



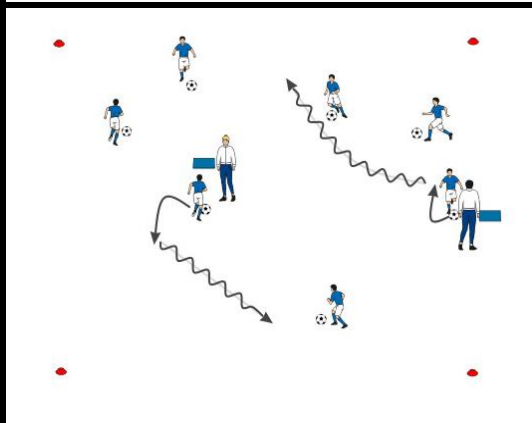
Purpose of this session is to develop players' ability to turn *out of pressure while dribbling*. A 1v1 game will be run for every dribbling-centric session. Notice the difference between inside and outside *cuts*, to attack and beat a defender vs. inside and outside *chops*, to turn out of pressure.

In all activities, take the 3-step process to most efficiently explain an activity:

1: set players up in position, show/walk through how to score, using the ball.

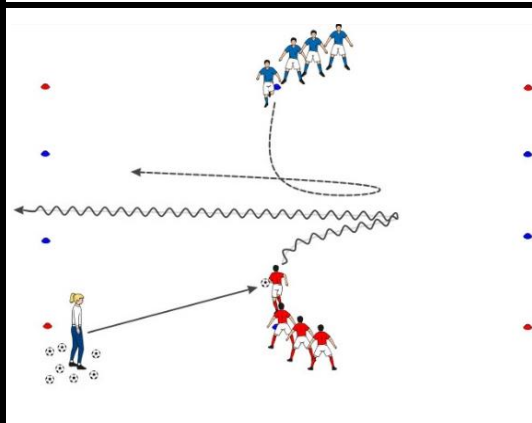
2: "who can show me how to score??" - Let a player or two demonstrate.

3: "Play!"



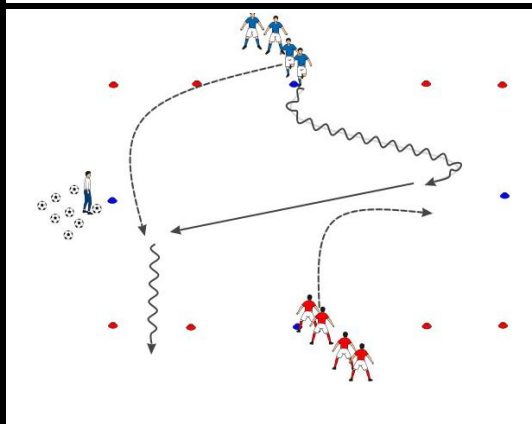
I. WARM-UP Move: **Inside Chop** Game: **Slime** 25 minutes
EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches (inside/outside) and 1v1 core moves (Review inside and outside chops and cuts). Finish with "King of the Pitch"

What: ~15x15yd grid. 1 ball/player. 2 coaches with bibs in hand
How: 2 Coaches (can use 1 player) are "Slime Monsters", using bibs as slime, throw at players, who should turn with the ball and block with "slime shield" on their back. If slime hits player in the front or their ball, must shower off.
Why/Coaching Points: Head up to find slime monster. Change of speed after turn to get away from pressure. Turn quickly and dribble, don't kick away.



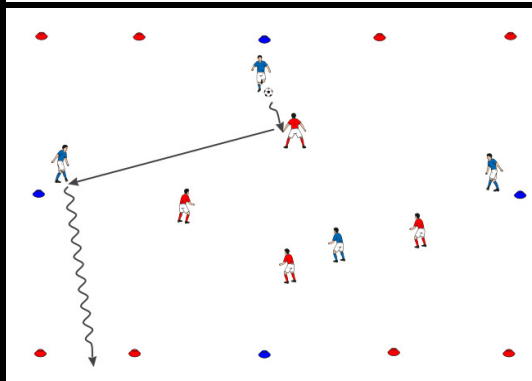
II. SMALL-SIDED ACTIVITY Game: **1v1 Out of Pressure** 15 minutes

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: 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 to the topic and what works for your team!



III. EXPANDED ACTIVITY Game: **2v1** 15 minutes

What: Slightly wide rectangle. 2 teams with lines on each end-line.
How: Coach feeds. Start 1v1, each team has 2 goals to score (dribble only) Eventually progress to 2v1, if team is ready. 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
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!



IV. GAME Game: **End-Zones** 20 minutes

What: Even teams. Wide field to encourage turn away from pressure. Adjust field size to age/level, creating success
How: 4-goal: Free play, score into 2 wide goals each side. Variation: Players can drop behind their end line to receive a free pass, undefended.
Why/Coaching Points: Incorporate topic and points of training session into final game. Find opportunities to turn out of pressure and go to new goal
Note: Play whatever final free play game that suits your team best, but make sure it encourages players to turn out of pressure and find open space.

