

Dribbling and Attacking 1v1

Warm-up: Dribbling using various parts of the foot (inside, outsides, laces) changing directions in a 20X40 grid. Focus on keeping the ball close. Coach calls out “get in groups of 4” and everyone must quickly get in groups of 4...kids not in a group have to do something extra. Everyone dribbles. Coach calls out “Get in groups of 3 with only one thing touching the ground”. Everyone dribbles. Coach calls out “Get in Groups of 7 with only 3 things touching the ground.”

I. Moves to Beat a defender: Scissors (player starts with the ball on the right side, take right leg and swing around in front of the ball and step bending right leg to make the defender think you are going that direction, then push the ball with the outside of your left foot and move by defender). **Step-over** (player starts with the ball on the left side, take right leg and swing leg across the front of body to the left, finishing on the left side of the body, legs crossed. Uncross legs and push ball with the outside of your right foot to the right past the defender.) Teach these two moves to your players and then have them practice moving around the grid.

II. Partners practicing moves: Two players with a ball each on either side of the grid. Have players dribble at each other and stop 3 paces from each other to do the right footed scissors. After completing move, sprint to opposite side of grid. This exercise teaches them how early they will need to execute the move without running into a defender. Repeat several times until they get the timing down and then move on to another move (left footed scissors, right footed step-over, left footed step-over). If they are running into each other, have them do the move earlier.

II. 1v1 in 20 x 20 grids: Players practice beating a live defender to the line for 1 point. Can play 1-2 minute games and then switch partners to make it into a tournament where you have a final winner. Encourage the players to go a pace and have a plan of which move they want to do.

III. 1v1 to Goals 20 X 40 fields: 2 players are behind each goal with pinnies on and the ball starts in the middle of the field. Coach says “GO” and the first players from each side come out to try to win the ball, beat player and score a goal. If a goal is scored or the ball crosses the endline after a shot, the next player in line comes on to the field on the dribble and the player who shot or scored, stays on to defend. Each team keeps track of goals. Play 2-3 minute games and then rotate groups for a tournament.

IV. 4v4 to Small Goals 40 x Fields: Players can earn a point by beating a player with a move or by shooting a scoring a goal. Rotate teams.

V. 6v6 or 8v8 to large goals: Players can earn a point by beating a player with a move or by shooting and scoring a goal.

Coaching points: Teach the players proper body position with knees bent, wide stance, body over the ball. Have them dribble with head up, choose a move, and attack at speed. After executing a move make sure they cut in behind their defender and attack the space behind. Identify 1v1 situations in the game where there is time and space to take the player on. Correct them if they are dribbling into a crowd or hold onto the ball too long.

