



5 min – 5 min – For warmup setup a 20x20 grid. Space all the players evenly around the grid. If the team has 12 players you will have 3 on each side. On your call, have all the players dribble back and forth across the box at good pace. The players should try to avoid other players by practicing different moves, dribbling into space, adjusting their speed, and keeping their head up. Make sure they are practicing turns has the get to each side. The drill should be done a high pace. The players should count how many times they make it back to the side they started at. The focus is dribbling technique, awareness, and conditioning. - One of my favorite drills

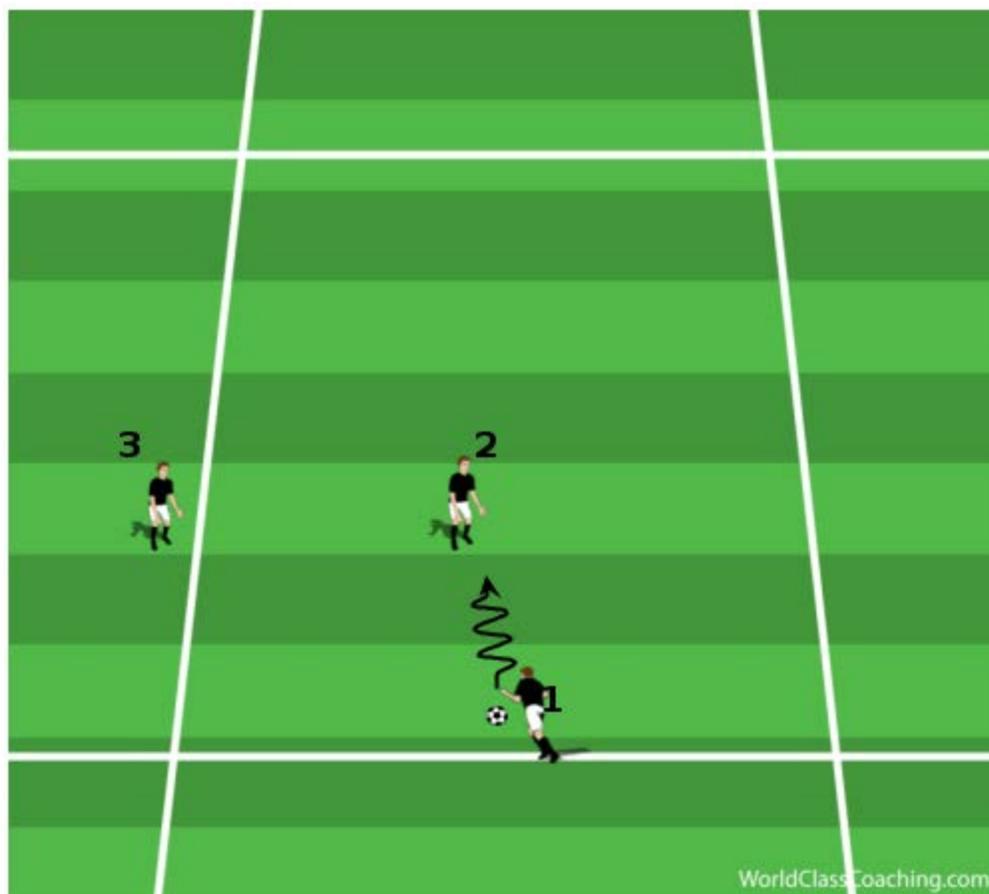
5 min – 1 vs. 1 Continuous: First Defender vs. Combination – recommend using two 10x10 grid

5 min – 1 vs. 1 Continuous: Immediate Pressure - recommend using two 10x10 grid

5 min - 1 vs. 1 with a Server: Immediate Pressure 2 - recommend using two 10x10 grid

5 min – 1 vs. 1 with a Server: 50/50 Ball

Game – 4 x 10min quarters with 2 minute breaks between quarters and 5 minute halftime



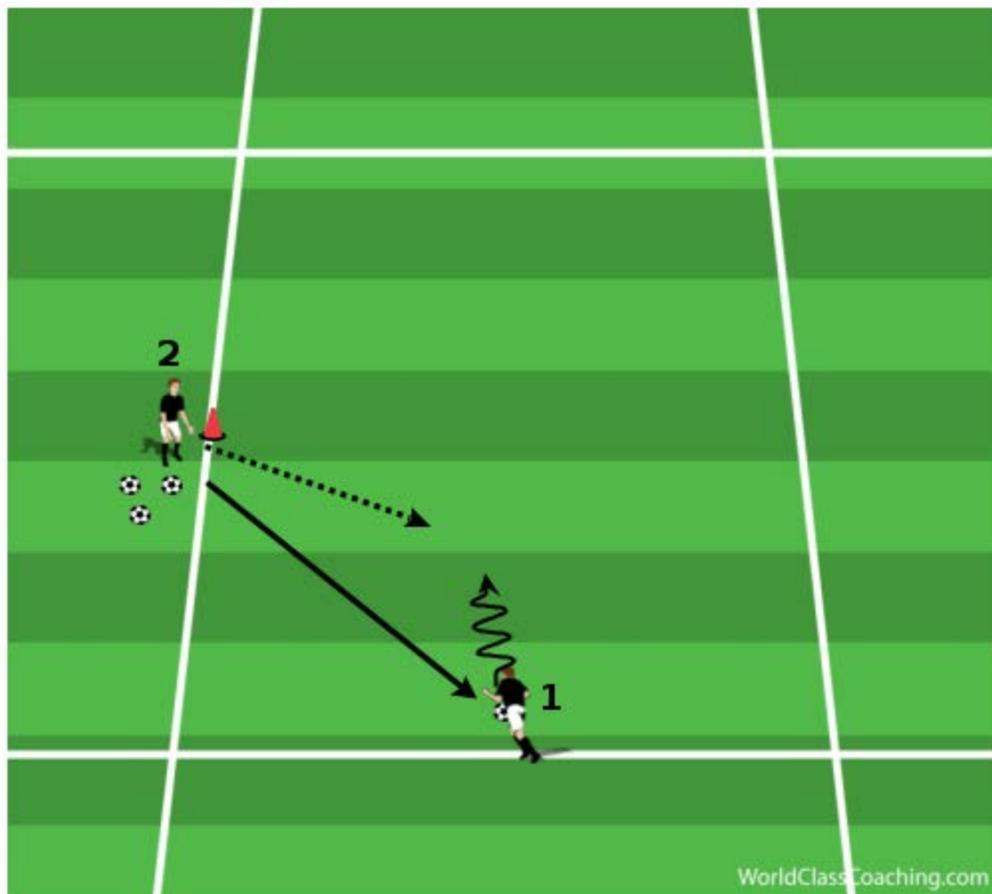
1 vs. 1 Continuous: First Defender vs. Combination Here the simple 1 vs. 1 duel is complicated by the addition of a second attacker on the touchline of the grid. The second attacker (3) is limited to one touch. This player can move up and down the flank of the grid but cannot enter play and cannot be tackled by the defender. The first attacker (1) now looks to combine (1-2) with the second attacker. The first attacker should both look to combine and also to use the second attacker as a decoy to draw off the defender and get to the end line.

The defender's task is to avoid being combined out at any time. His first goal is to try to separate the two attackers by driving the first attacker away from his support player. If the defender wins the ball, he attempts to dribble over the attacker's (1) end line.

At the end of the duel, the defender becomes the support player. The latter becomes the attacker and the attacker takes the defender's role and a new duel commences.

