

Week 10 Taking on an opponent with a skill move

OBJECTIVE | Learn a basic 1v1 move

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?


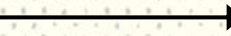
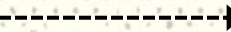
KEY WORDS

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; **Block 3:** Shield, Scan, Correct foot



4 v 4

Play to discover

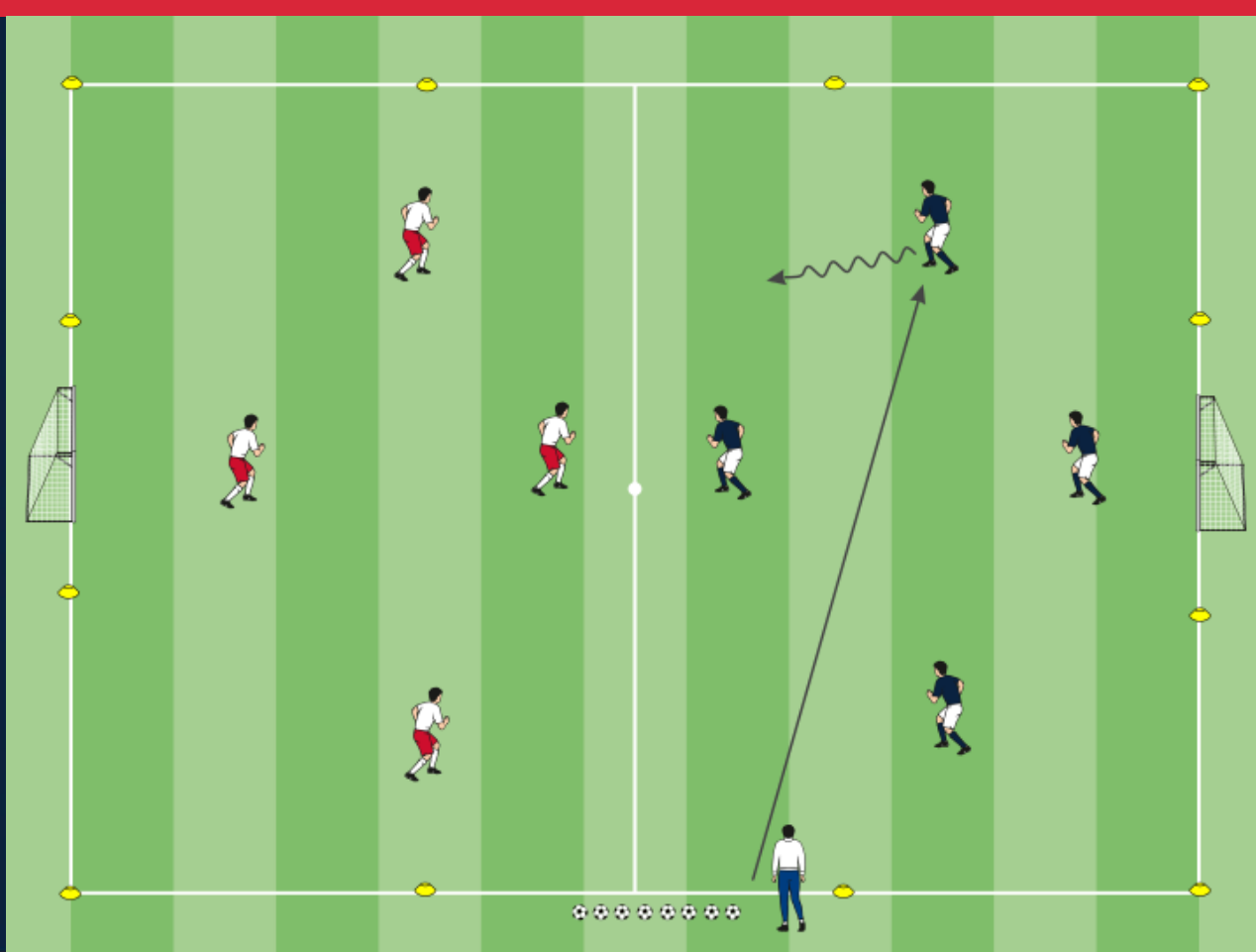
Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Taking on Opponent
Block 2

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30 yard field

DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Encourage players to take on opponents by dribbling into space.

