

Session Plan

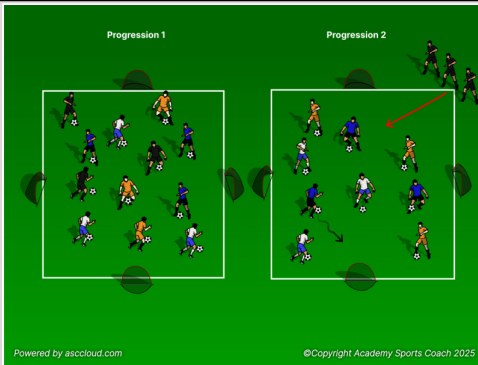
20 March 2025

Objectives

7v7. 1v1 Attacking and confidence on the dribble.

Fundamentals of dribbling.
Under pressure from opposition.
Encourage creativity and skill on the ball.

Intro- Ball mastery Activity 10 minutes



Set up- 12 players- 20x20 box.
Players added into 4 groups of 3.

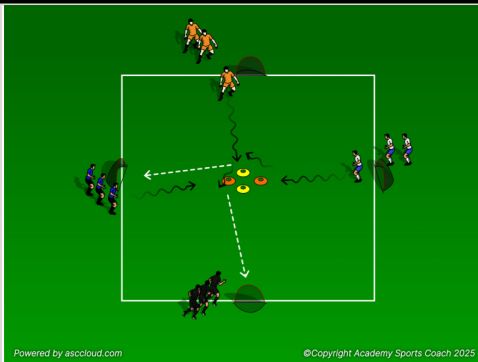
1. 12 players. Ball mastery in the box. Ball for each player.
 - Encouraging skills on the ball.
 - Ask players to demonstrate skills for their teammates.
 - Creative movement. Encouraging different speeds and skills in different types of space.
 - Quick rounds on coaches call of juggling and freestyle skills.
2. Dribbling under pressure. 9 players in area with ball. 3 players outside area - enter to win the ball.
 - One group of 3 enters area and tries to win the ball and score in any of the 4 pug goals. Continuous. If you score get another ball. Keep score.
 - Each group rotates and works for 60 seconds x 2 in the area.
 - When players win the ball- can they use skills to dribble and score in the pug goal.

Coaching points-
-Awareness of space
-Using skills to beat defenders
-Using body to protect the ball.
-Changes of speed and direction

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1v1 Skills / 15 minutes



1v1 skills- Same area as warm up. One team at each goal.

1st progression Unopposed.

Two groups working at same time. Playing across the box. Two balls working at same time. Orange dribbles at speed attacking the space. 1v1 skill in middle and a finish in opposite goal. Next player from beside the goal is scored then goes. Join the side you scored at. Continuous game. Encouraging different speeds and skills. Avoiding other group and aware of their space.

2nd Progression-

Competitions- First team to score 10 goals. Have a winner each time. Orange and black vs blue and white.

Add specific 1v1 skills.

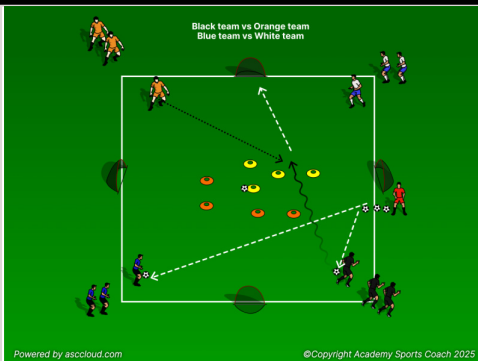
3rd progression-

All 4 groups playing- Evading pressure of opposition and awareness of other players. Ball mastery and skills under pressure.

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1v1 Game / 15 mins



Set up- Same area as previous exercise. Players move to the corners of area. Still in teams of 3.

1v1 exercise. Coach serves the ball to any colour. Player receiving ball plays 1v1 against team in opposite corner. Dribble through any set of cones then score in any goal. Defender wins the ball. Counter to any goal.

First team to 6 goals. Rotate to play against different teams.

2nd Progression-

Two groups working at same time. 2 x 1v1s Playing across the box. Coach serves ball to two groups. More pressure from extra players. Ball mastery and foot skills even more important. Control within the chaos.

Coaching points-
Speed to attack space.
Evade opposition with skills and changes of direction.
Finish in goal under control after the 1v1. Creativity and vision.
Speed of defender to close space.

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3v3 Games 20 mins - 6v6 game 20 mins



Play 3v3.

Play 3 x 6 minute games.

Can dribble or pass in from any line.

Encouraging players to find 1v1 situations all over the field. Positivity and encouraging 1v1 skills in all areas.

Open up and play 6v6. Can add neutrals and play 5v5 + 2.

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