

Dribbling 1v1 Soccer Session Plan



Make your own soccer sessions with my recommended coaching software:



TacticalPad is perfect for animated soccer drills in 2-D or 3-D that can be created on your phone, tablet or desktop.



Tactics Manager enables you to create your sessions with a wide variety of tools that can be saved in PDF format to share with other coaches.

5% discount code: **AFL-RMTD**

Link: <https://amzn.to/3nIQf7V>

Link: <https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a>

Dribbling 1v1 soccer warm up

Time: 15 minutes

Set up:

- 10 x 15 yard area
- 1 soccer ball per pair
- 2 goals

Instructions:

Set up your area with 2 goals either side.

This will be a 1v1 warm up with each player defender their respective goals.

To encourage players to use different skills to beat the defender implement a rule where for each different skill/ body feint/ turns a player uses successfully against the defender will get an additional point if they manage to score a goal in their phase of play.

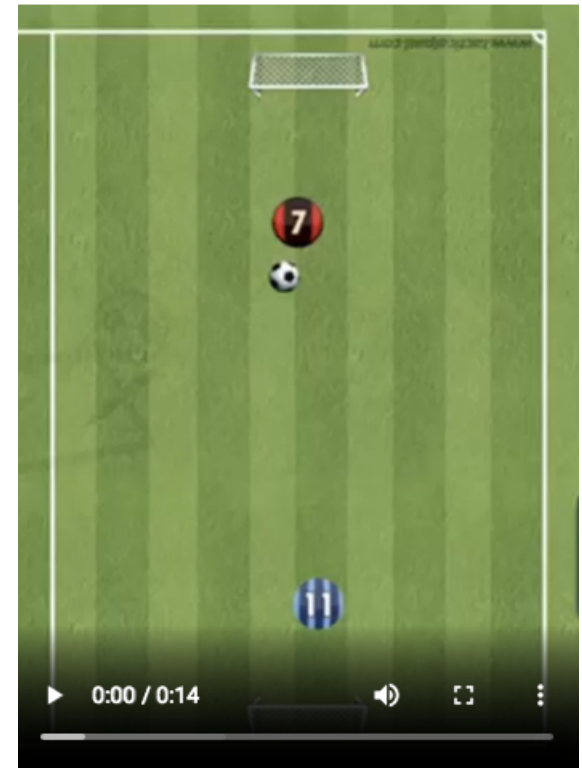
If possession changes or if the ball goes out of bounds they lose there skill bonuses if they did not score a goal.

Coaching points:

- Small touches quick touches as you approach the defender
- Quick skill and then a big touch with a change of direction to get away from the defender
- Be confident and try new/ different skills

Questions that can lead to coaching points:

- What kind of touches should we be taking as well approach the defender, why?
- When I perform skill should it be fast or slow?
- What should you be doing after your skill?



Dribbling 1v1 soccer technical activity

Time: 15 minutes

Set up:

- 10 x 15 yard area
- 8 cones
- 1 soccer ball per player
- 2 goals

Instructions:

Using the same area give each over you players a soccer ball and ask them to score as many goals as they can.

However players must dribble to 3 different cones and perform a skill between their shots on goal.

The players that are able to score the most goals will be the winner.

You can change the skill and the direction the skill should take the players.

Coaching points:

- Skill should be performed quickly
- First movement with the skill should take the defender away
- second movement should be in the direction you want to go
- Combine a change of direction with a change of speed to get past the defender

Questions that can lead to coaching points:

- Should the skill be performed fast or slow, why?
- How does a using a skill help me beat a defender?
- What should I combine together after my skill to get away from the defender?



Dribbling 1v1 progression

Time: 20 minutes

Set up:

- 10 x 15 yard area
- 1 soccer ball 2 per players
- 2 goals

Instructions:

Divide your players into defenders and attackers. The defenders will start on one side with the soccer ball next to one of the goals and phase of play will begin when they pass the ball to the attacker.

If the attacker is able to score a goal when they are in front of the defender they will get 3 points and if they score goal when the defender is in front of them then they will get 1 point

If the defender wins the ball and scores in the goal closest to the attackers they will get 1 point.

Swap the defenders and attackers every 5 minutes.

Coaching points:

- Be confident, drive with the ball towards the defenders
- Use a skill/body feint to make the defender off balance
- Accelerate past the defender using a change of direction

Questions that can lead to coaching points:

- What can we do to help get past the defender?
- What should we do after we have performed our skill?



Dribbling 1v1 conditioned game

Time: 25 minutes

Set up:

- 15 x 10 yard area
- 2 goals
- 2 equal teams

Instructions:

Using the same area divide your players into 2 equal teams defending scoring in the goals much like a regular scrimmage however the players are able to score 3 points if they are able to successfully use a skill or a body feint combined with a change of direction and speed in the phase of play that their team scores a goal.

Coaching points:

- Reinforce previous coaching points with individuals
- Try to intervene a little as possible and only step in if you see a reoccurring problem.

Regular scrimmage: 15 minutes