



Training Session

Dribbling • To beat an opponent

Legend	Direction of Player movement with or without the ball	Pass or Shot	Additional Cones	Cone	Player	Player	Neutral Player
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Key Coaching Points

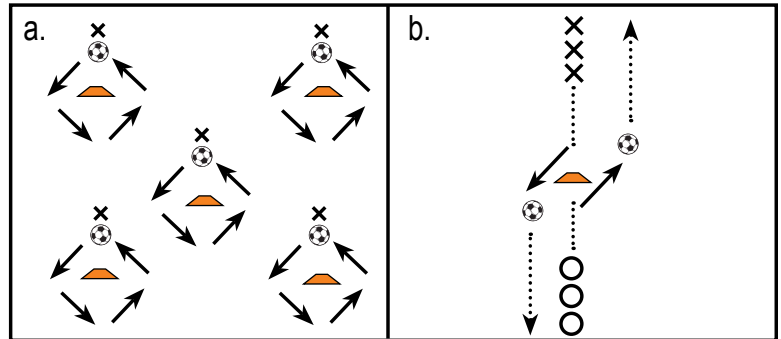
Technical Warm-Up

- a. "Clock" drill. Inside touch, outside touch, body fake, step-over and scissor.
- b. "Beat the cone" Inside, outside, body fake, step-over and scissor. Change direction and speed.

Key Coaching Points

1. Stay on your toes.
2. Move quick and stay in control.
3. Position your body behind the ball on fakes.
4. Change direction and speed.

Organization



Small-Sided Activity

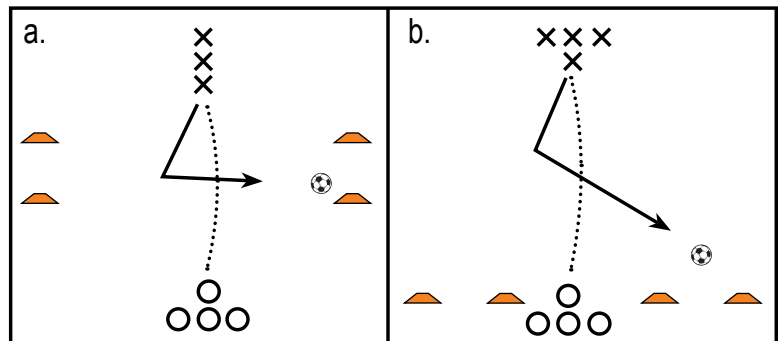
- a. 1v1 to outside goals.
- b. 1v1 to choice of goal moving forward. Looking more like the game.

Key Coaching Points

1. Move quickly and stay in control.
2. Change direction and speed.
3. Make a good cut/move.
4. Trick the defender early.
5. Practice the different moves.

Progression

Keep score.

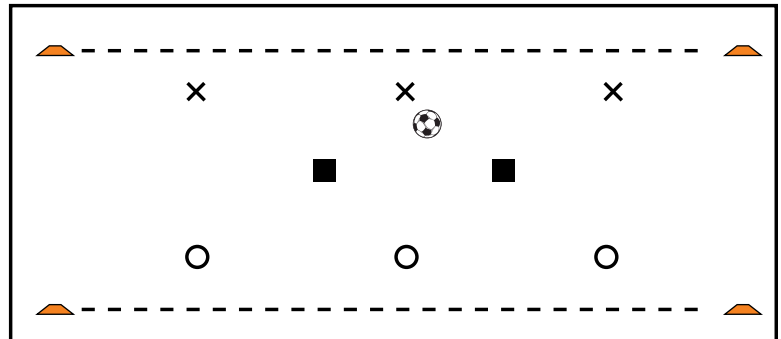


Expanded Small-Sided Activity

3v3 + 2 neutral players, "defend the line" players score by dribbling over the end line.

Key Coaching Points

1. Look to get the ball to players in the offensive third.
2. Encourage player to attack when they are 1v1.
3. Encourage players to take more risks on the offensive third.



6v6 to Big Goals

4v4 or 5v5 Scrimmage

Key Coaching Points

1. Look to get the ball to players in the offensive third.
2. Encourage player to attack when they are 1v1.
3. Encourage players to take more risks on the offensive third.

