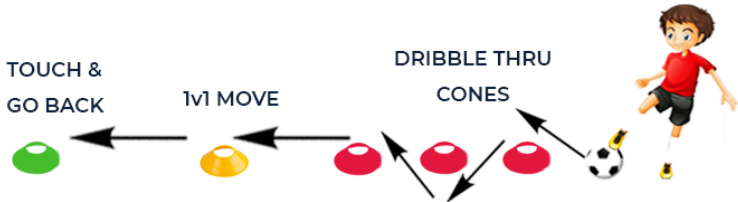




1V1 MOVES

Video Reference:

1v1 Moves (Playlist) by Football Skills Coach
https://youtube.com/playlist?list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv



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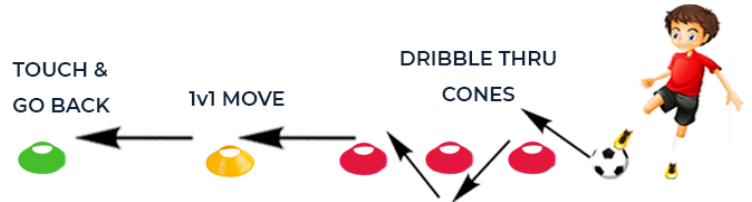
This season Coach Z has worked with us on various 1v1 moves. Now, it's time to put some practice in outside of practice. Begin each session with 1 minute roaming dribble controlling the ball with your bottom, inside and outside of your feet to warm up. Then set up 5 cones like shown above. Dribble through the 1st 3 cones, do your 1v1 move at the 4th cone, dribble to the final cone then go back to the start and go again. At practice we did the "Scissors," "Fake Pullback," and the "Sir Stanley Matthews" but look at the Youtube playlist and try some others



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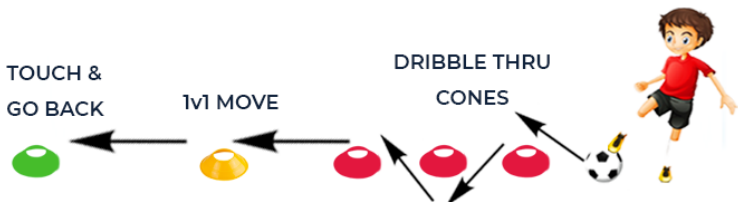
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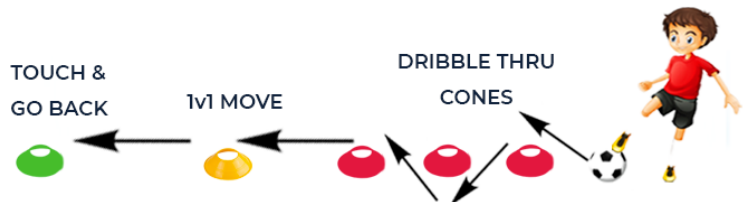
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