**BALL PROTECTION & DRIBBLING 1v1**



**Arrival Activity**

* In pairs, one take a cone and one take a ball
* Place the ball on the cone
* One player tries to protect the ball, whilst the other tries to knock it off

**Coaching Points**

* Can you protect the ball by standing side on with your arm out?
* Do you know where your opponent is?
* Can you knock the ball off by tricking the protector?



**Practice One**

* Two cones five paces apart
* One player with the ball and one without
* Player with the ball has to trick the player without to beat him to either cone
* If you are aiming for the cone on the right then you need to stop the ball with your right foot
* If you are aiming for the cone on the left then you need to stop the ball with your left foot

**Coaching Points**

* Can you trick your opponent to get them off balance?
* Can you travel at speed and remain in control of the ball?



**Practice Two**

* Setup two target goals and a striking area as shown
* Players play 1v1 and attack either goal
* Attacker looks to score in either target goal
* Defender looks to win possession and dribble into the yellow box
* After each turn the attacker becomes the defender
* Play restarts as soon as the 1v1 is dead
* 1 point awarded for the nearest goal
* 2 points awarded for the furthest goal
* 3 points awarded for winning possession and dribbling into the yellow square

**Coaching Points**

* Can you trick the opponent to gain an advantage?
* When to run with ball and when to slow it down?
* Can you get back into position quickly in transition?
* When to tackle and when to stand off?
* First touch into space, which goal are you going to attack? Scan



**Game**

* Play 5v5
* When a ball goes off the pitch the player that kicks the ball out must retrieve it
* Once the ball goes off the team that now has possession restarts play by getting a ball off a cone
* Whilst the player retrieves the ball the match continues giving one team a player advantage

**Coaching Points**

* Focus on beating players in 1v1 situations
* Can you make the most of it when you have the numerical advantage?
* Will you attack quickly if you have the man advantage?
* Will you hold up the play or try to attack if you have the disadvantage numerically?
* Can you attack space? Scan

**Session Outcomes**

* Shielding the ball - body between the ball and the defender
* Ways and when to trick your opponent - dummies, feints
* When to dribble at speed and when to slow it down
* Check for space - scan
* When to make the tackle and when to stand off

