

1 v 1 Practice Session (90 minutes)

Warm up – FIFA 11 (10 minutes)

Warm up with a ball (10 minutes)

Make a 20x30 yard grid. Each player with their own ball in the grid. Players dribble using both feet, inside/outside of foot. Toe taps, tap and push. Have players work on change of pace and change of direction. Work on different feints and turns. Adding a new move each week. Throwing the ball in the air and bringing it down to the ground, continue dribbling.

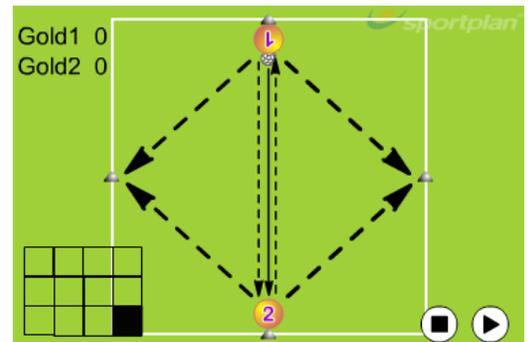
Introduce theme of practice: 1v1

Coaching points: Change of speed and direction. Accelerate past defenders.

*Play 1 v 1 in the warm up grid (**3 to 4 minutes**). With the defender trying to get the ball from the offensive player. When the ball is won, the roles switch. Play as part of your warm up*

Game: 1 v 1 – Four Corners (20 minutes)

How to play: Create diamonds out of cones (4 players per grid). Two players start across from each other. Player 1 starts with the ball and passes it to player 2. As soon as player 2 touches the ball, player 1 can try to win the ball. Player 2 must try and dribble to any of the 3 spare cones in the grid. Player 2 scores a point for beating their opponent to either of the cones on the side and two points if he dribbles the ball around player 1 to the cone at the top. Repeat with player 1 in possession.



Coaching Points: Push the ball to the side and accelerate into space behind the defender. Frequent changes of speed and direction. Get players to use fakes and turns. Match up players according to ability.

Game: 1 v 1 to Goal (15 minutes)

How to Play: Make a 12 X 5-yard grid just inside the penalty box and assign 1 defender to this grid. Place a cone 7 or 8 yards outside the grid where the remaining players start with a ball. The defenders job is to stop the attackers from getting through the grid and out the other side while being restricted to only defending within the grid. The attacker's role is to simply beat the defender and get a shot on goal. The attacker must attack out the back of the cones and not out the sides of the grid. Rotate the defenders every 1 to 2 minutes. Depending on numbers, play on two goals.



Coaching Points: Good control and keeping the ball close. Beating the defender with speed and change of direction. Encourage moves and creativity.

Game: Small-sided soccer game (25 minutes). Cool down.