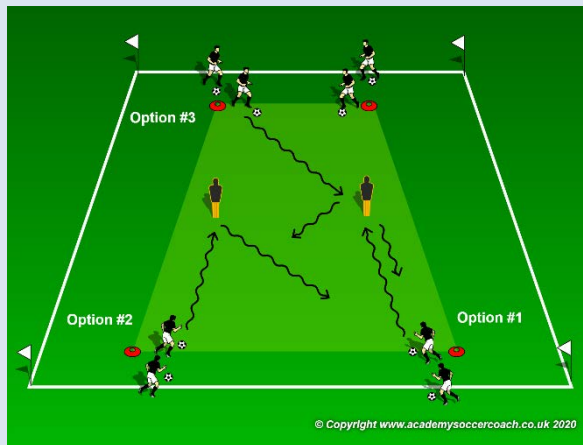
- 12yds Wide x 20yds Long Grid | Mannequin at halfway
- 8 Players per Grid | 1 ball per Player
- Option #1 | Dribble forward turn straight back
- Option #2 | Dribble forward negative turn to adjacent corner
- Option #3 | Dribble diagonal positive turn to opposite corner
- Option #4 | 4 Players Dribble on the diagonal across the Grid putting 4 Players in the middle of the Grid at the same time | Don't crash, don't lose your ball

Skill Moves

- Step Over
- Drag Circle | · Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves Dribble Grid



Time | 15minutes

Coaching Points |

- Small touches & Slow | Big touches & Quick
- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Skill Moves 1-v-1 Recovery Run | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

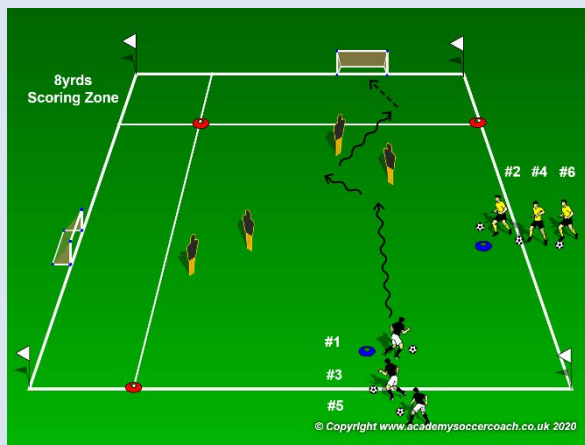
Set Up |

1-v-1 Recovery Run

- 25yds Wide x 25yds Long Grid
- 8yds Scoring Zone in front of each goal | Must be inside the Scoring Zone to score
- BLACK Players -v- YELLOW Player lined up at 90 degrees | Target goals straight ahead of each group
- BLACK #1 Dribbles into Scoring Zone & scores
- YELLOW #2 Dribbles when BLACK #1 enters Scoring Zone
- BLACK #1 Recovers to Defend YELLOW #2
- BLACK #3 Dribbles when YELLOW #2 enters Scoring Zone
- YELLOW #2 Recovers to Defend BLACK #3
- If Defender wins possession Dribble to your line for a bonus point
- Play continuous

Field Plan |

1-v-1 Recovery Run



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Skill Moves 1-v-1 Recovery Run + GK | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

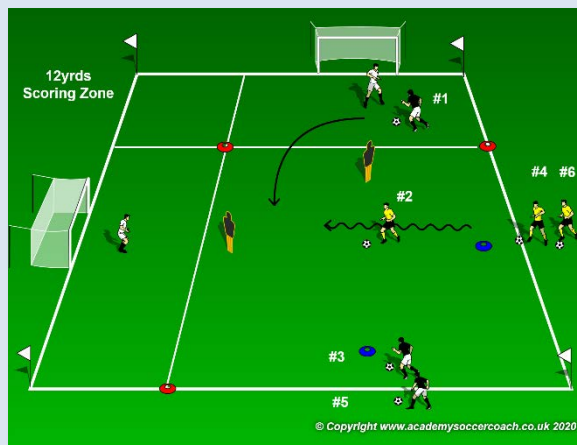
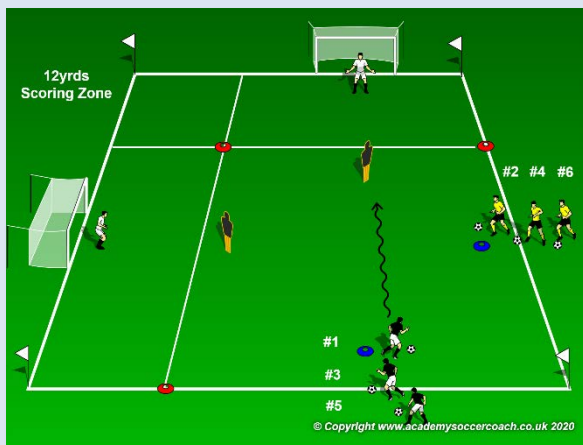
Set Up |

1-v-1 Recovery Run + GK

- 25yds Wide x 25yds Long Grid
- 12yds Scoring Zone in front of each goal | Must be inside the Scoring Zone to score
- BLACK Players -v- YELLOW Player lined up at 90 degrees | Regulation Goal + GK straight ahead of each group
- BLACK #1 Dribbles into Scoring Zone & scores
- YELLOW #2 Dribbles when BLACK #1 enters Scoring Zone
- BLACK #1 Recovers to Defend YELLOW #2
- BLACK #3 Dribbles when YELLOW #2 enters Scoring Zone
- YELLOW #2 Recovers to Defend BLACK #3
- If Defender wins possession attack opposition Goal + GK
- Play continuous

