**1 vs. 1 DRIBBLING**

**AGE LEVEL: U8  TIME: 60 MINUTES**

### SETUP

- Make two fields at 20x10 yards.
- Place 2 yd goals on each endline.
- Players play 2v2 on field.
- If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

### TIME

10 minutes

### GO AT THEM!

**TIME** 10 minutes

**SETUP**

- Use body to "sell" a dribbling move to get defender off-balance
- Increase speed after performing dribbling move around defender
- First touch after getting around defender should be in front of them, to delay their lane of chase and make it harder for the defender to tackle you
- Be creative!

**COACHING POINTS**

- None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

### GET IN THE ZONE!

**TIME** 10 minutes

**SETUP**

- Expand your field to a 15x20yd field, and add restraining lines 5 yards from each goal. Each endline has two goals.
- Split team into two lines, one is defending and one is attacking.
- Ball starts at attacking line. Once an attacker dribbles in, a defender from the opposite side comes to defend.
- Players must dribble past restraining line before they can shoot on either of the goals on the endline they are attacking.
- After a goal is scored, or the ball goes out of bounds, next two players play. Players return to their own lines and keep score.
- Play for 2 minutes, and then switch sides.

**COACHING POINTS**

- Encourage attacking the defender with pace and creativity!
- The attacker should not turn their back to the defender. Doing so ruins any momentum they have.
- Ask attackers to dribble at the defender’s front foot. If the defender angles their body to the left, you should attempt to dribble to the right to get them off balance.

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PRACTICE PLAN

1 vs. 1 DRIBBLING

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» Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
» Cones for goals are 2yds wide (same as for a game).
» There are no goalkeepers.

15 minutes

SETUP

TIME

4 VS. 4 SCRIMMAGE

» None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

COACHING POINTS

5 minutes

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

» Why is deception important in 1v1 situations? (It gets the defender off balance, so we will have more success getting around them)
» What should you do with your speed after beating someone 1v1? (increase it)
» Where should your first touch be after beating someone 1v1? (behind them, so it makes it more difficult for them to tackle you)
» Why is it important to find space even when you don’t have the ball? (so when you do get the ball, you’ll have more time and space to do something with it)

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