



# 09 / U9B - 1v1 to Beat an Opponent

**Category:** Technical: Coerver/Individual Skills  
**Difficulty:** Moderate

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## Description

Phase: Open Up the Opponent to Attack

Principle: Isolate Defenders and Take Them on 1v1

## Coerver skills (10 mins)

### DESCRIPTION/ORGANIZATION

Coervers in free space on coach's command. If players can do multiple moves, see if they can do a chain of moves in a specific order one after another.

### COACHING POINTS:

**Puskas:** stop ball with bottom of dribbling foot. Make sure ball stops completely to stop defender. Step past ball with same foot. Push ball forward with inside of other foot. Slow, stop, explode.

**Kluivert:** Same as Puskas but dribbling foot stops ball and before dribbling foot steps down, other foot comes through ball to explode forward.

**Litbarski:** Same start as Puskas. Once dribbling foot stops ball, step past ball turning half way to the inside, take the ball in opposite direction with outside of other foot.

**Scissors:**

**Double Scissors:**

**Cruyff:**

**Fat Ronaldo:**

**CR7 Chop:**



## 3v3 Funino with 8 yard dribbling gates (20 mins)

**DESCRIPTION/ORGANIZATION:** Must dribble through 8-yard gate in order to score. Can score in either gate.

### COACHING POINTS:

\*Find moments to dribble 1v1.

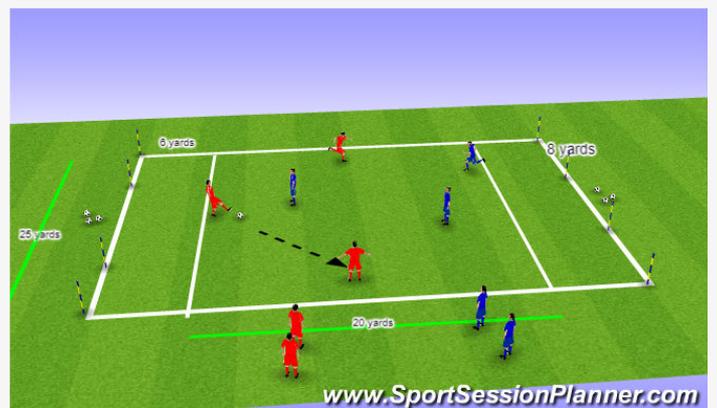
\*Find gaps to dribble, find isolated defenders.

\*Timing of when to throw moves, change of pace, change of direction.

\*Don't give away ball unnecessarily - Use shielding, passing, dribbling to help keep possession

Head up while approaching defender.

Which goal should you attack?



## Gate Dribbling (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

\*Grid with gates/goals randomly spread around area.

\*Various gate/goal sizes to change requirements for players as they dribble.

\*Players score by dribbling through gates

**Competition phase:** how many points can you score in 30 seconds

\*1 pt per gate max of 2

\*1 pt if holding ball at end of 30 sec.

\*Switch player that starts with ball and go round 2 - winner is one with most point and 2 rounds

### COACHING POINTS:

\*Head up and peeking to find open gates/goals to attack

\*Attack open gates/goals with speed

\*Turn/change direction with ball to attack open gates/goals and to score

\*Touches under control as passing through gate/goal



- \*Use move to beat defender, explode through gate, slow down to make next decision.
- \*Change of pace, change of direction

### 3v3 Funino (15 mins)

**DESCRIPTION/ORGANIZATION:** Ball must enter endzone before you an score. Sub every 3 to 5 minutes or sub every goal scored

**COACHING POINTS:**

- \*Find moments to dribble 1v1.
- \*Find gaps to dribble, find isolated defenders.
- \*Dont give away ball unesscarily - Use shielding, passing, dribbling to help keep possesion
- Head up while approaching defender.
- Which goal should you attack?

