

TRAINING SESSION PLAN

Theme: Coaching The 1v1

Warmup Phase

1. "Command Dribble"
 - > all players with ball, coach calls out "command" -- right foot only, inside of feet, etc.
2. Dynamic Stretches
3. Speed Dribble Warmup
 - > all players with ball, dribble from goal line to 18-yard line and back using laces
4. Static Stretches

"1v1" Technical Phase

1. Dribbling Warmup: "Quickfoot" session
 - > Box + Lat 2-Touch + 3-Touch + L + V + U + Triangle-R + Triangle-L + X-Box + Box-123
2. Dribbling Move session
 - > "Foot-Around", "Side-Step", etc.
3. Defending Drill
 - > "Delay + Tackle + Takeaway"

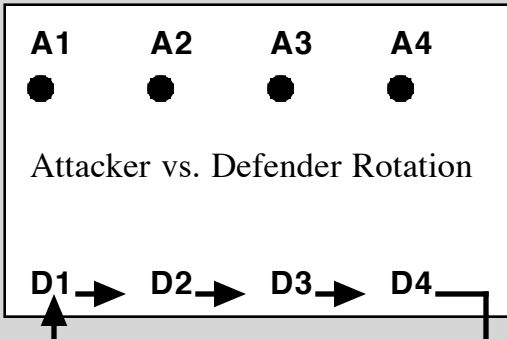
"The Competitive Cauldron: 1v1" Phase

1. Warmup: Passive 1v1
2. Active 1v1: "Attacker vs. Defender" > Line Soccer
3. Active 1v1: "Attacker vs. Defender" > To Goal
4. Active 1v1: "1v1 to Line"
5. Active 1v1: "1v1 to Goal"

"The Competitive Cauldron: 1v1" Setup

- > For "Attacker vs. Defender" series, divide players into 2 teams
- > Each team serves as Attackers and Defenders
- > Rotate only the Defending team players so that each Attacker goes 1v1 vs. each Defender
- > For "1v1 to Line" and "1v1 to Goal" assign each player a number and rotate so that each player goes 1v1 against all other players (*see "1v1.Matches" chart for how to conduct games based on the number of players participating*)

A1	A2	A3	A4
●	●	●	●
Attacker vs. Defender Rotation			
D1	D2	D3	D4
→	→	→	→



P1	P2	P3	P4
●	●	●	●
"1v1" Rotation			
P16	P15	P14	P13