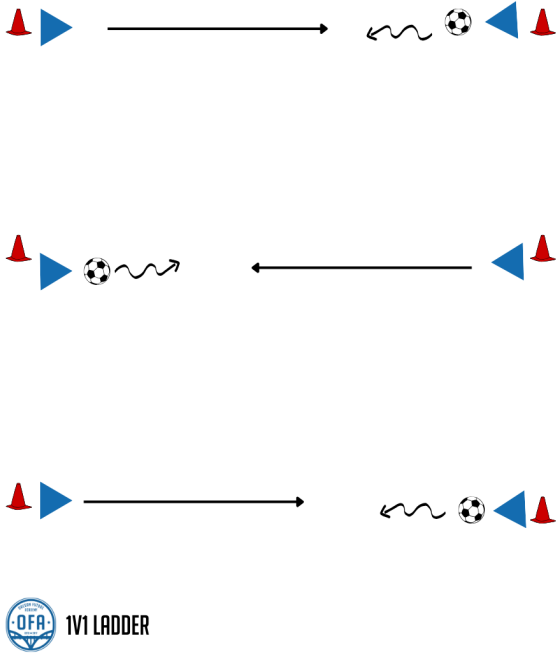
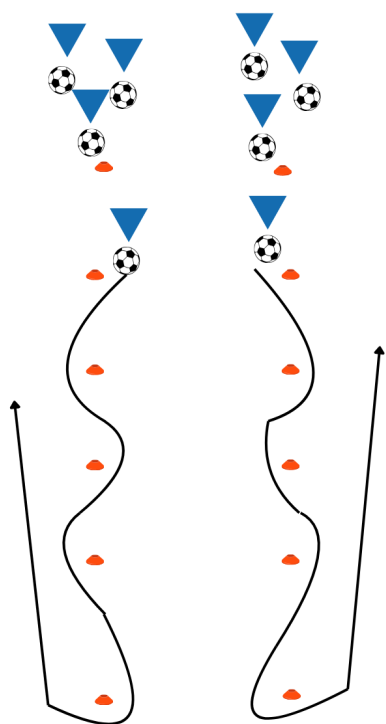


Week 2 - Dribbling 1v1

WARM-UP ACTIVITY: 1v1 Ladder

	Activity Objective	Dribble at speed and attempt to beat your opponent 1v1, scoring by hitting the cone with the ball.
	# of players/Opponent	1v1
	Size/Shape of Field	15 X 20
	Ways of Scoring	Ball hitting the cone or ball on the line
	Active/Recovery Duration	10 - 15 seconds / 20 - 30 seconds
	Repetition/Sets	4-5 repetitions / 1-2 sets
	Total Activity Duration	10-15 mins
	Rules	Players must dribble past their opponent and strike the cone with the ball to score, while defenders try to stop them.
	Rotations (Substitutions)	After each turn, the attacker becomes the defender, the defender goes to the back of the attacking line, and the next player steps in to attack.
Coaching Interactions		
Encourage feint moves and shielding as they go, try not to stop play.		
WHAT (Coaching Points) Use dribbling and moves to get the defender out of your path. Run fast with the ball after move to leave the defender behind. Once past the defender, shield the ball to prevent tackles from behind.	WHEN (You will enter the activity)	HOW (You will deliver the information) Deliver guidance as they go.

ACTIVITY 1: Cone Slalom w/ Turns



CONE SLALOM W/ TURNS

Activity Objective

Develop close ball control, agility, and turning ability while dribbling through a slalom course at speed.

of players/Opponent

-

Size/Shape of Field

N/A

Ways of Scoring

Players complete the slalom while keeping the ball under control.

Add competition: first to finish, or points for clean runs without missing cones.

Active/Recovery Duration

10-15 seconds / 20-30 seconds

Repetition/Sets

3-5 repetition / 2-3 sets

Total Activity Duration

10 - 15 minutes

Rules

- Players start at the top of the slalom with a ball.
- Dribble through all cones in sequence.
- At the end, perform a turn (inside cut, outside cut, drag back) and dribble out.
- Next player starts when the previous player clears the first two cones.

Rotations (Substitutions)

Players go one at a time through the slalom and then return to the back of the line.
Rotate lines to ensure all players get equal turns.

Coaching Interactions

WHAT (Coaching Points)

Use both feet (inside, outside, sole) when weaving through cones.

