

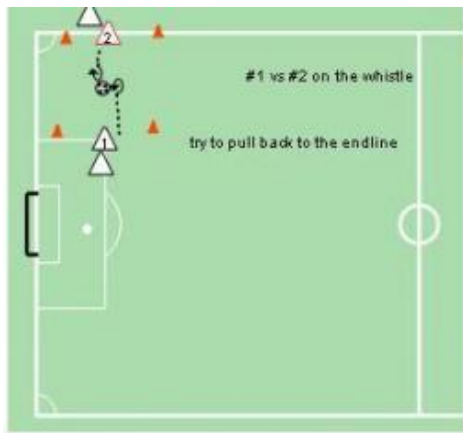


Date: 09/16/19 **Group:** Intramural
Length: 50 mins
Start Time: _____ **Focus:** Dribbling and attacking
End Time: _____ **Level:** U7

Length	Start	Drill Name	Category	Notes
12		DOC Warm Up	Warm Up	
10		1V1 box	Attacking/Dribbling	4 cones 2-3 balls Keep the play moving. Attack with speed.
8		1 v 1 Technique Progression	Attacking/Dribbling/Stations	
8		1V1 Choose A Goal	Attacking/Dribbling/Stations	15X20 yards 2 small goals 6 cones balls in each line
8		1V1 race for the ball	Attacking/Dribbling/Stations	4 cones Coach with all the balls. Set up a second goal and have 2 groups going at the same time. Don't have the players vs. the same player every time.
12		Game Play	FUN	

Notes: Always start the practice with multiple touches on the ball. The first three exercises are the focus for the day. They are the technical warm up.

Drill Title: 1V1 box (1 Diagram)

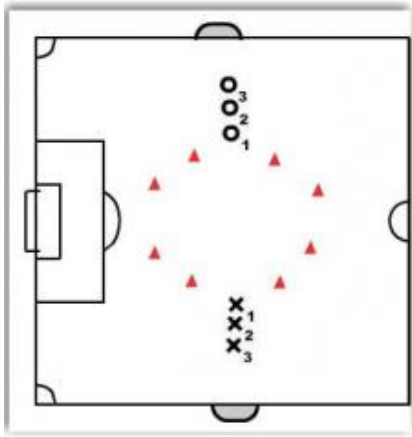


3-4 players per box.
#1 vs #2 with two players up next.
On the whistle race to the ball to win
the ball back to your end line.

Progression-#1 passes to #2 and #2 tries to dribble
over the opposong endline 1v1.
When the ball goes out of bounds the play is over.

Key Points: You can do many different 1V1 drills from this grid format

Drill Title: 1 v 1 Technique Progression (1 Diagram)



Warm-up (Three Phases):

1. 1 v 1...go right at them slowly, change speed & direction with deception..
 - keep the ball close at first...drive off plant foot, bigger touches to get by
 - a. first two players dribble slowly at each other with right foot, explosive outside of foot, dribble through gate before opponent gets through hers
 - b. repeat with inside cut right foot, then accelerate away left foot through gate
 - c. repeat first two with left foot dribble
 - d. repeat with "favorite move" before accelerating right...
 - e. repeat with "favorite move" before accelerating left...
 - f. repeat with "move of the day" (demonstrated by a coach or player) to right
 - g. repeat to left

2. 1 v 1 dribbling at space NEXT to defender, then making tactical choices...