Field Plan |

1-v-1 Recovery Run + GK



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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4-v-4 + 4 Attacking Wingers | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

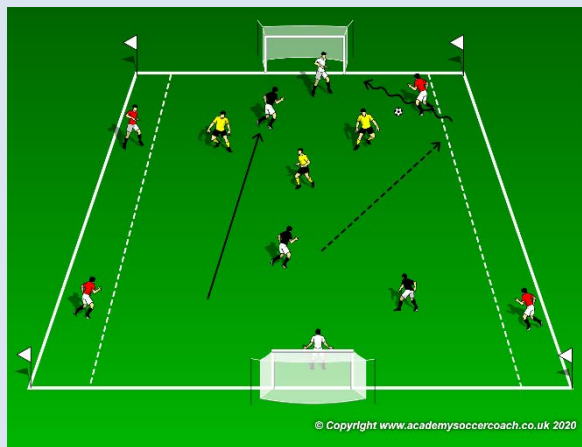
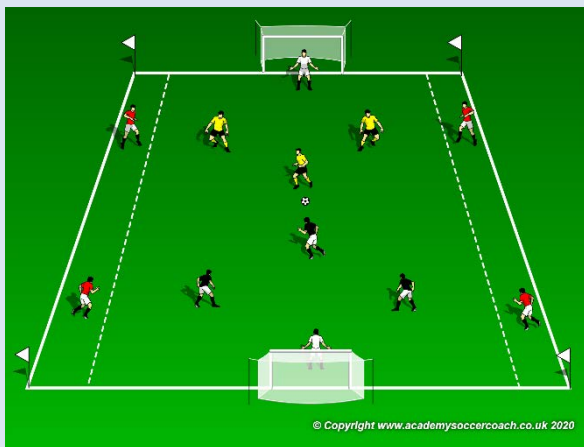
Set Up |

4-v-4 + 4 Attacking Wingers

- 25yds Wide x 35yds Long Grid | 3yrd Side Zone full length of the field
- 3 BLACK Players + GK -v- 3 YELLOW Players + GK
- 4 RED Neutral Players conditioned to Side Zone | 4 RED Neutral Players play with the team in possession
- 4 RED Neutral Players Unopposed | Opposed on 1st Touch | Opposed
- Objective to secure possession of the ball & play directional to opposition Goal + GK
- 4 RED Neutral Players can Dribble into the field & join the attack in possession
- Restart dead balls from 4 RED Neutral Players or GK
- Play intense short game | 6mins then rotate team-mates

Field Plan |

4-v-4 + 4 Attacking Wingers



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed

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1-v-1 Soccer Skills Builder | Session Plan #8

Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Dribble Grid

- 8 Players per Grid | 1 ball per Player
- Option #1 | Dribble forward turn straight back
- Option #2 | Dribble forward negative turn to adjacent corner
- Option #3 | Dribble diagonal positive turn to opposite corner
- Option #4 | 4 Players Dribble on the diagonal across the Grid putting 4 Players in the middle of the Grid at the same time | Don't crash, don't lose your ball

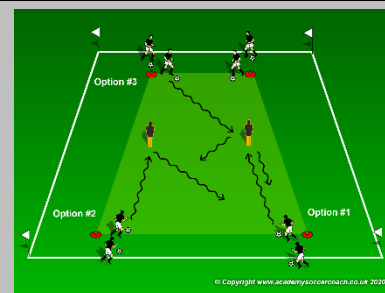
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

1-v-1 Recovery Run

- 8yds Scoring Zone in front of each goal | Must be inside the Scoring Zone to score
- BLACK Players -v- YELLOW Player lined up at 90 degrees | Target goals straight ahead of each group
- BLACK #1 Dribbles into Scoring Zone & scores
- YELLOW #2 Dribbles when BLACK #1 enters Scoring Zone
- BLACK #1 Recovers to Defend YELLOW #2

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

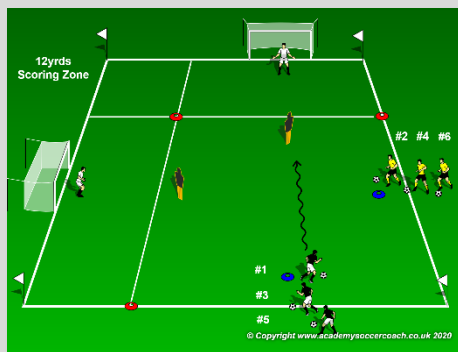


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 Recovery Run + GK

- BLACK #1 Dribbles into Scoring Zone & scores
- YELLOW #2 Dribbles when BLACK #1 enters Scoring Zone
- BLACK #1 Recovers to Defend YELLOW #2



Time | 25mins

4-v-4 + 4 Attacking Wingers

- 3 BLACK Players + GK -v- 3 YELLOW Players + GK
- 4 RED Neutral Players conditioned to Side Zone
- 4 RED Neutral Players can Dribble into the field