SCORING

Score on mini goal for 1 point

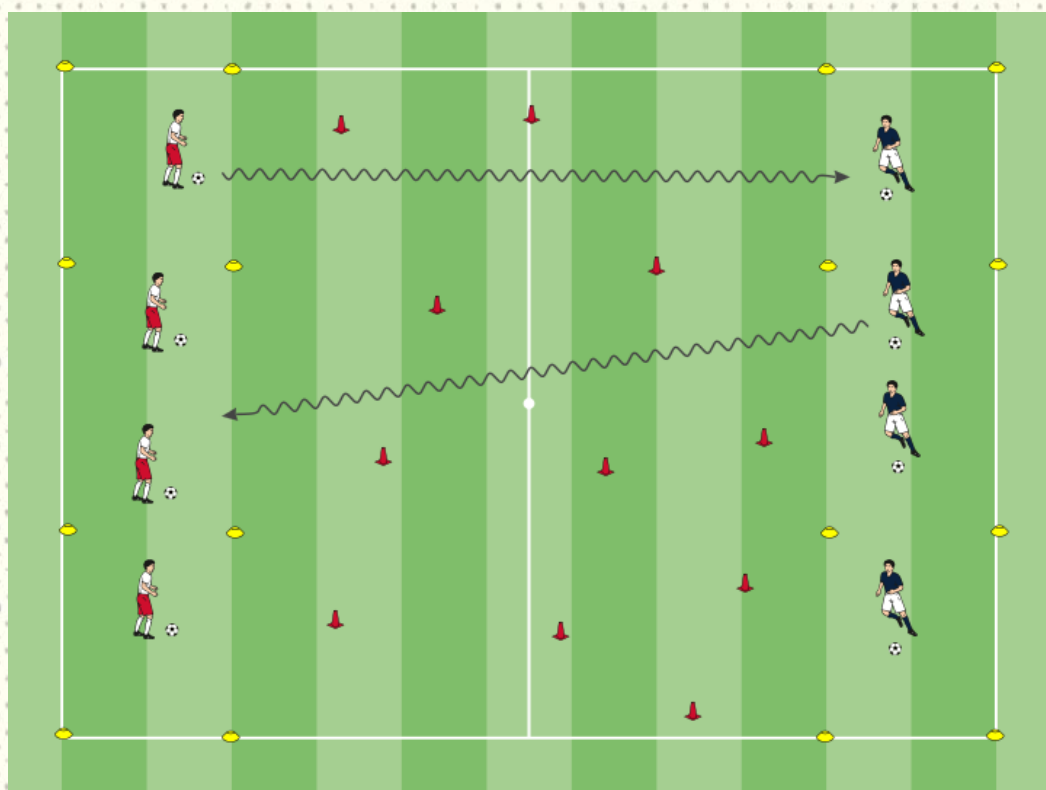
MORE CHALLENGING

Make fields smaller

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PHASE 2 TRAFFIC LIGHT END ZONE – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, 5-yard end zones, scattered cones

DESCRIPTION

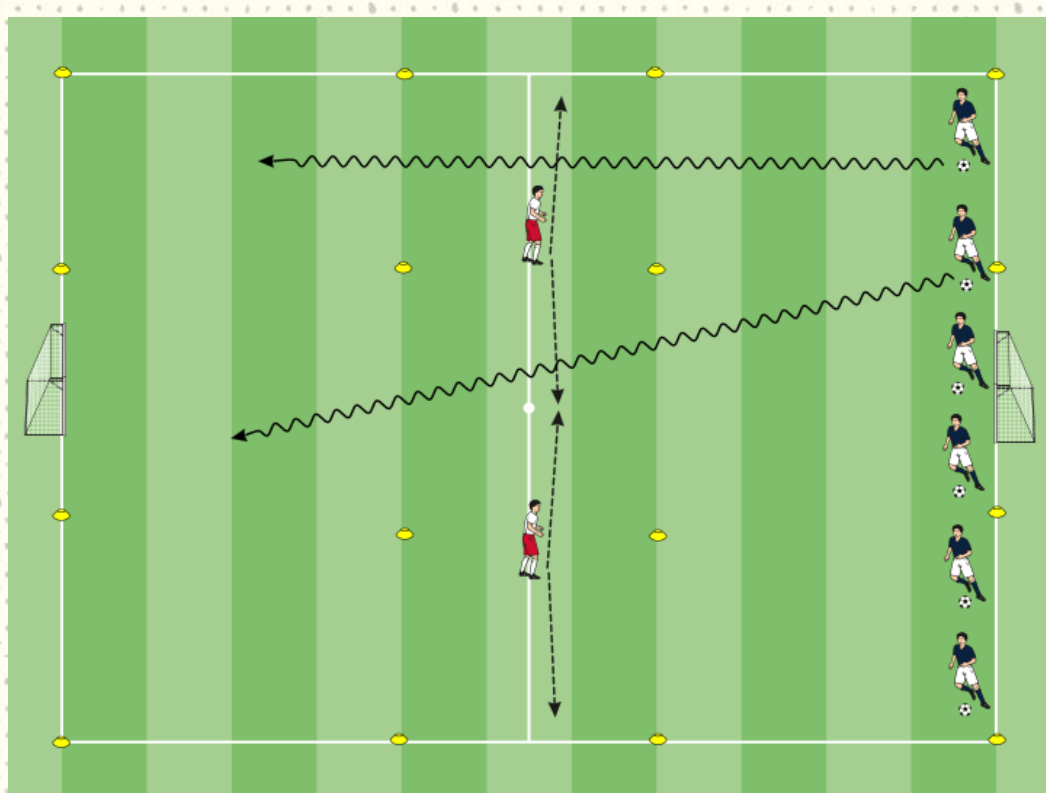
Split into 2 teams, players with a ball each in end zone. Play traffic lights (red stop, green go, yellow slow) with players dribbling to opposite end zone and stopping. Progress to now practice dribbling to a cone and using a fake and take to move ball past cone. Speed up after moving into open space, experiment with changing speed, keeping head up and finding open space.

