

SESSION PLAN: TACTICAL



COACHING THE 1 v 1

Warmup Phase

1. "Command Dribble"
2. Dynamic Stretches

"1v1" Technical Phase

1. Dribbling Warmup: "Quickfoot" session
2. Dribbling Move session
> "Foot-Around", "Side-Step", etc.
3. Defending Drill > "Delay-Tackle-Takeaway"

"The Competitive Cauldron" 1v1 Phase

1. Warmup: Passive 1v1 (no defending)
Defenders start drill by passing ball to Attackers. Defending players move into proper stance but are not allowed to tackle ball away.
2. "Attacker vs. Defender" > 1v1 To Cones
Defenders start drill by passing ball to Attackers. Now defenders can tackle ball away. Both players attempt to score by dribbling ball through opponents cones.
3. "Attacker vs. Defender" > 1v1 Line Soccer
Defenders start drill by passing ball to Attackers. Object is to dribble ball over opponents endline.
4. "Attacker vs. Defender" > 1v1 to Diagonal Goals
Defenders start drill by passing ball to Attackers. Players go diagonally across grid to score in small goals (goals can be made with cones, flags or pop-ups).
5. "Attacker vs. Defender" > 1v1 to Regulation Goal
This is true "1v1" battle. One team starts as Defending Team. One team as Attacking Team. Defending team starts by passing ball to Attacker who attempts to score. Defender can tackle ball away or clear it out. Teams switch roles after each player has served as an attacker or defender.

