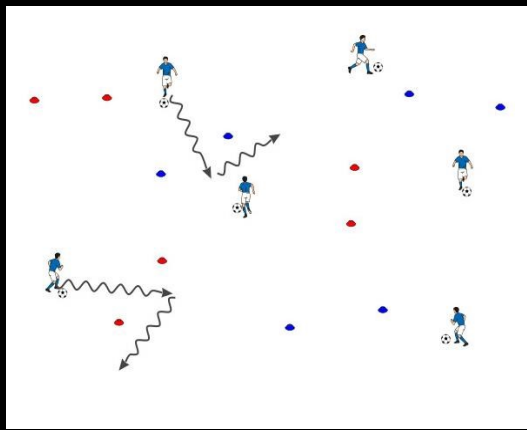




Purpose of this session is to develop players' ability to *attack and beat defenders by dribbling*. Each stage increases in difficulty and complexity in decisions to get more like a game. Notice the decision to pass or dribble is incorporated into stage 3.

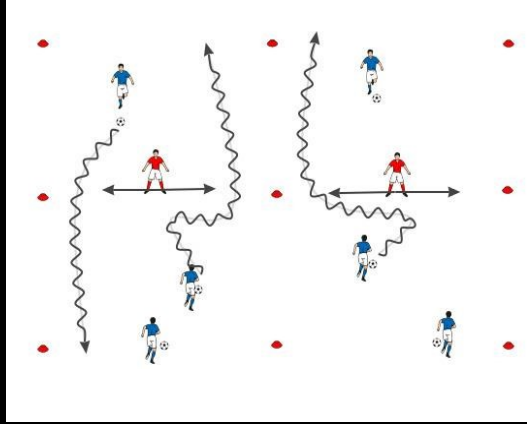
Improving individual skill and ball mastery is important every session. Make sure players are improving ability to cut the ball with the inside and outside of the foot.



I. WARM-UP Move: Outside Cut Game: Gates 25 minutes

EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Gates"

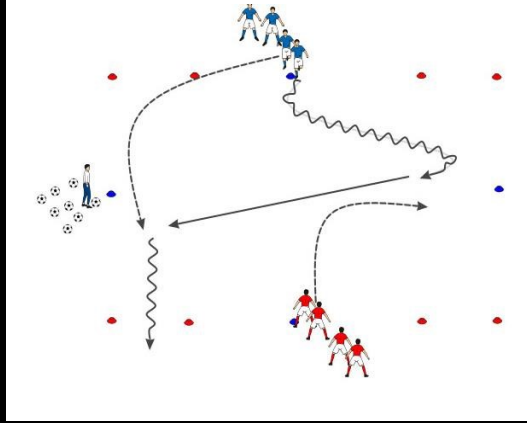
What: ~15x15yd grid. ~6 gates of 2 different colors. 1 ball per player
How: Players get 1 point per turn through gate. One color: turn to left, other color: turn to right. < 1 minute rounds: both feet, R foot only, L foot only.
Progression: Add 1-2 defenders, defender steals ball and becomes attacker
Why/Coaching Points: Develop foot surface, turning, change of direction, decision making. When using right foot: turning right forces outside cut, while turning left forces inside cut.



II. SMALL-SIDED ACTIVITY Game: 1v1 Break Through 15 minutes

What: 20x20 yd grid. One cone in center. 2 defenders on each half-way point. Defenders can only move laterally. Attackers on end-lines
How: Players get points to dribble past defender's line. All players play continuously. Defender can either steal ball and become attacker or poke ball away. 2 minute rounds, 1 minute rest during coaching point.
Why/Coaching Points: Timing and Distance of move. Vary and control speed(slow to fast). Use of body to fake.

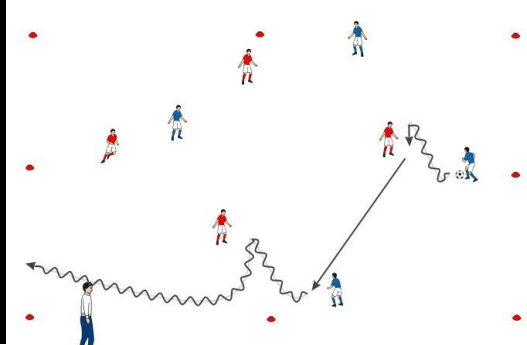
Note: Think about what you can change on this activity! ie: Restrictions of defender, how to count points, other fun adaptations.



III. EXPANDED ACTIVITY Game: 2v1 15 minutes

Note: 2v1s happen all over the field in games. Players need to be able to make the correct decision. This activity will repeat multiple times with slight variations this season: Make it yours!

What: Slightly wide rectangle. 2 teams with lines on each end-line.
How: Coach feeds from side. Start 1v1, quickly progress to 2v1, 3v1. 1st player traps, 2nd player in line enters field. Score by dribbling into either wide goal.
Why/Coaching Points: Decision to dribble or pass to attack. Width from 2nd player. Patience from dribbler to let the run develop



IV. GAME Game: End-Zones 20 minutes

What: Even teams. Adjust field size to age/level, creating success
How: End zone: Free play, dribble/receive pass inside ~5 yard end zone to score. OR: 4-goal: Free play, dribble into 2 wide goals each side
Why/Coaching Points: Incorporate topic and points of training session into final game. Commit defender, off-balance with change of speed and direction

Note: Play whatever final free play game that suits your team best, but make sure it creates opportunities to attack players 1v1 on the dribble. Players

“

should have success dribbling 1v1.