



1v1 to Goal

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Dribbling Gate for Goals (20 mins)

Set Up

As shown each player has a ball 8 - 10 2 yard wide gates randomly placed around a 25x35 grid

Organisation

Each player is dribbling around looking to perform a specific move through the gate to score a goal. Moves: Step Over/Cruyff/Scissors/Pull Back etc

Each Move: player get 30 second practice round then a 1 minute competition round.

Progression

#1 Split the groups into 2 teams. Which Team scores the most points

#2 Split the groups into 2 teams. 1 team starts with the ball the other starts out side the box. On the coaches command the defending players as a team try to stop the possession team dribbling through the gates. after 1 minutes which roles.

Coaching points

To start allow the players to dribble through the same gate twice in a row (see who is creative and acknowledge that to the group!)

Perform skills at speed. Controlled technique into the move and explosive acceleration out of the move

Rewards players with extra points for controlled speed



1v1 to Goal (20 mins)

Set Up:

15x20 yard area

12 players

Goalkeeper

Instructions:

- Line 1 starts off the sequence by dribbling 1v1 against the goalie to shoot (has 3 seconds to get shot off).
- After shooting in Line 1, immediately turns to play give/go drop-pass to player shooting in Line 2 (must shoot first time).
- After shooting in Line 3, immediately turns to play 1v1 to goal against player at the front of Line 3.
- Rotate lines after completing the sequence.
- First player to score 5 goals (individually).

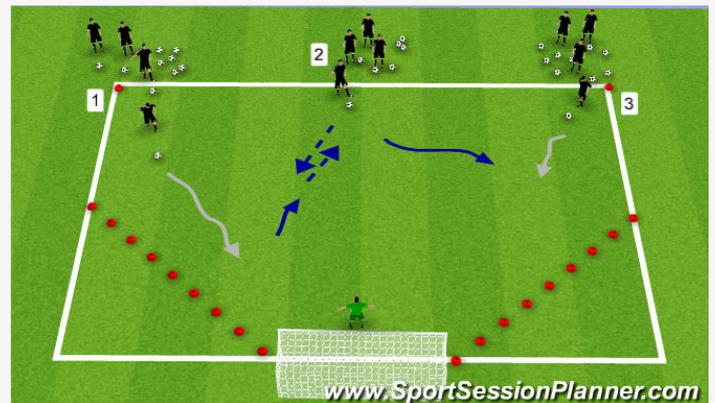
Coaching Points:

SHOOTERS:

- Head up to observe space and defender/goalkeeper.
- Determine proper angle of approach to shoot.
- Determine appropriate surface of foot to shoot.
- Keep head still and eyes focused on the ball.
- Strike ball appropriately (center, low, top).
- Follow through towards target.

GOALKEEPERS:

- Stay organized.
- Follow ball (Ball line and Angle arc).
- Make correct save (dive, basket catch, contour catch, etc).



2v1 / 2v2 (20 mins)

Set Up

As shown

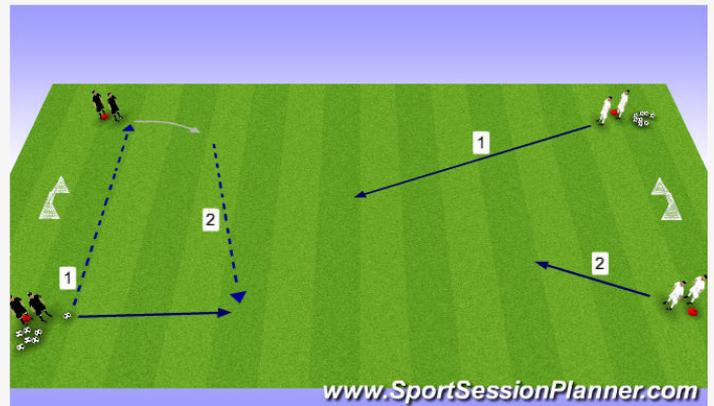
Organisation

Team 1 start with the ball and pass to their partner to start the activity this allows 1 defender to come out. The player on the ball now has a choice dribble to goal past the defender or pass to the supporting team mate, if they do this another defender is allowed to enter the game. Team take it in turns to attack.

Coaching Points

Be confident to take the player on 1v1

Use the supporting player as disguise to create space for yourself to attack the defender



8v8 Game With Target player (30 mins)

Set Up

8v8 for U12 - U18, put forward in shaded area that only they can be in to link up with midfield

6v6 nothing bigger for U12 and below.

Instruction

Normal game except that each team has a target player to link up with to create up, back and forward moments. Do not have to use the target player to scores. Coach within the flow of the game, take forward target player area away and play 8 v 8 to finish.

Pogression:

Limit players to two or three touches

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

