

# LOUDOUN SOCCER



**Session Theme**

Dribbling / 1v1

**Objectives**

To develop comfort on the ball and risk-taking and creativity  
To develop players' abilities to beat defenders in 1v1 situations

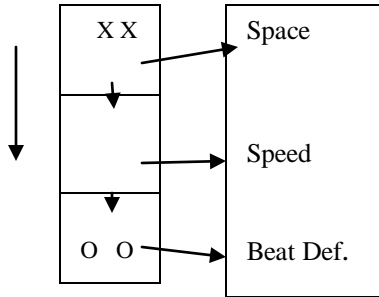
**Warm-Up:**

Ball each, dribbling/footskills

**Three-phase relay dribbling**

Groups of four, players dribble in relays, starting off with dribbling for space (control), then for speed, and then doing a move to beat an (imaginary) defender

- Make it competitive (timed/races)



Various

Surfaces of foot for different dribbling

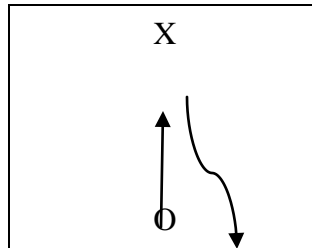
Head Up

Relaxed

Change direction/speed when beating defender

**1v1**

O plays to X who tries to beat O 1v1 and get the ball over the end line under control. Progress to varying the serve (bouncing, air-balls etc)



Draw pressure

Identify space behind defender to attack

Use footwork/fakes to move defender

Attack space where possible

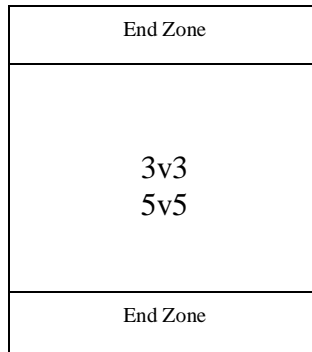
Decision: which foot/side to attack?

**3v3 / 5 v 5 to End Zone**

Players score by dribbling the ball into the end zone

- 1v1 situations – players are paired up and can only challenge their opposite number.
- Players can pass after beating their opposite number and can be challenged by any of the opposition

**NOTE: Encourage 1v1 attacking play with risk-taking and creativity**



Decision making:

When to take players on.

Where to take players on.

When to pass / when to dribble

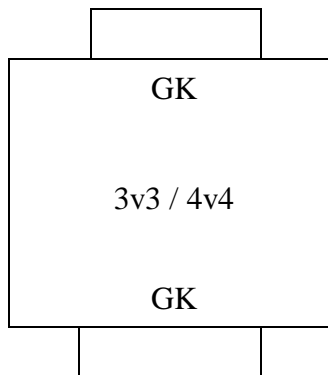
Create enough space to penetrate with dribble

Cut across defender once in front to take recovery away

**3 v 3 with GK**

Attackers must beat defender 1v1 and shoot at earliest opportunity. GK for opposite team restarts the game after a goal or save by playing the ball into his/her team. Attackers can use GK as support player

- Can only challenge opposite number
- Can challenge any opposition player



Create enough space to penetrate with dribble, pass or shot

Take shot at earliest opportunity

GK should play ball early to exploit space for attackers

**Regular Scrimmage**