



Drill Library



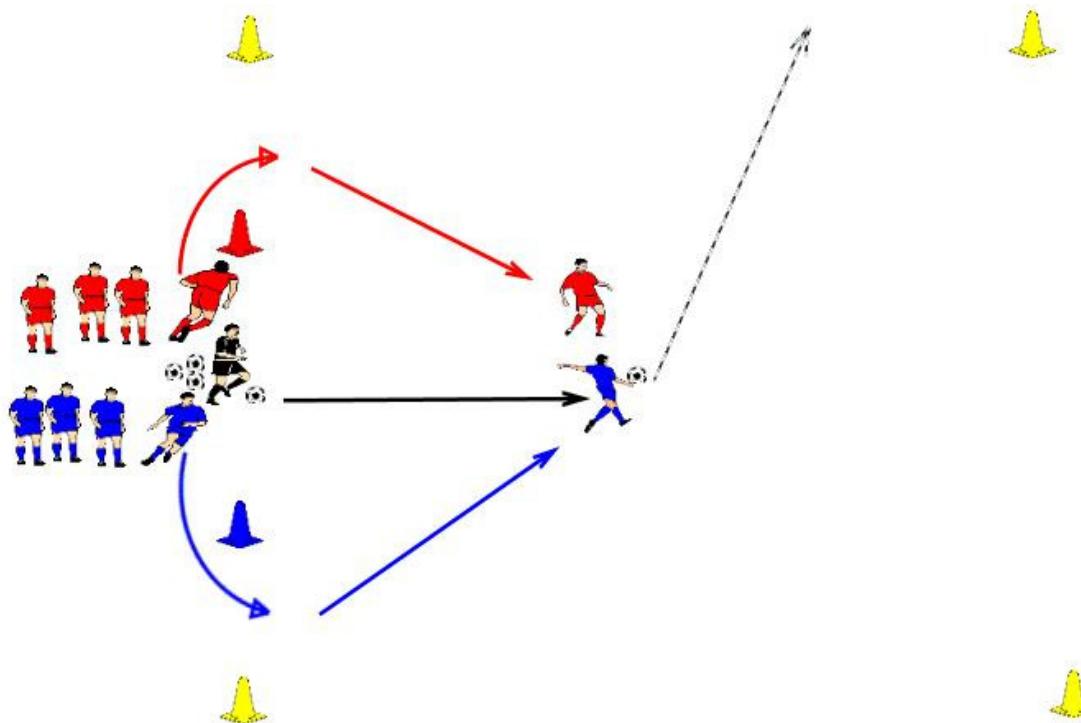
Topic: 1 v 1

Drill Name: 1 v 1 Dribble pass line

Age Group: U/8 to U/9

Objectives: A 1 v 1 game that increase coordination and spatial awareness While improving social interaction and Introduces finishing skills in 1 v 1 situations

Diagram:



Description: Players start beside the coach. Coach calls play and one player from each team runs around the cone and into the middle. The coach serves a ball to one of the players, making them the attacker. The player tries to beat their opponent and dribble the ball over the line in order to score a point.

Progressions: Players can dribble over either line to score.

Coaching Points: Encourage players to attack at speed, using any moves they learnt to beat their opponent.