

WARM UP (10-15 mins) – Dribbling & Ball Skills

Every player has a ball they will be dribbling with different variations of using their right foot only, left foot only, right and left, step overs, scissors, touch scissor, touch scissor, L turns, Cruyffs, Step over and Scissors, just different combinations.

COACHING POINTS:

Keeping the ball close.

Small Touches.

Acceleration after doing a move, it has to be very fast once you do a move.

Start to gain confidence on the ball.

THEME #1 (20 mins) – 1v1 Skill Development

2 players per cone. Every player must have a ball and dribble towards the ball both lines at the same time (1 player per line) when they get to the pole they must cut right the inside of their right foot, switch to outside of their right foot, dribble with their left foot and cut with the inside of their left, then outside of their left foot. Different variations and you progress as they get better to scissors and step overs.

COACHING POINTS:

Making sure players are dribbling with their head up.

Doing the move before they get too close to the pole (Which represents a defender).

Dribbling with pace and being able to keep control at the same time.

THEME #2 (20 mins) – 1v1 Attacking High Pressure

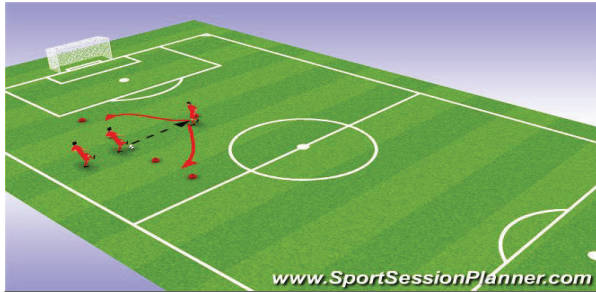
Here players are trying to break the line by getting to the opposite side and stopping the ball. The goal of this exercise is for players to do a lot of skills, Scissors, step overs, change of directions, and a lot of acceleration. If the defender steals the ball now they have to try and make it to the opposite side.

COACHING POINTS:

Good first touch going forward.

Dribbling with speed and going direct.

Be confident on the ball and try all of the skills we worked on.



THEME #3 (20 mins) – 1v1 Attacking Small Sided

2 gates have to be different colors here players are focusing on taking a good first touch either going to the left gate or the right gate with speed. Still high intensity and quality of the touch and dribbling must be there- different skills

COACHING POINTS:

- Good touch.
- A Lot of skills.
- Accelerating.
- And Confidence on the ball.



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 3v3 or 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on 1v1s and give more points if players perform a skill successfully. Continue to make correct coaching points.

COACHING POINTS:

- Making sure the skills are being used.
- Good first touch.
- Confidence on the ball.



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (6v6; 7v7) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

- Approach.
- Execute.
- Accelerate.