

Week 7 Taking on an opponent to advance the ball

OBJECTIVE | Improve how to dribble 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

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Run past opponent;

Block 2: Accelerate, Basic 1v1 moves



4 v 4

Play to discover

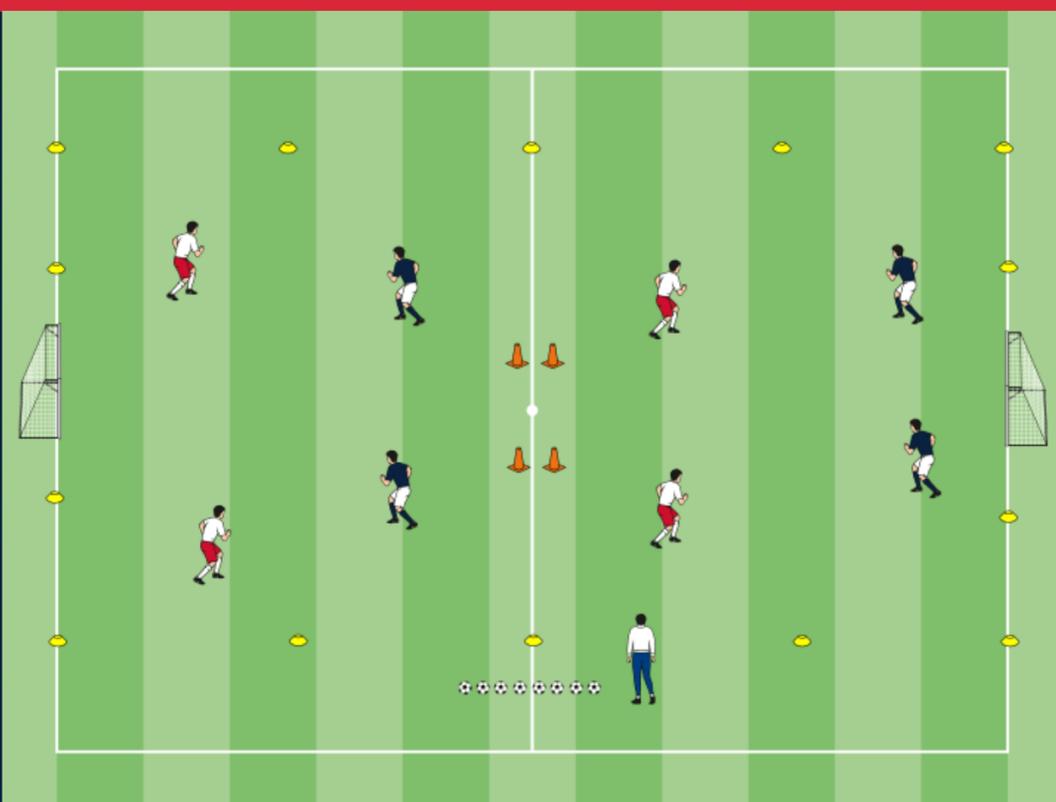
Me and my ball

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 2v2 games on two fields. Rotate players after 3 minutes

SCORING

Score on mini goal for 1 point

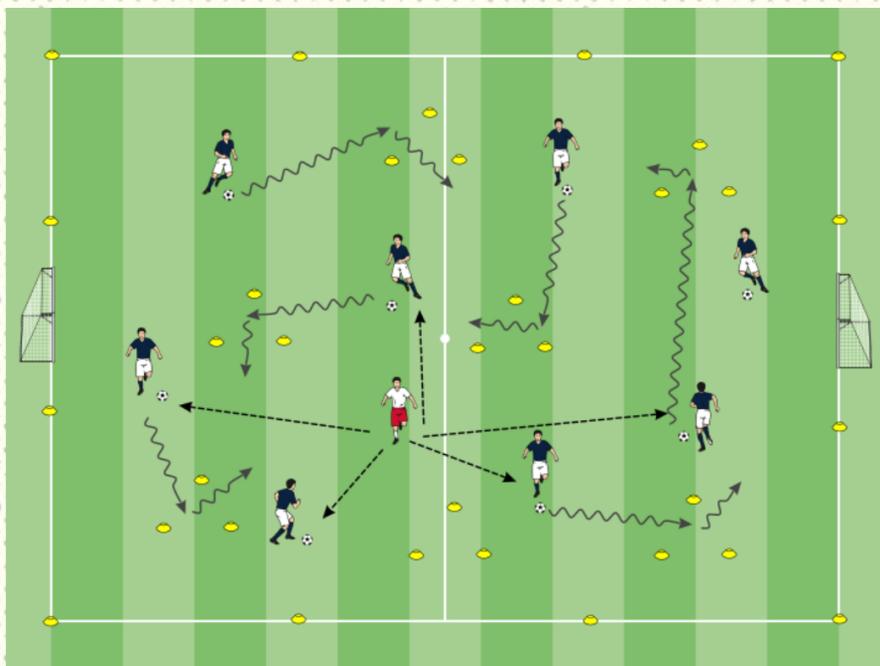
MORE CHALLENGING

Make fields smaller

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PHASE 2 DOG CATCHER— | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, Small triangles of cones

