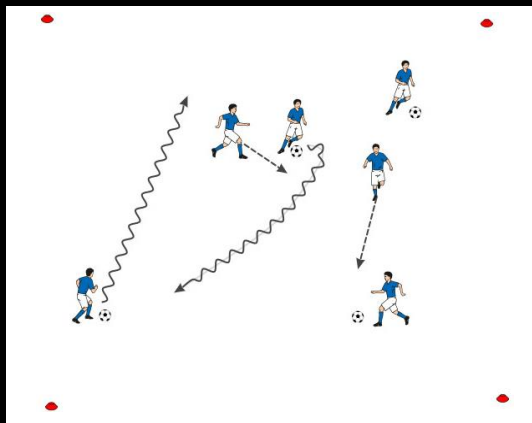


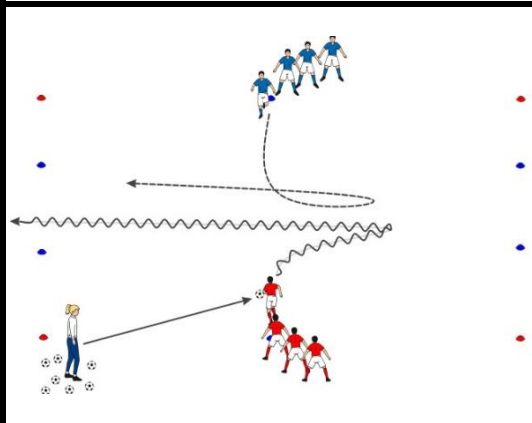


Purpose of this session is to develop players' ability to turn out of pressure while dribbling. 1v1s are the same with 3 variables: **1:** Size/Shape(width vs height). **2:** how to score(1, 2 or 4 goals, end-line, time of possession, etc). **3:** Starting position of players/ball. Adapt your 1v1s so the purpose of the session is naturally addressed in the activities you run.

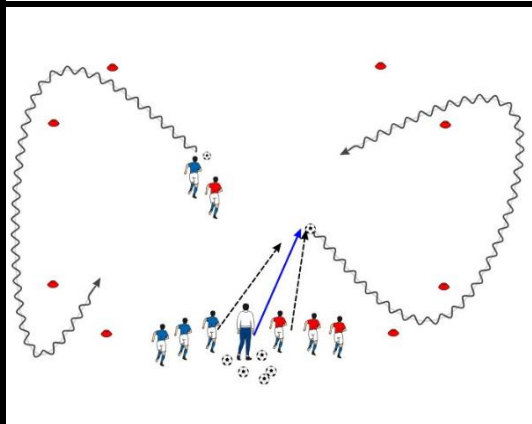
Notice the difference between inside and outside *cuts*, to attack and beat a defender vs. inside and outside *chops*, to turn out of pressure.



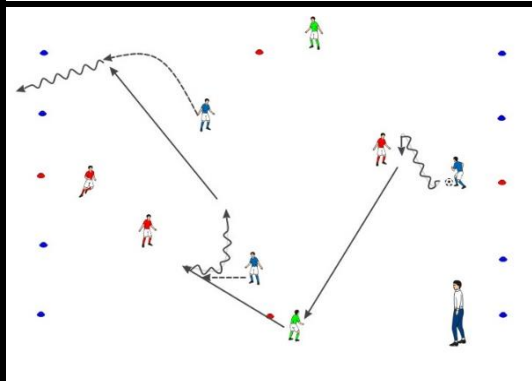
I. WARM-UP Move: Outside Chop Game: King of the Pitch 25 minutes
EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches (inside/outside) and 1v1 core moves (Review inside chop, teach outside chop). Finish with "King of the Pitch"
What: ~15x15yd grid. 30%+ of players without balls, as defenders.
How: Play < 1 minute rounds. Purpose is to end possessing a ball. Defenders must leave dribbler alone if they do a outside chop out of pressure.
 Progression: **1:** free play, no defender restrictions after a chop. **2:** All players have balls, try to tap/knock out other players balls while not getting hit
Why/Coaching Points: Develop turning, recognition of defender, shielding("Hide ball from defender"). Head up to scan the field



II. SMALL-SIDED ACTIVITY Game: 1v1 - Out of Pressure 15 minutes
What: Slightly wide grid. Goal on each sideline. Teams on end-lines
How: Players can score by dribbling into either goal with control. Can give extra points if a player changes direction and goes to the open goal. Fast repetitions: feed ball in quickly to ensure ball in play at all times.
Why/Coaching Points: Change of *direction*. Change of *speed*. Shield ball from defender. "Where's the open goal?"
Note: In all activities, take the 3-step process to most efficiently explain an activity: **1:** set players up in position, walk through how to score. **2:** "who can show me how to score??" - Let player demonstrate. **3:** "Play!"



III. EXPANDED ACTIVITY Game: 1v1 15 minutes
What: ~15x15 box. 4 Goals set up diagonally, about 3 yds from each corner. Two teams in lines next to coach.
How: Players score as many points as possible by dribbling into any goal. Play ends after one player scores ~3 goals, time or if ball goes out of play. DONT LET KIDS STAND TOO LONG! Play with multiple balls in play if long line.
Why/Coaching Points: Dribble to space away from defender. Keep ball on surface away from defender. Change of direction and speed
Note: You can set this up a number of ways. The kids will understand quickly after trying it. After a few minutes, you can make an adjustment, if needed.



IV. GAME Game: End-Zones 20 minutes
What: 2 "Bumpers" - wide players outside the field play on both teams, can't be defended. Can play to end-zone, 2 wide goals or 1 central goal.
How: Using bumpers allows for a ~5v3 instead of 4v4. Players should have more time to find the open pass by shielding the ball and dribbling into space
Why/Coaching Points: Incorporate topic and points of training session into final game.
Note: Play whatever final free play game that suits your team best, but make sure it creates opportunities to turn away from pressure and shield the ball