



1 vs 1

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Howard Rushton, CG, United States of America

Description

Dribbling Box

Organization:

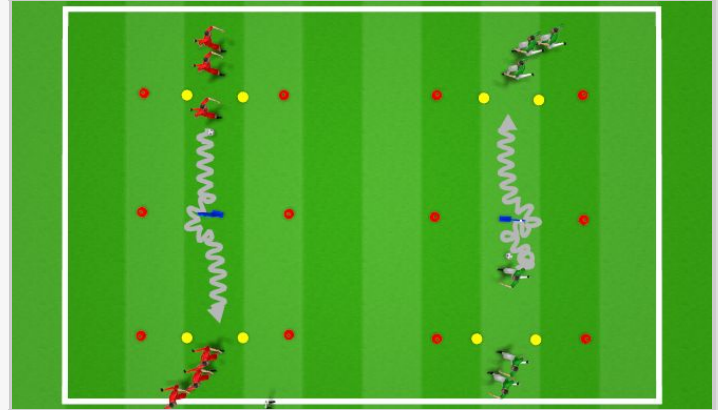
- 12 Players
- 2 Boxes of 15 x 10 yards
- 1 obstruction to play around, pole, Pugg goals, cones, coach, in the center of each box
- 1 Ball per Player

Instructions:

- Dribble from side to side
- Dribble around the obstruction using a dribbling skill as directed by the coach.
- Skill 1 : Body feint
- Skill 2 : Croqueta - <https://www.youtube.com/watch?v=DH46nA2B1fo>
- Skill 3 : Step over

Coaching Points/Questions:

- Small touches
- Move toward the obstruction
- Use your skill when close, within a yard
- Use your body



1V1 Transition Box

Organization:

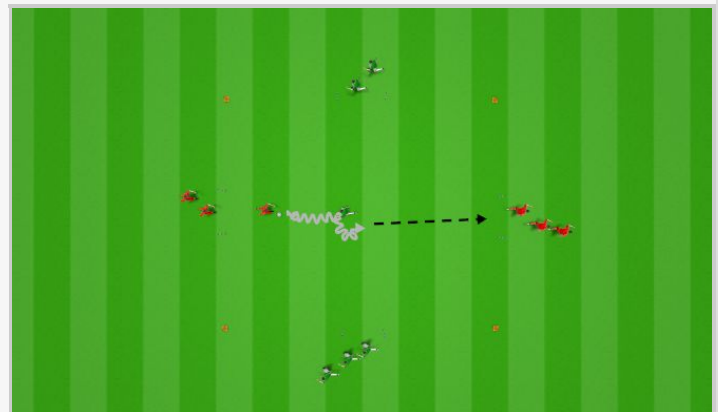
- 15 x 15 Yard box.
- 4 gates, 2 per team
- 6 players per team

Instructions:

- 1 player starts in the middle and stays relatively in the same spot
- Player from other team moves forward to play 1 vs 1 and try to dribble around the defender and pass to a teammate on the opposite side.
- When the defender wins the ball, they will become the offensive player and passes to their teammate, who then attempts to do the same thing. Prior offensive player then stays in the middle until they win the ball.
- Quick Transition from attacking to defending.
- 1 Point per passing to the opposite side.
- 1 Point per stealing a ball.

Coaching Points/Questions:

- Attacking positive first touch.
- Confidence to take people on.
- Change of pace.
- 1v1 Skills, feint, croqueta, step over



Organization:

- 2 fields of 20 x 15
- 4 teams of 3, play 3 vs 3 on each field
- 2 Pugg goals or equivalent on each field

Instructions:

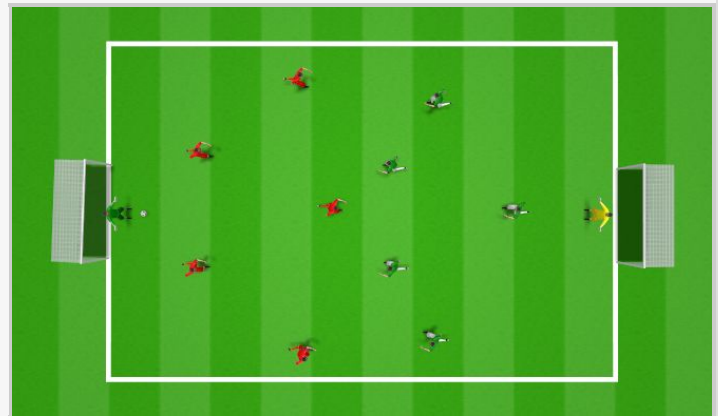
- 4 team tournament, 3 games per team
- 3 players per team
- 7 min per game
- 1 min rest per game

Coaching Points/Questions:

- Create 1v1 Situations
- Use Dribbling skills



Scrimmage



Coaching Practice Review and Reflection

What went well...

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Even better if...

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