



1v1 to 2v1 Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



1v1 (10 mins)

Set up

As shown - Grids are 10X15 yards

Organization

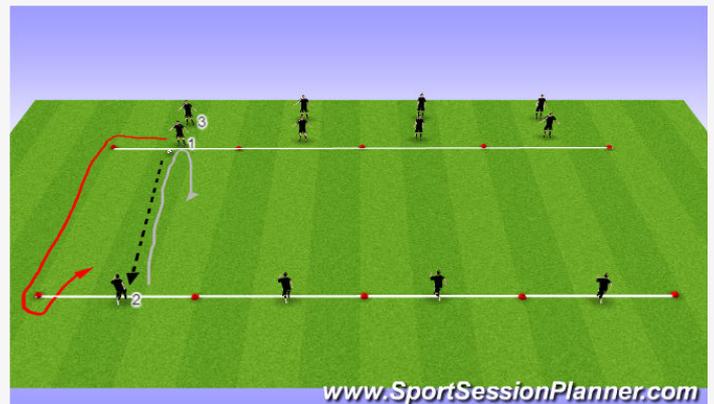
Player 1 passes to player 2 then runs around the outside of the grid to defend the line on the other side of the box. Player 2 dribbles to the other side of the box and turns to beat the player 1 at the other side of the grid. To score the player must dribble over the end line past the defender. Players rotate out to be the resting player.

Progression

Have the players compete in a ladder tournament format 2 minute rounds

Coaching Points

When you receive the ball dribble at speed to take the space. Then turn and use your imagination and creativity to beat the defender. Close control of the ball around the defender



2v1 Zone Game (10 mins)

Set Up

As shown - 20 X 30 Yards

Organization

Two white defenders in each grid as shown. Black team play 2v1 aiming to progress through to the opposite half of the field and connect a pass to team mates. Receiving players in black enter pitch and play 2v1 against white player coming back the other way. Activity repeats and is continuous. If defender wins, they score by running the ball over nearest end line Swap defenders with an attacking pair every 3-4 minutes

Coaching Points

Body shape open to receive so first touch can take you where you want to go Emphasis on pushing the ball out in front using laces/outside of foot and attacking space at speed When playing 2 v 1 look to drive at defender, commit him and then play or attack space if passing option is taken away



2v1 to Goal (10 mins)

Set Up:

As shown - 40 X 30 Grid with two goals now included

Organization

Same as previous drill but now players look to shoot on goal once they get into attacking half of the field. Next two players have a ball ready to quickly attack after shot is taken. If defenders win the ball they can connect to team mate and score in opposite half.

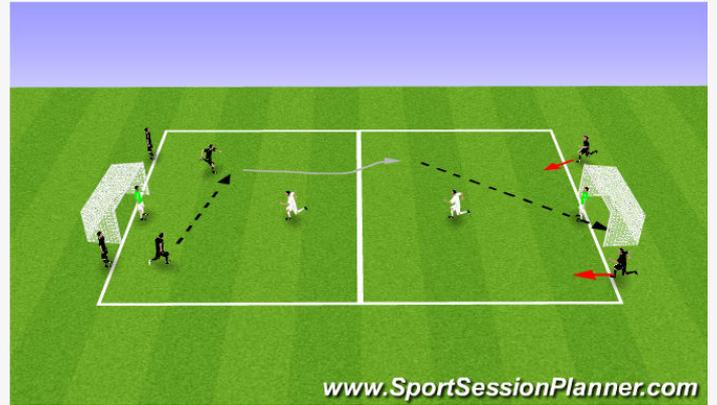
Progressions

- Develop to two team game. Blacks behind one goal, whites behind the other. Black team sends 2 attackers to play against one defender. Player who takes the shot transitions into becoming the 1 defender for next cycle. Repeat process with white team attacking.

- Depending upon success progress to 3v2. After shot two attackers must stay to defend the next cycle. Make competitive.

Coaching Points

Role of support player - movement to be available for pass or to aid in feint of defender. Speed of dribble, quality of touch, quick transition



5v5 +GK Game (10 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on running with the ball and dribbling. Allow game to be free play but encourage running with the ball with all previous coaching points being enforced.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation. Open up grid to allow more space to dribble if necessary.