MORE CHALLENGING

Add coach as bumper car trying to bump players out of the grid. Add players as bumper cars.

PHASE 3 –BUMPER CARS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards with 5-yard middle zone.

DESCRIPTION

Players with ball on end line with their "cars" the ball. Practice without any pressure first, drive slowly and then change speed through the middle zone and stop ball on opposite end line with a squish.....don't go off track!

SLOW | FAST | SLOW

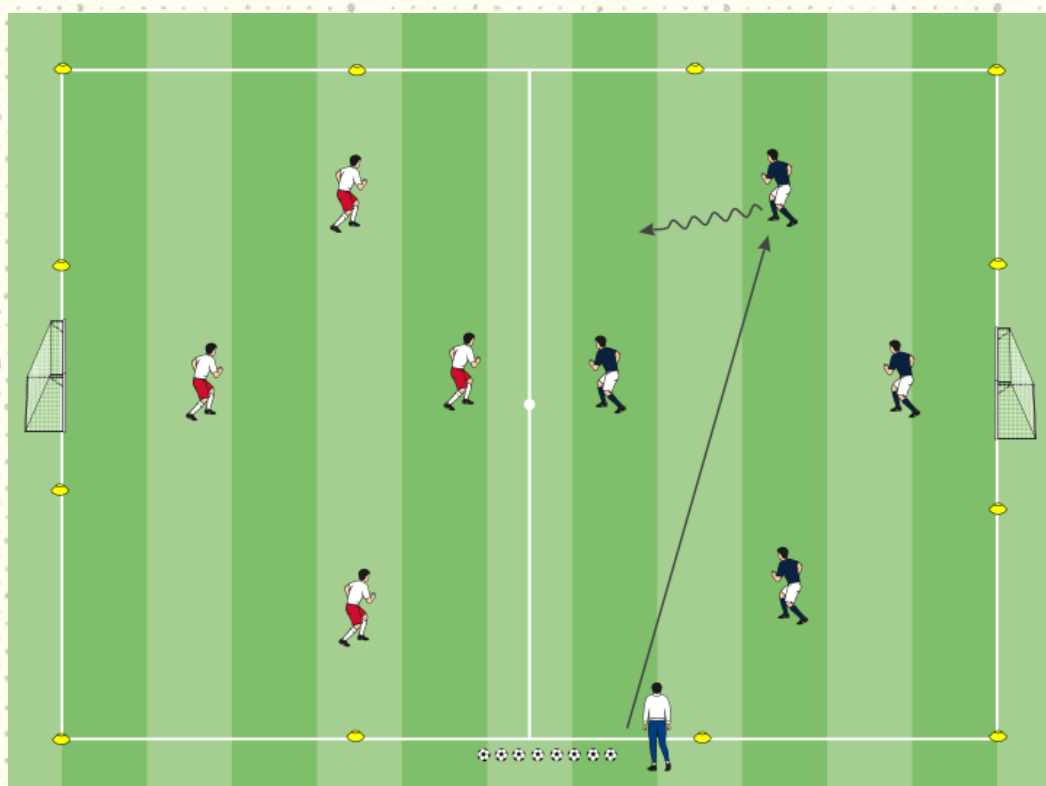
Now introduce two bumper cars (coach can play too!) who try to bump the other cars out with their car/ball or cause a "Crash". Blue players try to avoid crash and get to other side unscathed!

MORE CHALLENGING

Add more bumper cars, score on goal after crossing

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