

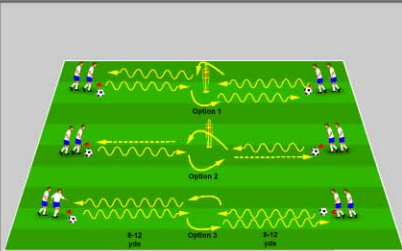
U9-U10 Coaches Clinic - Taking Players on 1v1

Date : 8/Sep/2013
Time : N/A

Duration : N/A
Age/Level : U8 - U10

Session : 1v1 dribbling moves and mentality
Objective :

1v1 Shadow Dribbling



Description :

1v1 shadow dribbling to beat a defender

*each player in front of the line has a ball - players opposite each other begin dribbling at the mannequin at the same time and throw a 1v1 move to get past and behind defender

Variations: 1) after beating defender dribble to opposite line for takeover

2) after beating defender pass to opposite line

3) remove Mannequins and players throw moves to beat each other at same time

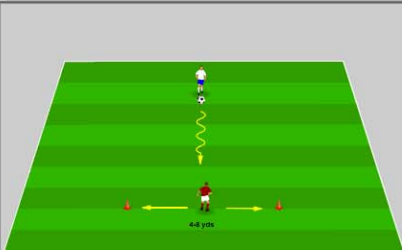
Coaching Points :

*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender *cut off defender with dribble when you beat them

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

Guarding the Gate



Description :

1v1 to beat a player across a line - player with ball tries to dribble across line between two cones with ball under control (goal 5-8 yards wide)

*defender can only move side-to-side on line - they may not leave line to tackle ball

*if attacker scores goal they get to keep ball and go again, otherwise players switch roles

*make game competitive by keeping score

Variation: use a ladder format where winners move up and losers move down

Coaching Points :

*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

1v1 Gauntlet



Description :

1v1 to beat a player across a line - player with ball tries to beat players in consecutive grids

*once a player beats a player and exits a grid, that defender rests

*2nd and 3rd defenders wait at back of their grid until attacker successfully enters their grid

*if a defender steals the ball the attacker - they switch places

Can anyone beat all 3 defenders? How many times can a player beat all 3 defenders?

How many defenders does each attacker beat?

Coaching Points :

*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender *cut off defender with dribble when you beat them

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

4v4 to Lines



Description :

4v4 to lines - players score by dribbling the ball and stopping it on the endlines

When a goal is scored - opposing team gets ball, can dribble in to start but may not score on the line the ball was just scored on until ball changes possession

Variations - each team scores to:

1) any of the 4 lines 2) 2 lines - adjacent sideline/endline, 3) 1 line - opposite endlines

2) may only pass backwards when playing to one line

Coaching Points :

*Look for openings to attack a line on the dribble

*Big touches when you have space or are far from line, smaller touches near defender/line

*Change direction to escape defenders and attack open line (inside and outside of foot cuts)

*Take defenders on 1v1 if they don't have help/cover *1v1 mentality to take players on

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception