



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

Set-up area approx. 30 x 20. Split team into groups of 3 or 4 players. Have a 'gate' for each group at each end of the area (yellow discs). At approx 12 yards out from each gate put a disc on the middle (red discs). Put players in pinnies at the start to make sure you have them already set up for the scrimmage later.

Player with the ball dribbles to the second red disc then passes to the player opposite. They follow the pass. Player who receives the pass, then dribbles forward and when they get to the second red discs they pass the ball to the player opposite them. Repeat process.

**COACHING POINTS:**

Good 1st touch forward when receiving the pass

Head up

Good dribbling technique



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

Using the same layout as the warm up. Player dribbles to the first red disc, performs a skill (see below) and when they get to the second red disc pass to player opposite. That player dribbles to the first red disc, performs the same skill and when they get to the second red disc pass to player opposite. Repeat.

Introduce Skills – Scissors; Drop Shoulder

**COACHING POINTS:**

Approach - when a player is dribbling towards the defender (the first red disc) approach a little slower to force the defender to commit.

Execute - as the defender commits forward, execute the skill. Teach the player not only the correct technique for the skill, but also how to make sure the defender 'falls for the fake'

Accelerate - once the skill has been executed, and the defender 'falls for the fake' the attacking player must accelerate away



**THEME #2 (20 mins) – 1v1 Attacking No/Low Pressure**

Remove red discs. Player with the ball passes to player opposite. This player becomes the attacker, and after the player has the ball under control the passer becomes a 'no pressure' defender.

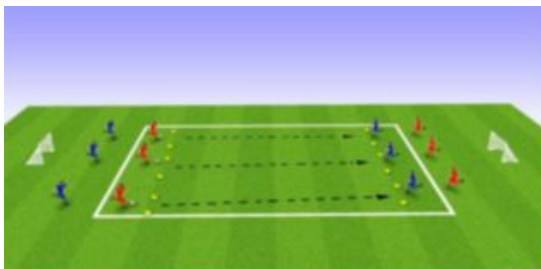
Attacking player dribbles towards the 'defender' and once the attacker is approx. a couple of yards away from the defender, they EXECUTE the skill. The defender slows down if needed, to make sure the attacker is successful. The defender stays moving straight, does not change direction (moving slightly to the left or to the right). The defender carries on running to the opposite side. The attacker once they execute the skill, ACCELERATES away then passes to the player in front of them and follows their pass. REPEAT

**COACHING POINTS:**

Approach

Execute

Accelerate

**THEME #3 (20 mins) – 1v1 Attacking Increase Pressure**

Make sure players have alternate color pinnies as per the diagram. Front players from both sides step just in front of the gates. Back players step into the gates

Player with the ball passes to player opposite. This player becomes the attacker, and after the player has the ball under control the passer becomes a defender.

Attacking player dribbles towards the defender and tries to beat the defender with a skill. If successful looks to pass the ball through the gate to team mate opposite. Will run to that line, while the defender runs to the opposite side. If the defender wins the ball, then that defender looks to pass to their team-mate who would be opposite. REPEAT AS BEFORE.

**COACHING POINTS:**

Approach  
Execute  
Accelerate

**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:**

Approach  
Execute  
Accelerate

**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