- In a 1 v 1 confrontation, we are attacking space WIDE of the defender to try to get behind
- We must dribble at top speed to beat defender to that space
- If defender can't get there fast enough, we take a "get by" touch, sometimes in the air to get it over outstretched foot of lunging defender
- If defender is getting there and has hips turned towards the space you're dribbling to, then a quick cut/V/L/chop behind plant leg move to change directions gets you behind her
- If a defender closes us down, take a lateral touch the way you're going, and as they make contact, use the outside of your safe foot to turn/scoop the ball away, and take off with inside of opposite foot (now safe foot after you turn)

a. X1 & O1 start tapping ball between feet, both take off for gate to their right on "Go" from

X1. The first to arrive wins. Once other pairs have gone, repeat, but now O1 says "Go" to the left.

b. Same pair of races, but start with double lunge, before taking off

c. Same pair of races, but start with 3 quick step overs before taking off

d. Same, but start with 3 quick scissors before taking off

e. Each player starts to RIGHT of cone, so staggered...dribble straight AT SPEED with ball

close until you cross paths...use slow down, scissors left, and drive through right gate

f. Repeat on left...encourage different slow down moves

g. X1 & O1 start with moving feet, dribble at speed to their right cone, and make a sharp

inside of the foot cut, before accelerating through left gate

h. Repeat, but go to the left cone to start out.

g. Repeat, but use the L move for change of direction

i. Repeat, but use the V move (or sole pull/open hips/push inside) for change of direction

j. Repeat, but use pull-push behind plant leg move for change of direction.

k. Repeat, but use twist off move...outside of foot twist, take away with inside of other

2. 1 v 1 Live Game (3 minutes each game...total 12 minutes)

a. Player X passes to O, who goes 1 v 1 to dribble through either gate...If X wins it, she tries

to score through either of O's gates

b. O's pass to X's

c. Players line up on same side of grid, alternating XOXOXOXO...O has a ball at her foot, and

X is in front of her with legs open, back to O (facing field)...O passes ball between X's feet,

and X reacts by accelerating to ball, but slowing down to FIND the defender O OR taking a

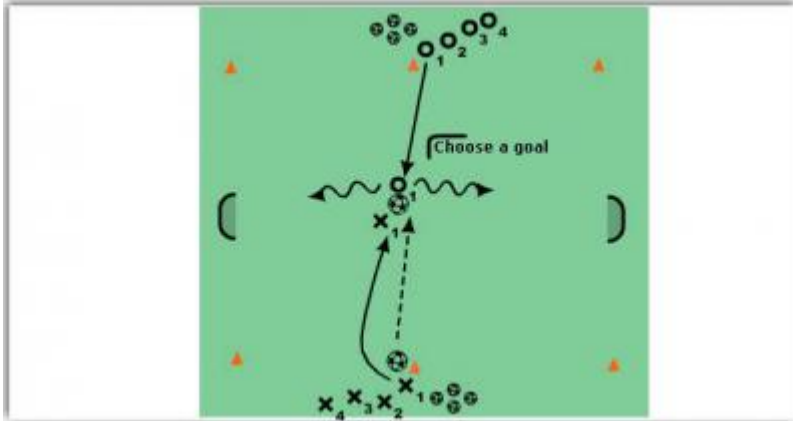
negative touch and getting faced up on O...X's objective is to dribble through either of the

diagonal gates initially behind her (O can score on counter goals)

d. Change roles

Key Points:

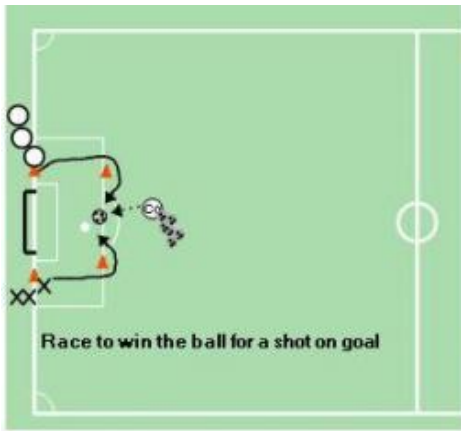
Drill Title: 1V1 Choose A Goal (1 Diagram)



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with A1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go

Drill Title: 1v1 race for the ball (1 Diagram)



On the coaches command the first player in each line races around the top cone and tries to win the ball and get a shot on goal. The play stops when a goal is scored, ball goes out of play or the coach stops the play.

Key Points: 1v1 battle for a shot on goal.