

Week 2 Taking on opponent to advance the ball

OBJECTIVE | Learn how to get past an opponent.

COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?

KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

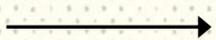
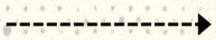
Take on opponent

TECHNICAL TOOLS

Block 1: Run past opponent;

Block 2: Accelerate, Basic 1v1 moves

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



4 v 4

Play to discover

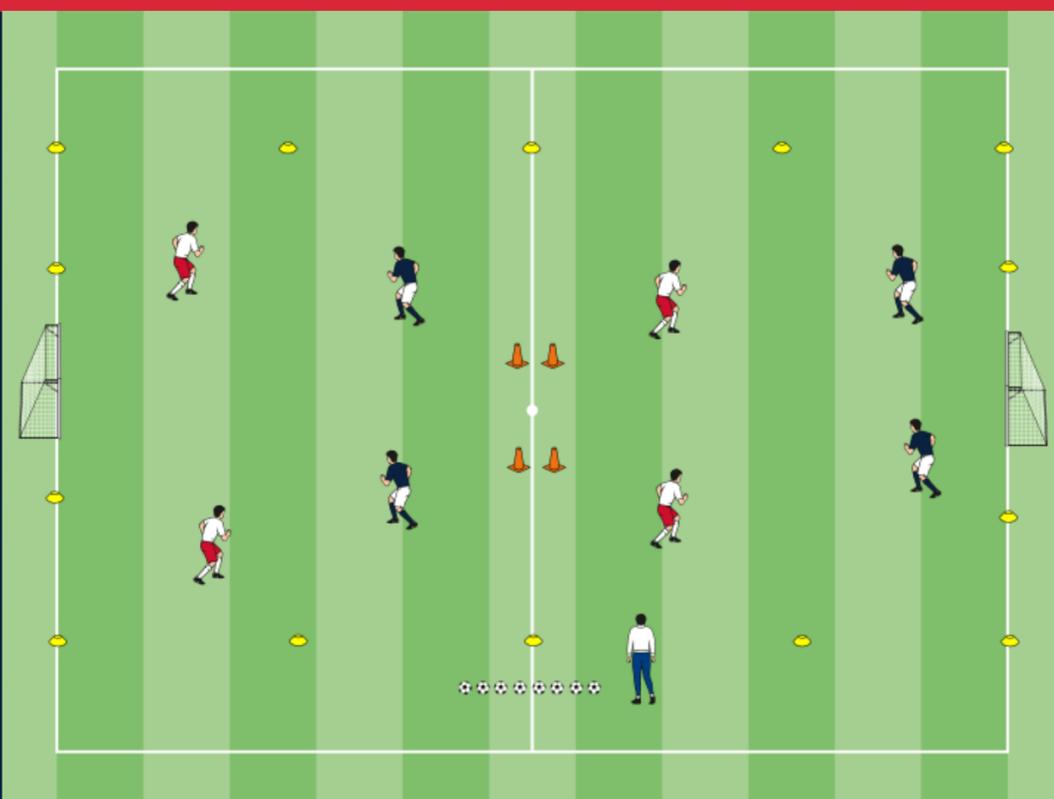
Me and my ball

Learn fundamentals,
purpose, direction &
rules of the game

Taking on opponent
Block 1

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard fields (x2)

DESCRIPTION

Players play 1v1 to 2v2 games on two fields as players arrive. Rotate players after 3 minutes.

SCORING

Score on mini goal for 1 point

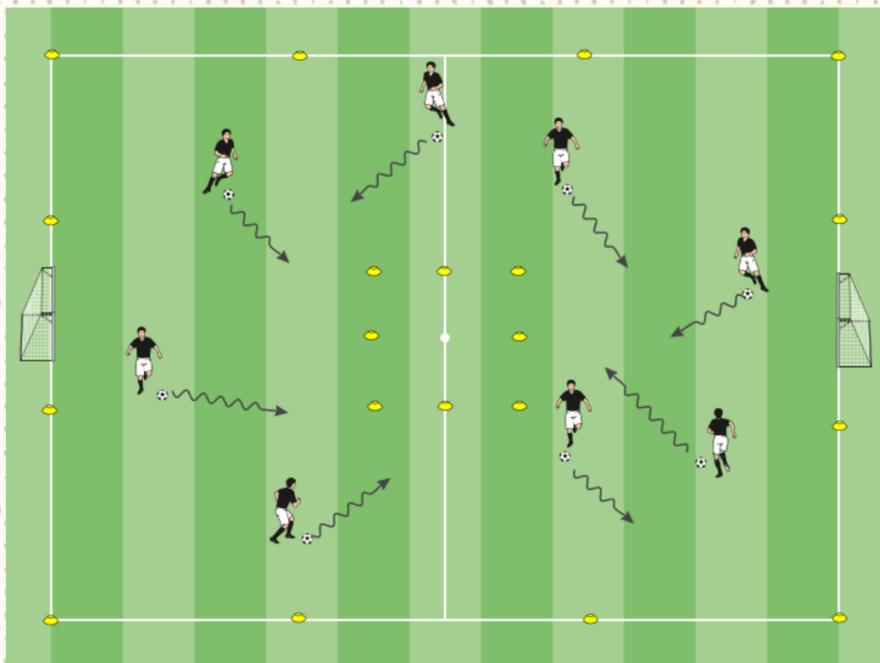
MORE CHALLENGING

Make fields smaller, Play 4v4

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PHASE 2 – PIRATE SHIP | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards