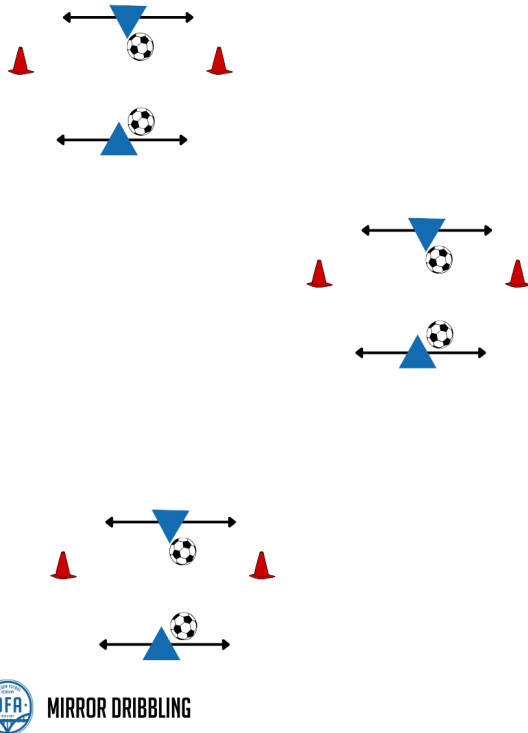
Keep ball close with small touches.

Head up occasionally to see the next cone.

WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 2: Mirror Dribble



Activity Objective

Develop close ball control, coordination, and awareness by copying a partner's dribbling movements.

of players/Opponent

1v1

Size/Shape of Field

3-4 yards apart

Ways of Scoring

No formal scoring—focus is on accuracy and control.
Add competition: pairs earn points for staying “in sync” the longest without mistakes.

Active/Recovery Duration

30 - 40 seconds / 60 seconds

Repetition/Sets

4 - 6/ 1-2 sets

Total Activity Duration

10 - 15 minutes

Rules

- Players work in pairs, each inside a small grid.
- One player leads with the ball, the other mirrors their movements while dribbling.
- Stay within the cones, keeping the ball under control.
- Switch leader and follower after each round.

Rotations (Substitutions)

One player is the leader, the other the mirror.
After each round, switch roles.
Rotate partners after 2–3 rounds to keep variety.

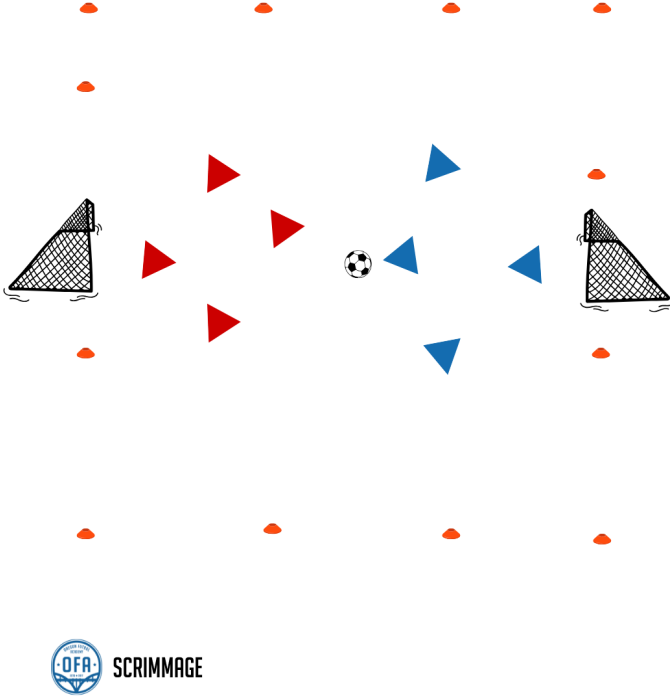
Coaching Interactions

WHAT (Coaching Points)
Keep the ball close with small touches.
Leaders should use creativity—inside/outside cuts, stops, changes of pace.

WHEN (You will enter the activity)
Between or during demonstrating the activity.

HOW (You will deliver the information)

ACTIVITY 3: Scrimmage

	Activity Objective	Give players the opportunity to apply skills learned in practice in a realistic game environment, encouraging decision-making, teamwork, and fun.
	# of players/Opponent	4 v 4
	Size/Shape of Field	15 x25 yards
	Ways of Scoring	Teams score by putting the ball in the opponent's goal. Bonus coaching focus: reward teams for stringing passes together, dribbling past defenders, or spreading out.
	Active/Recovery Duration	10 minutes/5 minutes
	Repetition/Sets	
	Total Activity Duration	20 minutes Two 10 minute halves -5 minute half time
	Rules	-Normal small-sided game rules: dribble, pass, shoot, and score. -Kick-ins or dribble-ins instead of throw-ins to keep flow simple. -No goalkeepers at U7/8 -Have fun and emphasize fair play, effort, and teamwork.
	Constraints/Restrains	
Coaching Interactions		
WHAT (Coaching Points) Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed.	WHEN (You will enter the activity)	HOW (You will deliver the information)