Time | 25mins



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Session Plan #9



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1-v-1 Soccer Skills Builder | Session Plan #9

Skill Moves Color Corners | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Color Corners

- 20yds Wide x 20yds Long Grid | 4yds Square in each corner
- 3 Players per 4yds Square | 1 ball per Player
- Coach commands a Color group & commands a Corner
- Assigned Color group Dribbles to assigned Corner
- Avoid the traffic | Don't crash. Don't lose your ball

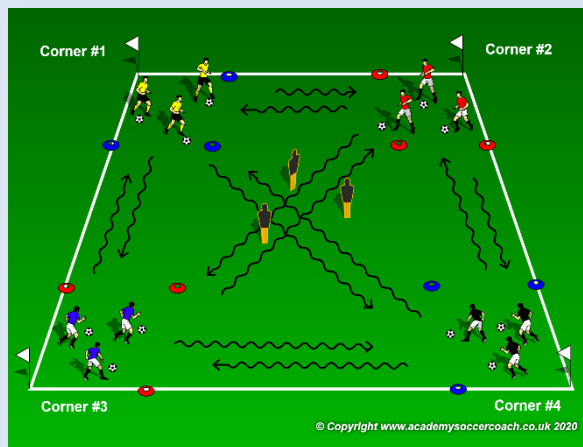
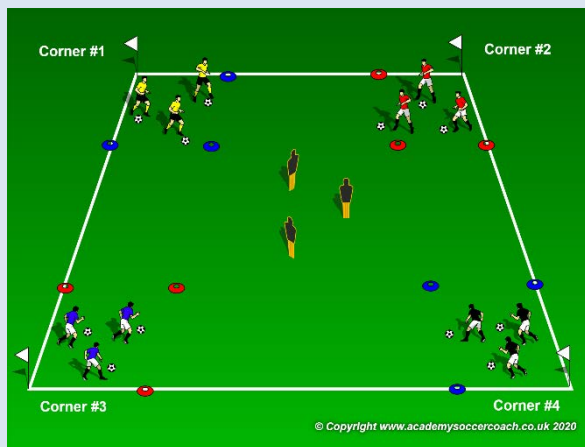
Skill Moves

- Step Over
- Drag Circle | · Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Prog > Command multiple groups to multiple Corners

Field Plan |

Skill Moves Color Corners



Time | 15minutes

Coaching Points |

- Small touches & Slow | Big touches & Quick
- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Skill Moves 1-v-1 Double Goal | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up |

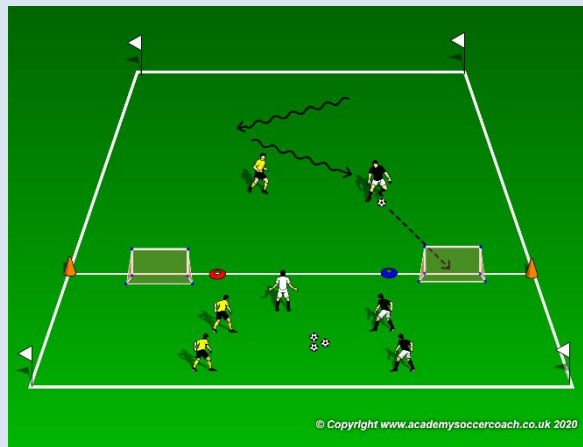
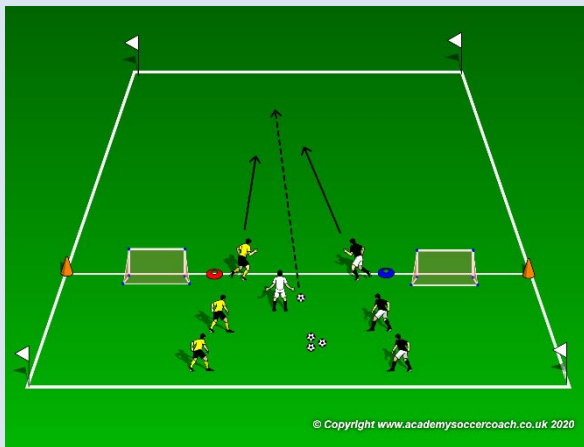
1-v-1 Double Goal

- 15yds Wide x 20yds Long Grid
- 2 Mini Switch Goals on base line | No GK's
- 1 BLACK Player -v- 1 YELLOW Player | 1-v-1
- Start by COACH playing a neutral ball into the field
- 1-v-1 | Objective to secure possession of the ball | Score on either base line Mini Switch Goal
- Restart dead balls from COACH
- Rotate opponents Winners versus Winners

Prog > Play 2-v-2 | 3-v-3

Field Plan |

1-v-1 Double Goal



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Skill Moves 1-v-1 Double Goal + GK | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

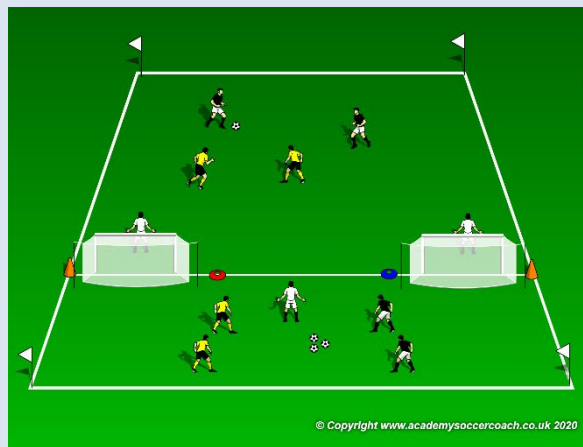
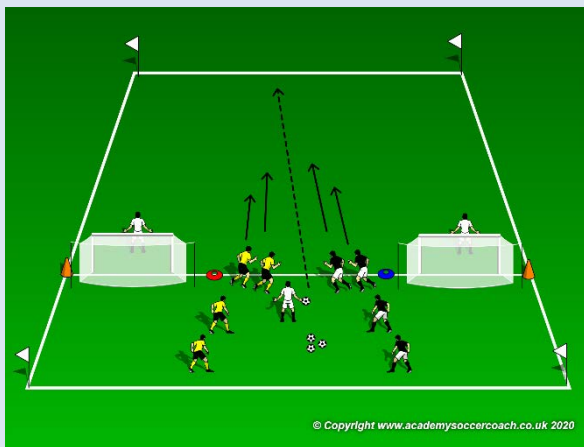
Set Up |

1-v-1 Double Goal + GK

- 18yrds Wide x 22yrds Long Grid
- 2 Regulation Goals + GK on base line
- 1 | 2 BLACK Players -v- 1 | 2 YELLOW Players | 1-v-1 | 2-v-2 | 3-v-3
- Start by COACH playing a neutral ball into the field
- 1-v-1 | 2-v-2 | 3-v-3 | Objective to secure possession of the ball | Score on either Goal + GK
- Restart dead balls from COACH
- Rotate opponents Winners versus Winners

Field Plan |

1-v-1 Double Goal + GK



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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4-v-4 + Target Man | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

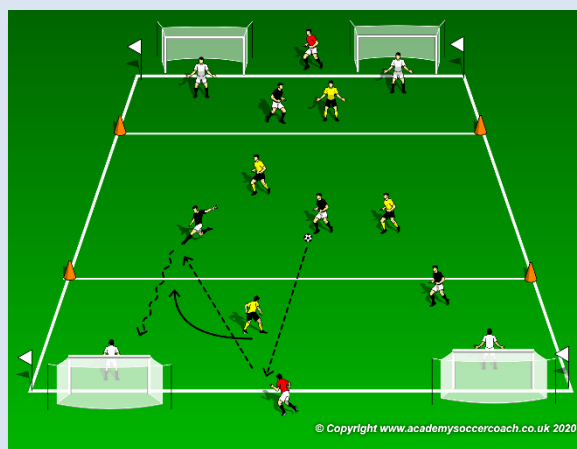
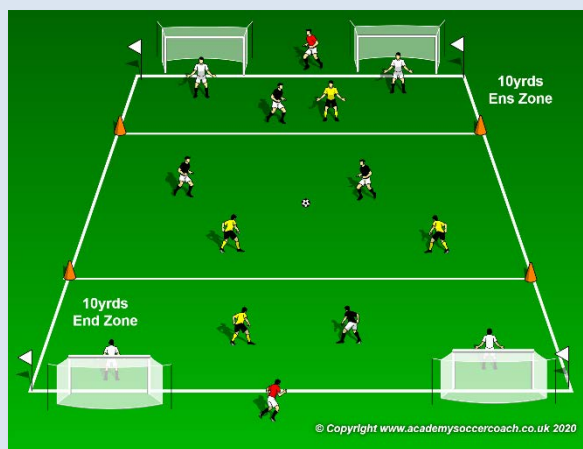
Set Up |

4-v-4 + Target Man

- 25yds Wide x 35yds Long Grid | 2 Regulation Switch Goals + GK's
- 10yds End Zone – Scoring Zone | Must be inside End Zone – Scoring Zone to score
- 4 BLACK Players -v- 4 YELLOW Players
- 2 RED Neutral Players conditioned behind each end line
- 2 RED Neutral Players play with the team in possession
- 2 RED Neutral Players Unopposed | Opposed on 1st Touch | Opposed
- Objective to secure possession of the ball & play directional to opposition Switch Goals + GK
- Restart dead balls from appropriate 2 RED Neutral Players or GK
- Play intense short game | 6mins then rotate team-mates

Field Plan |

4-v-4 + Target Man



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed

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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Color Corners

- 20yds Wide x 20yds Long Grid | 4yds Square in each corner
- 3 Players per 4yds Square | 1 ball per Player
- Coach commands a Color group & commands a Corner
- Assigned Color group Dribbles to assigned Corner
- Avoid the traffic | Don't crash. Don't lose your ball

1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

1-v-1 Double Goal

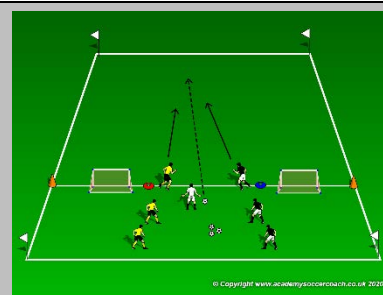
- 15yds Wide x 20yds Long Grid
- 2 Mini Switch Goals on base line | No GK's
- 1 BLACK Player -v- 1 YELLOW Player
- Start by COACH playing a neutral ball
- Objective to secure possession of the ball | Score on either base line Mini Switch Goal
- Restart dead balls from COACH
- Rotate opponents Winners versus Winners