DESCRIPTION

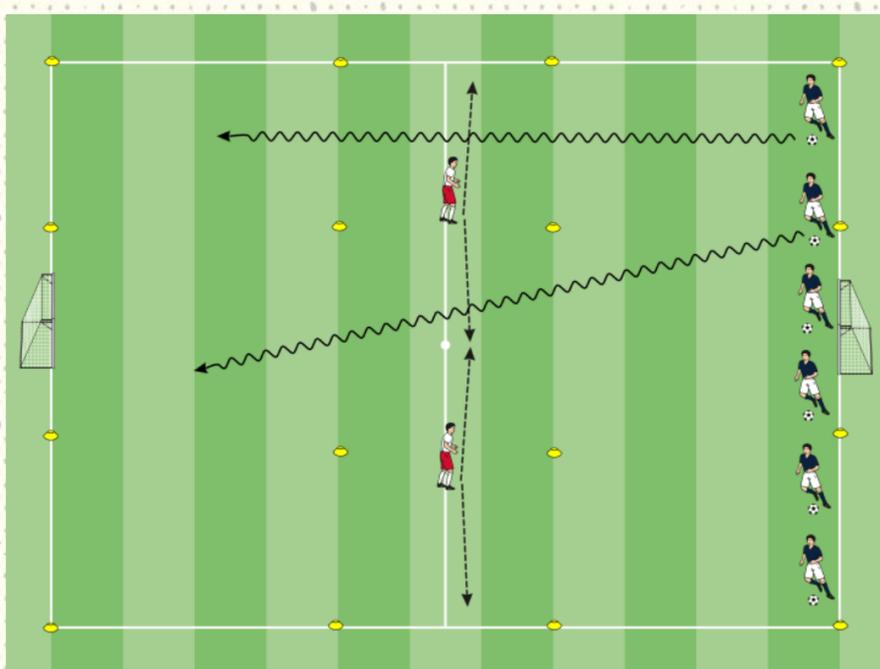
Players are pirates, coach is captain, Player's dribble making sure they do not splash into the ocean.
 "Captains Coming" Foot on ball shout Aye Aye Captain.
 "Climb the rigging" 10 sole taps
 "Scrub the decks" 10 tik tocks
 "Albatross overhead" Dribble ball to center to hide
 "Fire cannons" Shoot ball at Captain
 "Bow or Stern" = Dribble to one end of the ship stopping ball on the line.
 "High/Low Winds" Dribble fast/slow

MORE CHALLENGING

Pirates from another ship try to steal ball

PHASE 3 – SHARKS AND MINNOWS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, 5 yard middle zone

DESCRIPTION

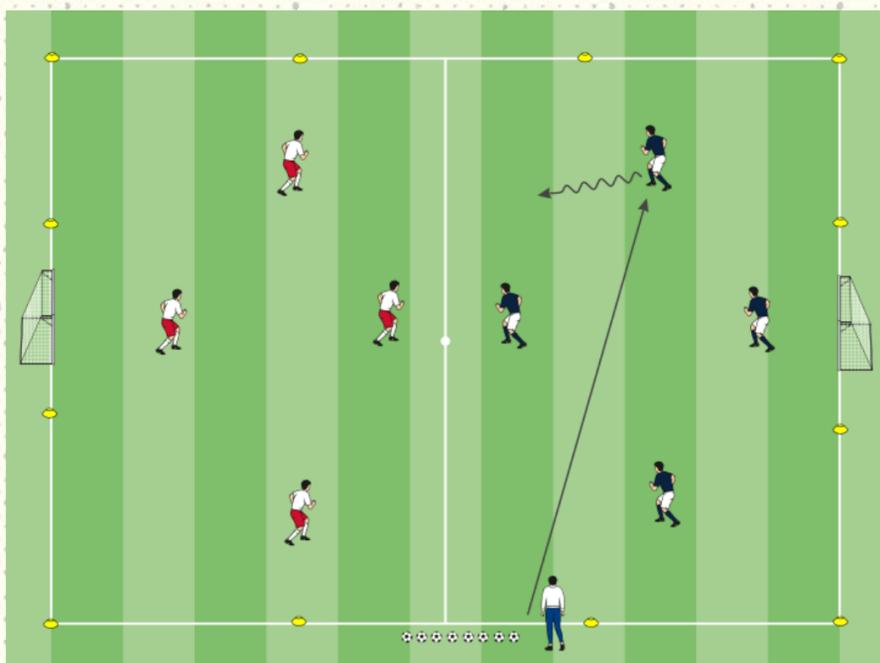
Minnows start with ball on end line and dribble across grid avoiding the sharks who can steal their ball. If you have your ball stolen, you become a shark.

MORE CHALLENGING

Add more sharks
 Point for scoring on goal after dribbling past shark

PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game
 Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller