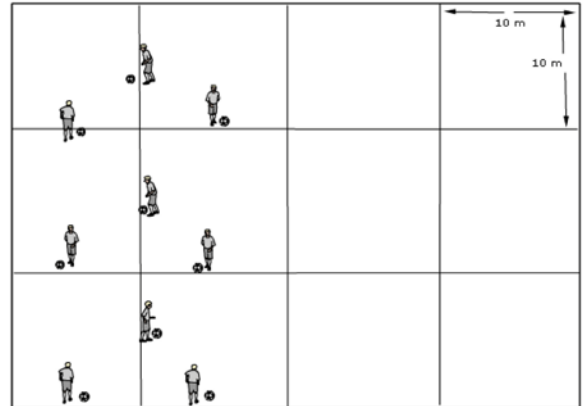


**PLAN 4- SESSION #1**  
**BALL MANIPULATION & DRIBBLING TO BEAT A PLAYER**

**A. Warmup : Ball Manipulation - both feet**

**SETUP :**

All players have a ball, on the sides of 10 x 10 squares or in space.



**ORGANISATION :**

Players perform following moves :

1. **Outside-inside, outside-inside.**  
 Push ball with outside of R, then chop with inside of R : then push with outside of L and chop with inside of L...repeat.
  2. **V move**  
 Pull ball across body with R sole then push with outside of R (V shape). Then pull with sole of L and push with outside of L. Repeat.
  3. **Cruyff**  
 Fake shot, then cut ball behind stationary foot with inside of foot.
  4. **Pull back/touch behind**  
 Pull ball back with R sole and touch behind stationary foot. Repeat with L.
  5. **Roll across**  
 Roll ball across body 3 times with R sole and repeat with L
  6. **1 Roll, touch outside**  
 Roll across body once with R and cut with outside of R
- **Progress** to dribbling with the ball, making above moves and **exploding into space** after move. Free dribbling using moves, get them into groups of 4, then 3, then 2 : when in 2's, one get yellow bib, one get blue. – **water break**

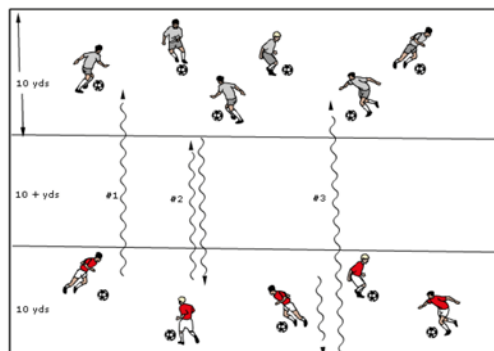
**B. Dribbling with ball**

**SETUP :**

Half players dribbling and making moves in one zone, the other half doing the same in the other zone.

**ORGANISATION :**

- On command :
- #1 – players change zones – last over does pushups.
  - #2 – dribble to edge of other zone and back.
  - #3 – dribble to back of own zone and then change zones.



KP's : get ball out from feet.

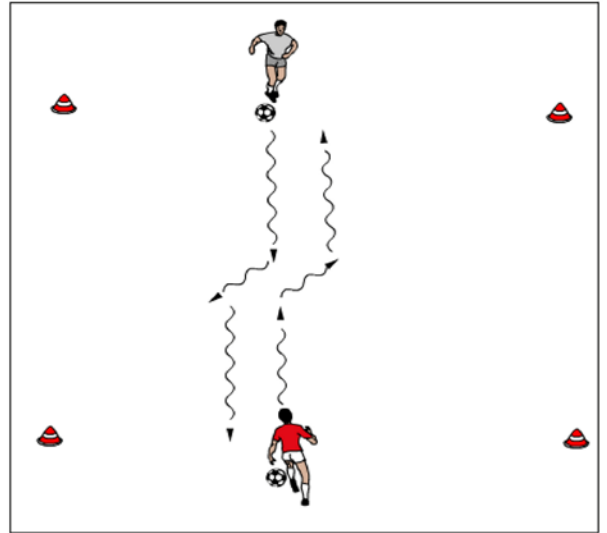
## C. Dribbling at Player

### SET UP :

2 players in edges of 10 x10 grid.  
Ball each facing each other.

### ORGANISATION :

1. Players make eye contact to start at same time.
2. They dribble directly towards each other (freeze defender) Make move, just outside tackling distance.
3. After move, burst of speed.



## D. 1 v 1 with ball as target

### SETUP :

Players still in 2's.  
Place one ball on one of the cones in the 10 x 10 grid.

### ORGANISATION :

Player1 tries to beat Player2 and knock ball off cone for a point.

Players can also get a point by juggling ball 4 times (dissuades players from not aggressively defending).

If P2 wins ball then P1 is defending.

### KP's :

- Attack defender
  - Use moves to beat defender.
  - Change speed after move.
- 
- **Play for 1 minute.**
  - **Have winners play each other.**

**Water Break**



## E. 1 v 1 with goal as target (Bogies in the Sky)

### SETUP :

Divide players into 3 teams of 3 or 4 players (Team1, Team2, Team3).

Depending on number of players, have multiple 'sets of goals'.

T1 (attackers) is beside one post, T2 (defenders) is beside the other and T3 (passers) is 20 yds (?) from goal.

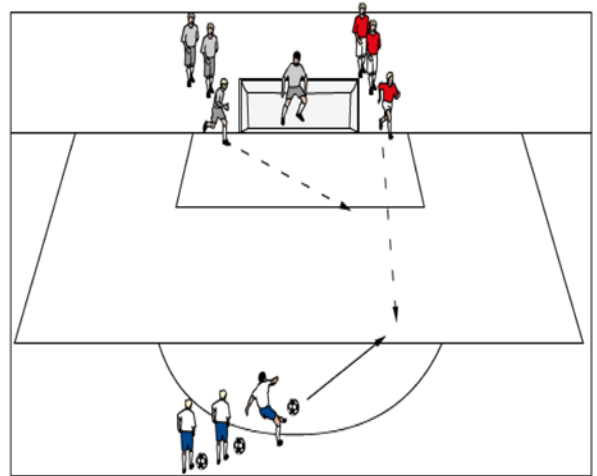
### ORGANISATION :

T3 passes ball to first player in T1, who runs out to receive., then tries to beat defender (T2) and score. Other T2 player can go in goals.

Rotate teams after 10 attempts.

### KP's :

- Receive ball on half turn, so you can face defender.
- Attack defender.



## F. Conditioned Game

### SETUP :

4 v 4 game, 2 goals

### ORGANISATION :

Player must beat a player before passing.

