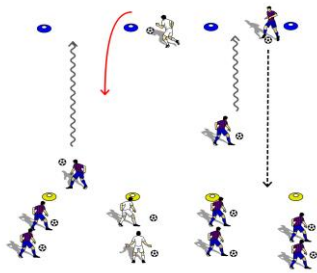


**OBJECTIVES- Dribbling 1v1 attacking moves**



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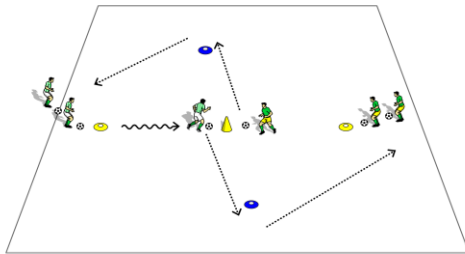
**TECHNICAL WARM-UP**      **Grid Size:** 20x30      **Duration:** 15 Mins

**French Dribbling**

Groups of 2-3 players max in each line, cones 10 yd apart  
 Player A dribbles to blue cone using different parts of feet.  
 Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.  
 When Player A gets back to start Player B can proceed

Progression: After turn he can pass to the player at the back of the line  
**COACHING POINTS / KEY CONCEPTS**

Heads up while dribbling. Go slow and perform the moves correctly.  
 Lots of small touches.



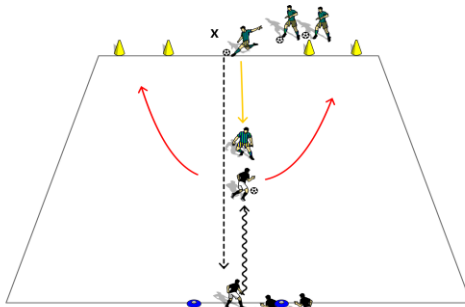
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**ACTIVITY 1**      **Grid Size:** 10x20      **Duration:** 15 Mins

**1v1 attacking moves**  
 Players from opposite sides dribble at each other towards the cone in the middle of the grid. Players perform the same move and accelerate right or left around the outside cone.  
 Moves to perform- Scissors, Step Over, Stop n Start, Inside Outside

**COACHING POINTS / KEY CONCEPTS**

Make sure players are going at the same time and performing the same move. Go slow - perform the move correctly and then accelerate away



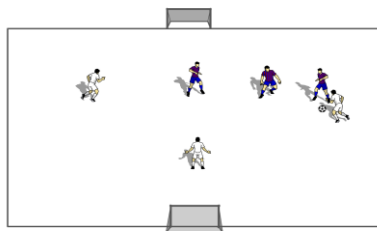
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**ACTIVITY 2**      **Grid Size:** 10x20      **Duration:** 15 Mins

**1v1 to wide gates**  
 The defensive player(X) passes to the offensive player(Y), once the offensive player receives the ball he tries to beat the defender and dribble thru one of the gates.  
 Players change rolls after 4 turns, Each player count the number of times dribbled thru the gate. 1st one to 5 wins.

**COACHING POINTS / KEY CONCEPTS**

Good pass from defender-Toe up ankle locked. Good first touch from offensive player, dribble with speed -perform a move and exccelerate past the defender to the gate



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**ACTIVITY 3** 3v3/4v4 game      **Grid Size:** 20x30      **Duration:** 15 Mins

**3v3 games**  
 Team must make 2-3 passes before they can score.  
 To make it more challenging- restrict players to 2 touch.

**COACHING POINTS / KEY CONCEPTS**

Look for 1v1 situations. Try to perform moves we just learned.