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

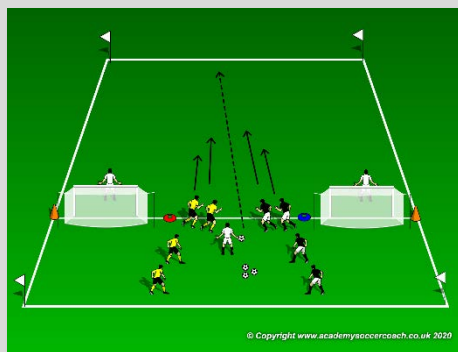


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 Double Goal + GK

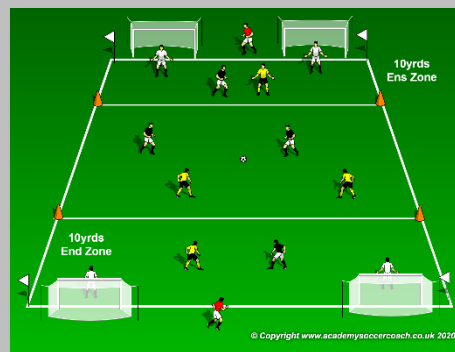
- 2 Regulation Goals + GK on base line
- 1 | 2 BLACK Players -v- 1 | 2 YELLOW Players
- Objective to secure possession of the ball | Score on either Goal



Time | 25mins

4-v-4 + Target Man

- 10yds End Zone | Must be inside End Zone to score
- 4 BLACK Players -v- 4 YELLOW Players
- 2 RED Neutral Players conditioned behind each end line

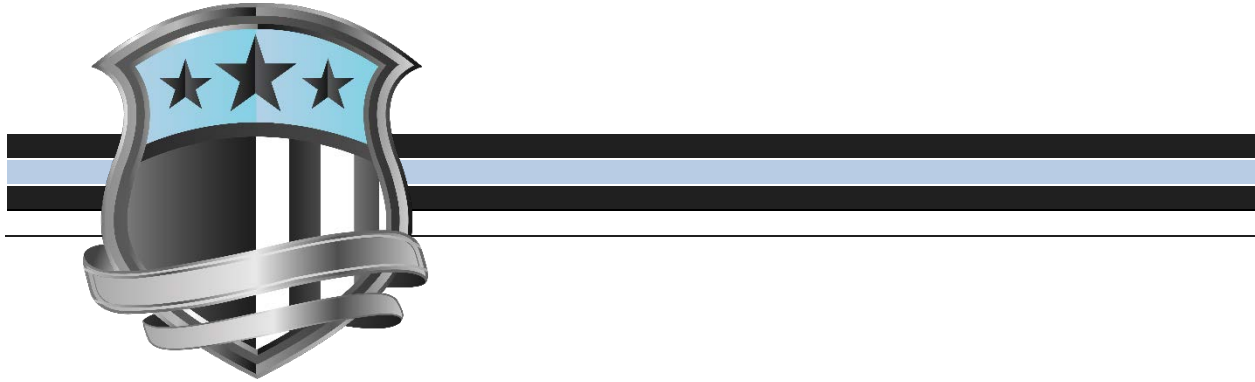


Time | 25mins



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Session Plan #10



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Skill Moves Traffic Dribbling | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Traffic Dribbling

- 20yds Wide x 20yds Long Grid | Grid Split into 4 Quarters
- 3 BLACK Players inside | 3 YELLOW Players inside
- 1 ball per inside Player
- Inside players must Dribble over 1 halfway line the pass out to a team-mate on the outside
- Outside players Dribble inside
- Inside Players replace the outside Players

Prog >

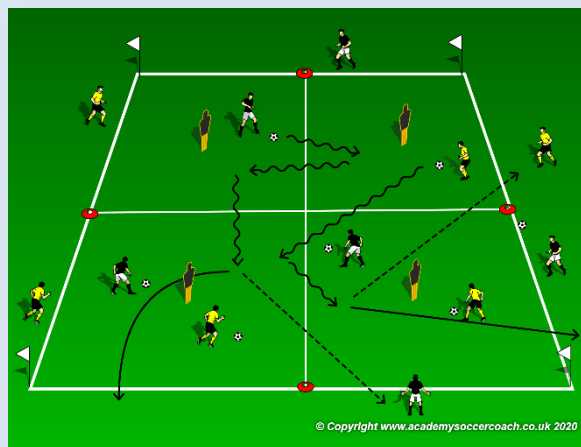
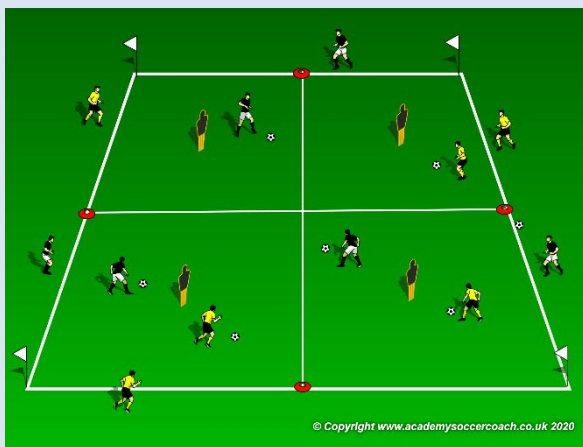
- Dribble over 2 halfway lines
- Dribble over 3 + halfway lines