Variations

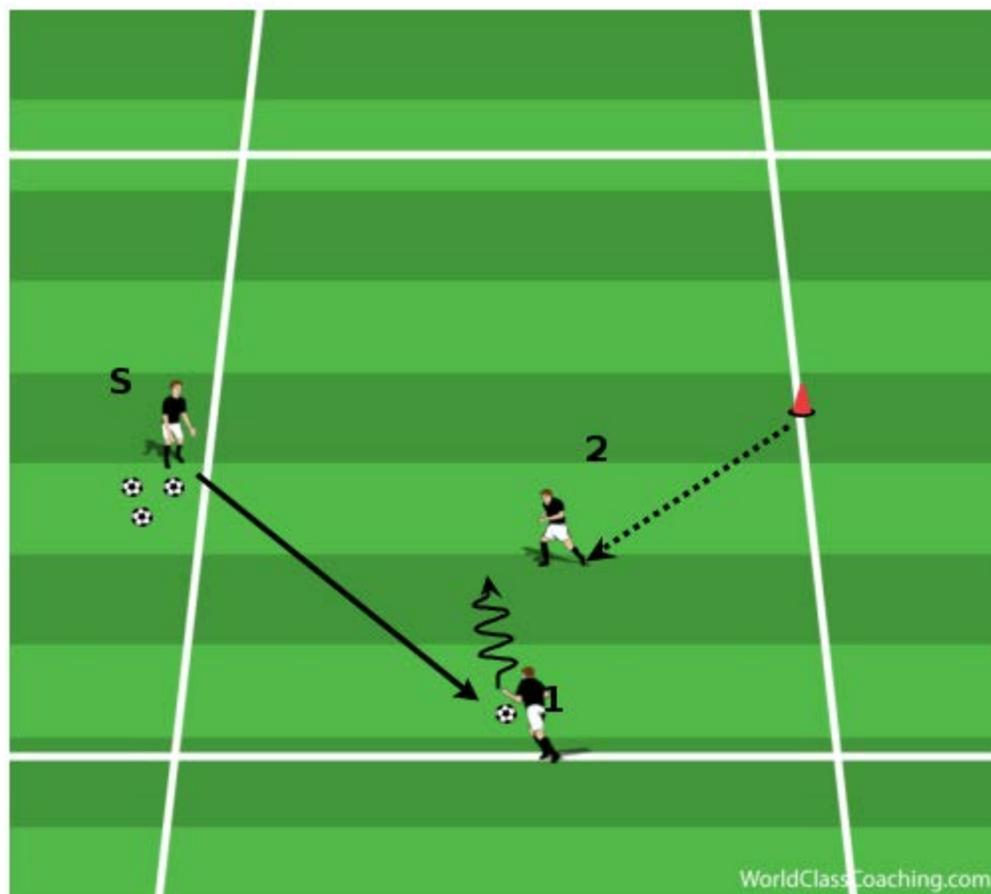
- 1 passes to 2, who returns the ball first time to initiate the duel. These passes provide extra touches but also simulate turnover(s) and thus transition mentality.



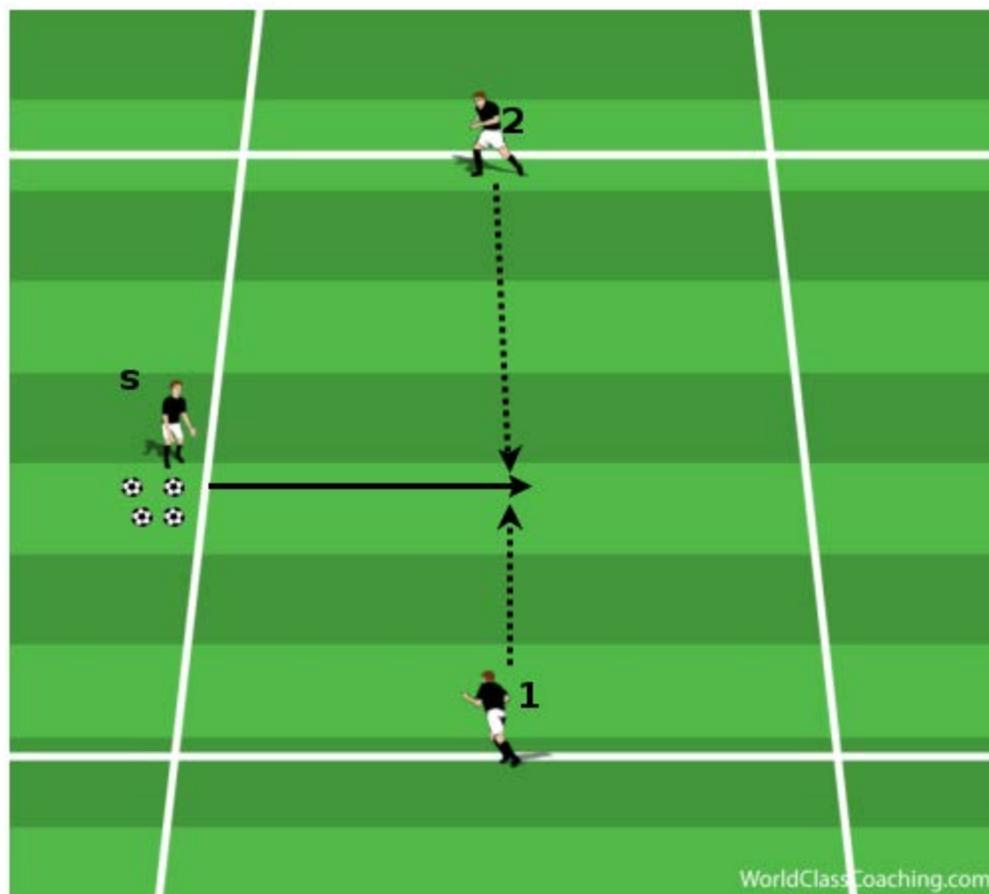
1 vs. 1 Continuous: Immediate Pressure Here player 2 serves to player 1 and then closes down. As in previous exercises, both players are attempting to dribble over their opponent's end line. The close serving position creates an extra pressure for the defender to get into the grid and slow the attacker's progress and also an opportunity to get in quickly behind the pass. The attacker must have a very good first touch and then decide quickly whether to try to beat the defender immediately or protect the ball.

Variations

- Serves are thrown to the attacker.
- Defender can put the ball in either corner of the attacker's end of the grid with the serve.



1 vs. 1 with a Server: Immediate Pressure 2 Similar to the previous exercise, except that the defender starts on the far side of the grid and the addition of a server adds a variable for both the attacker and the defender. The server should mix up his serves, putting some in the corners (where the defender should work to close down quickly and the attacker should attempt to get out the confined space before the defender can arrive), some straight on (where the attacker should try to get out the other end of the grid as quickly as possible and the defender should look to get goal-side and control the runner's options) and play some serves in the air as well, compelling the attacker to work on settling under pressure and teaching the defender to read the ball and the first touch to see if he can win the ball and dribble out his opponent's line before the latter can get established.



1 vs. 1 with a Server: 50/50 Ball Often 1 vs. 1 duels result from a loose ball situation, where it's not clear which player will gain possession and thus the roles may be fluid at the outset of the encounter. This exercise focuses players' attention on this dilemma, giving them numerous opportunities to assess whether they can be first to the ball and how play in tight in that situation. Encourage players to go hard while also carefully assessing the location of the ball and speed of approach of their opponent. If they determine they will not arrive first, players must be in position and body control to remain goal-side (defend their end line). If they will arrive at the same time, they need to prepare to challenge for the ball. Short steps, good balance, staying goal-side until the ball is won, and preparation for physical contact are all points of emphasis. If they will beat their opponent to the ball, can they touch the ball in behind that player immediately?

Variation

- Server tosses balls into the area so that players have the added challenge to settle the ball under pressure.