DESCRIPTION

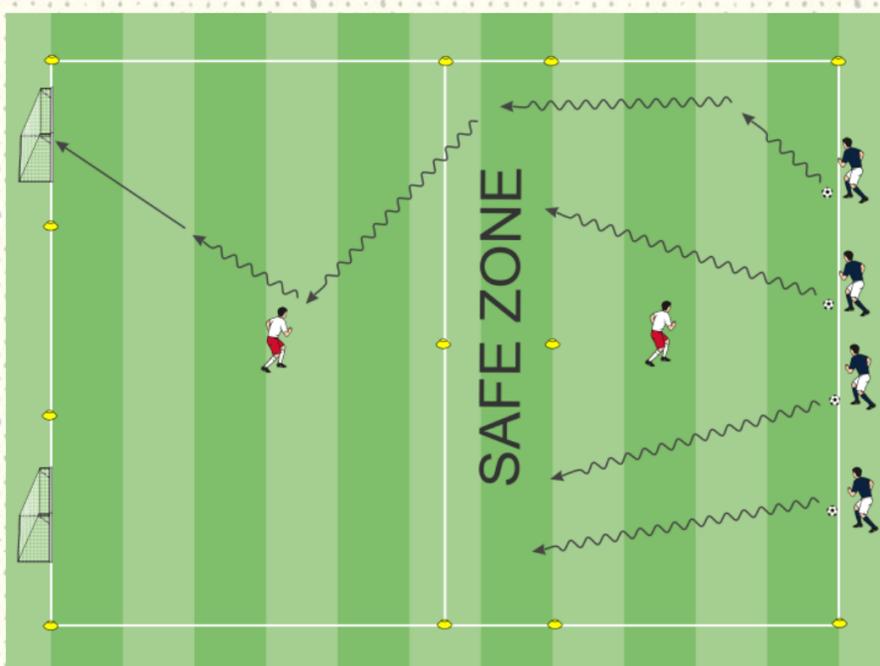
Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. Keep dog on a tight leash! 1 point for every time you go through the dog park (yellow triangle) making sure to give your dog a treat! Coach can chase the dogs and if they catch one, they become a dog catcher too. The dog park is safe but beware of the dog catcher when you leave the park!

MORE CHALLENGING

Add more dog catchers. After 3 points try to score on goal.

PHASE 3 – GAUNTLET | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 25 yards

DESCRIPTION

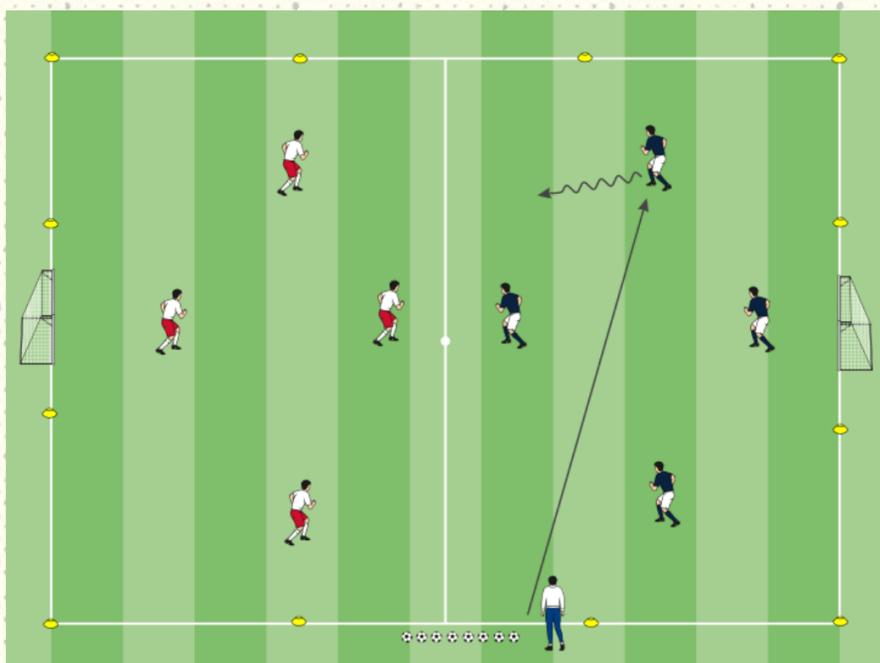
On "Go" blue players attempt to get past first gauntlet, dribbling and stopping ball in safe zone (ed defenders tries to win ball and dribble out of grid, if ball goes out blue player starts again. Next phase is to beat next defender and score on goal. If you score OR your ball is dribbled out, start back at beginning. After a completed round, red and blue team switch.

MORE CHALLENGING

Add more defenders. Start with 1 and increase.

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