Skill Moves

- Step Over
- Drag Circle | · Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves Traffic Dribbling



Time | 15minutes

Coaching Points |

- Small touches & Slow | Big touches & Quick
- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Skill Moves 5-v-5 Halfway Other Way | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

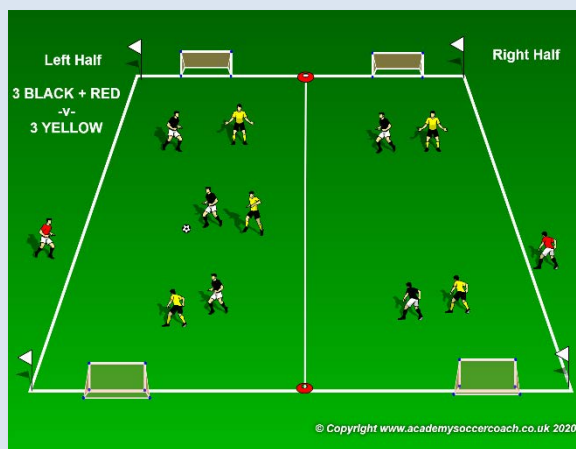
Set Up |

Halfway Other Way

- 25yds Wide x 35yds Long Grid | 2 Mini Switch Goals on each end line | No GK's
- Halfway line drawn North to South | Left Half & Right Half
- 5 BLACK Players -v- 5 YELLOW Players | 2-1-2 System of Play
- 2 Left Players & 2 RIGHT Players conditioned to play in their half only | 2 #6 Center Midfield unconditioned
- 2 RED Neutral Players conditioned behind each sideline
- 2 RED Neutral Players play with the team in possession | 2 RED Neutral Players Unopposed | Opposed on 1st Touch | Opposed
- Objective to secure possession of the ball & play directional to opposition Mini Switch Goals
- Restart dead balls from appropriate 2 RED Neutral Players

Field Plan |

Halfway Other Way



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed

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Skill Moves 5-v-5 Halfway Other Way + GK | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

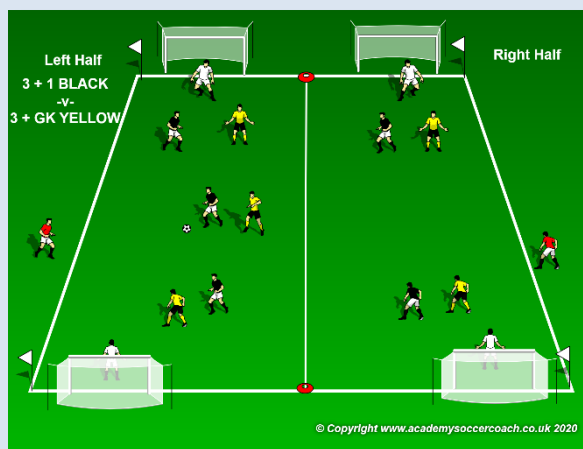
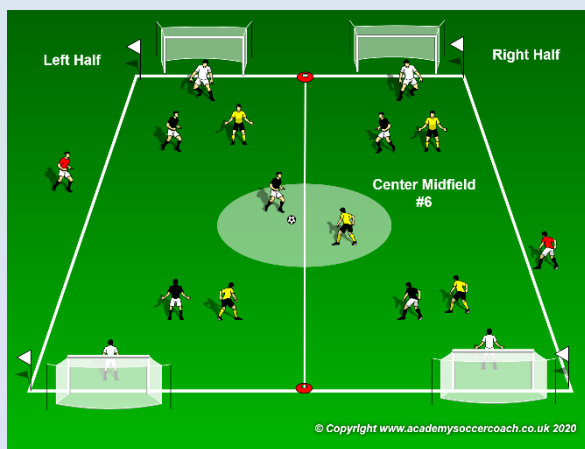
Set Up |

Halfway Other Way + GK

- 25yds Wide x 35yds Long Grid | 2 Regulation Switch Goals + GK's on each end line
- Halfway line drawn North to South | Left Half & Right Half
- 5 BLACK Players -v- 5 YELLOW Players | 2-1-2 System of Play
- 2 Left Players & 2 RIGHT Players conditioned to play in their half only | 2 #6 Center Midfield unconditioned
- 2 RED Neutral Players conditioned behind each sideline
- 2 RED Neutral Players play with the team in possession | 2 RED Neutral Players Unopposed | Opposed on 1st Touch | Opposed
- Objective to secure possession of the ball & play directional to opposition Regulation Switch Goals + GK
- Restart dead balls from appropriate GK

Field Plan |

Halfway Other Way + GK



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Jelly Leg Dribbler | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

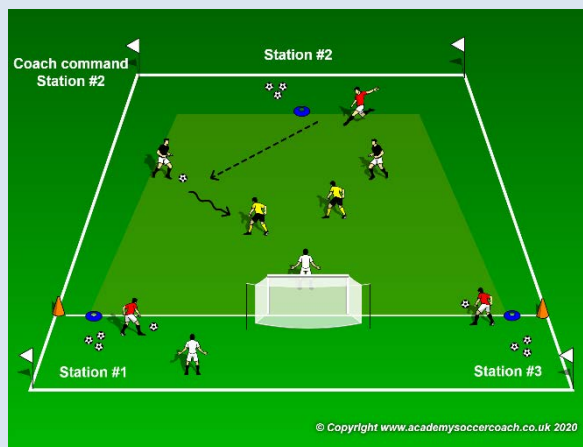
Set Up |

Jelly Leg Dribbler

- 25yds Wide x 20yds Long Grid | Regulation Goal + GK on base line
- 2 BLACK Players -v- 2 YELLOW Players inside the Grid | 3-v-3
- 3 RED Neutral Players at Station #1 | Station #2 | Station #3
- 3 RED Neutral Players play with the team in possession
- Coach command a Station number & a neutral random ball is played into the Grid
- Objective to secure possession of the ball & score on Goal + GK
- Restart dead balls from new coach command
- Play intense short game | 12 balls then rotate team-mates | Keep score

Field Plan |

Jelly Leg Dribbler



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
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1-v-1 Soccer Skills Builder | Session Plan #10

Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Traffic Dribbling

- 20yds Wide x 20yds Long Grid | Grid Split into 4 Quarters
- 3 BLACK Players inside | 3 YELLOW Players inside
- 1 ball per inside Player
- Inside players must Dribble over 1 halfway line the pass out to a team-mate on the outside
- Outside players Dribble inside
- Inside Players replace the outside Players

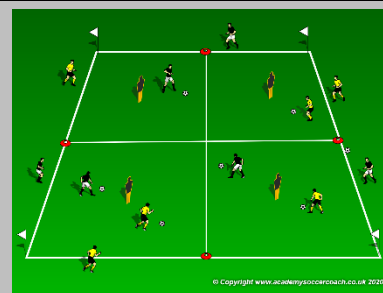
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Halfway Other Way

- Halfway line drawn North to South | Left Half & Right Half
- 5 BLACK Players -v- 5 YELLOW Players | 2-1-2 System of Play
- 2 Left Players & 2 RIGHT Players conditioned to play in their half only | 2 #6 Center Midfield unconditioned
- 2 RED Neutral Players conditioned behind each sideline
- 2 RED Neutral Players play with the team in possession

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

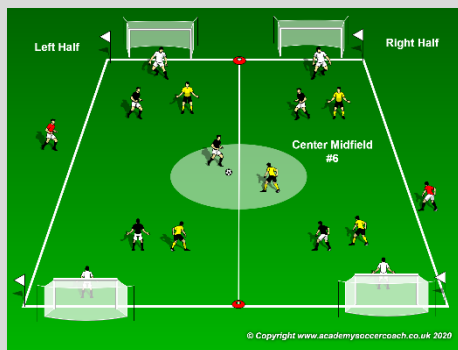


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

Halfway Other Way + GK

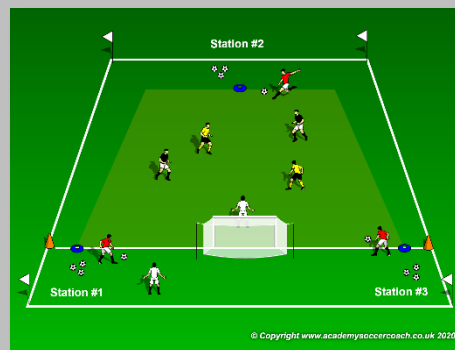
- Halfway line drawn North to South | Left Half & Right Half
- 2 Left Players & 2 RIGHT Players conditioned to play in their half only | 2 #6 Center Midfield unconditioned



Time | 25mins

Jelly Leg Dribbler

- 2 BLACK Players -v- 2 YELLOW Players inside the Grid | 3-v-3
- 3 RED Neutral Players at Station #1 | Station #2 | Station #3
- 3 RED Neutral Players play with the team in possession



Time | 25mins



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Bonus Small Sided Game SSG #3 & #4

3-v-3 Dribble | Shoot & Off

&

1-v-1 Dribble Zones



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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder | Bonus Small Sided Game #3

3-v-3 Dribble | Shoot & Off | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

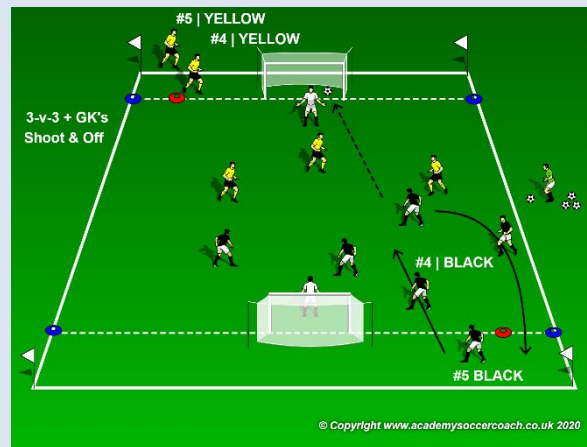
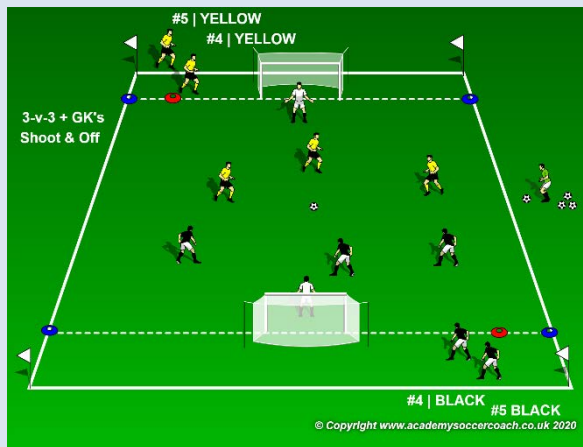
Set Up |

3-v-3 Dribble | Shoot & Off

- 20yds Wide x 25yds Long Grid | Regulation Goals + GK's
- #1 #2 #3 BLACK Players -v- #1 #2 #3 YELLOW Players on the inside
- #4 #5 BLACK Players & #4 #5 YELLOW Players behind their own end line
- Objective to secure possession of the ball & score on opposition Goal + GK
- Any Player that shoots (Score, Save or Miss) is replaced by next team-mate | BLACK Player shoots & goes off, BLACK #4 comes in
- Player that leaves the field must *'high five'* before the next player can come on | Temporary 3-v-2
- Restart dead balls from appropriate GK or new ball played in

Field Plan |

3-v-3 Dribble | Shoot & Off



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder | Bonus Small Sided Game #4

1-v-1 Dribble Zones | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

1-v-1 Dribble Zones

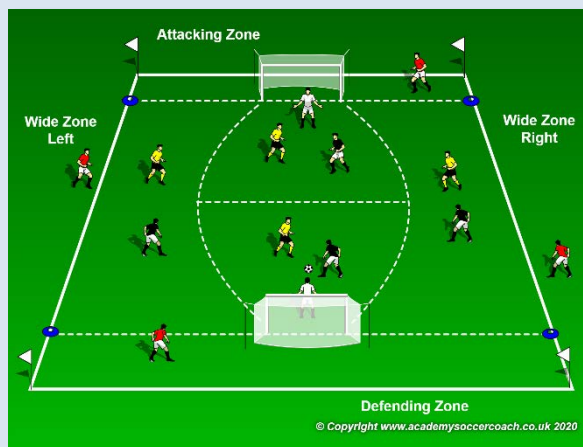
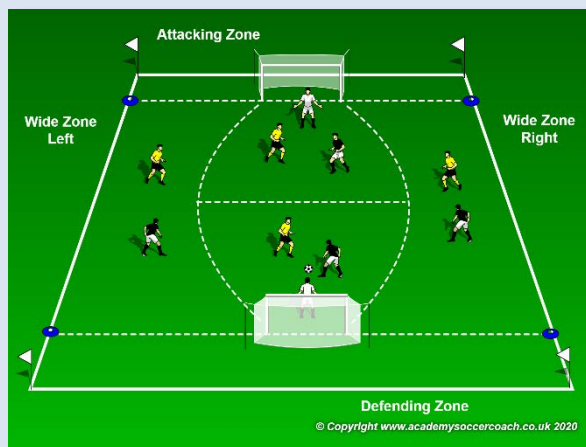
- 30yds Wide x 40yds Long Grid | Regulation Goals + GK's
- Grid split into 4 x 1-v-1 Zones | Wide Zone Left | Wide Zone Right | Attacking Zone | Defending Zone
- 4 BLACK Players -v- 4 YELLOW Players | 1 BLACK -v- 1 YELLOW conditioned to play in assigned zone only
- Objective to secure possession of the ball & score on opposition Goal + GK
- Restart dead balls from appropriate GK

Prog >

- 4 RED Neutral Players conditioned behind each sideline & end line
- 4 RED Neutral Players play with the team in possession
- 4 RED Neutral Players Unopposed | Opposed on 1st Touch | Opposed

Field Plan |

1-v-1 Dribble Zones



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder Volume #1 & Volume #2

Attainment Card



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1-v-1 Soccer Skill Builder

Skills Moves | Attainment Card


Step Over	✓
Drag Circle	
Cut Circle	
L-Turn	
V- Move	
Roll Over – Step Over	
Scissors Double Scissors	
Matthews	
Maradona	

Attainment Card

Practice each of the Skill Moves throughout the 1-v-1 training sessions

Perform the Skills Move successfully in a competitive training activity

Check-Off the Skills Move from your list



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Houston Dynamo & Dash

Talent Development Program | TDP

September 2020

Soccer Development Project 1-v-1 Soccer Skills Builder



	Generations	Birth Year	Format	Pool Training	Roster Size
Boys	u13	08	11-v-11	18 - 22	18 (16 + 2 GK)
	u14 & u15	07 & 06	11-v-11	18 - 22	18 (16 + 2 GK)
	u16 & u17	05 & 04	11-v-11	18 - 22	18 (16 + 2 GK)
	u18 & u19	03 & 02	11-v-11	18 - 22	18 (16 + 2 GK)
Girls	u13	08	11-v-11	18 - 22	18 (16 + 2 GK)
	u14 & u15	07 & 06	11-v-11	18 - 22	18 (16 + 2 GK)
	u16 & u17	05 & 04	11-v-11	18 - 22	18 (16 + 2 GK)
	u18 & u19	03 & 02	11-v-11	18 - 22	18 (16 + 2 GK)



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1-v-1 Soccer Skills Builder

Thank you



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