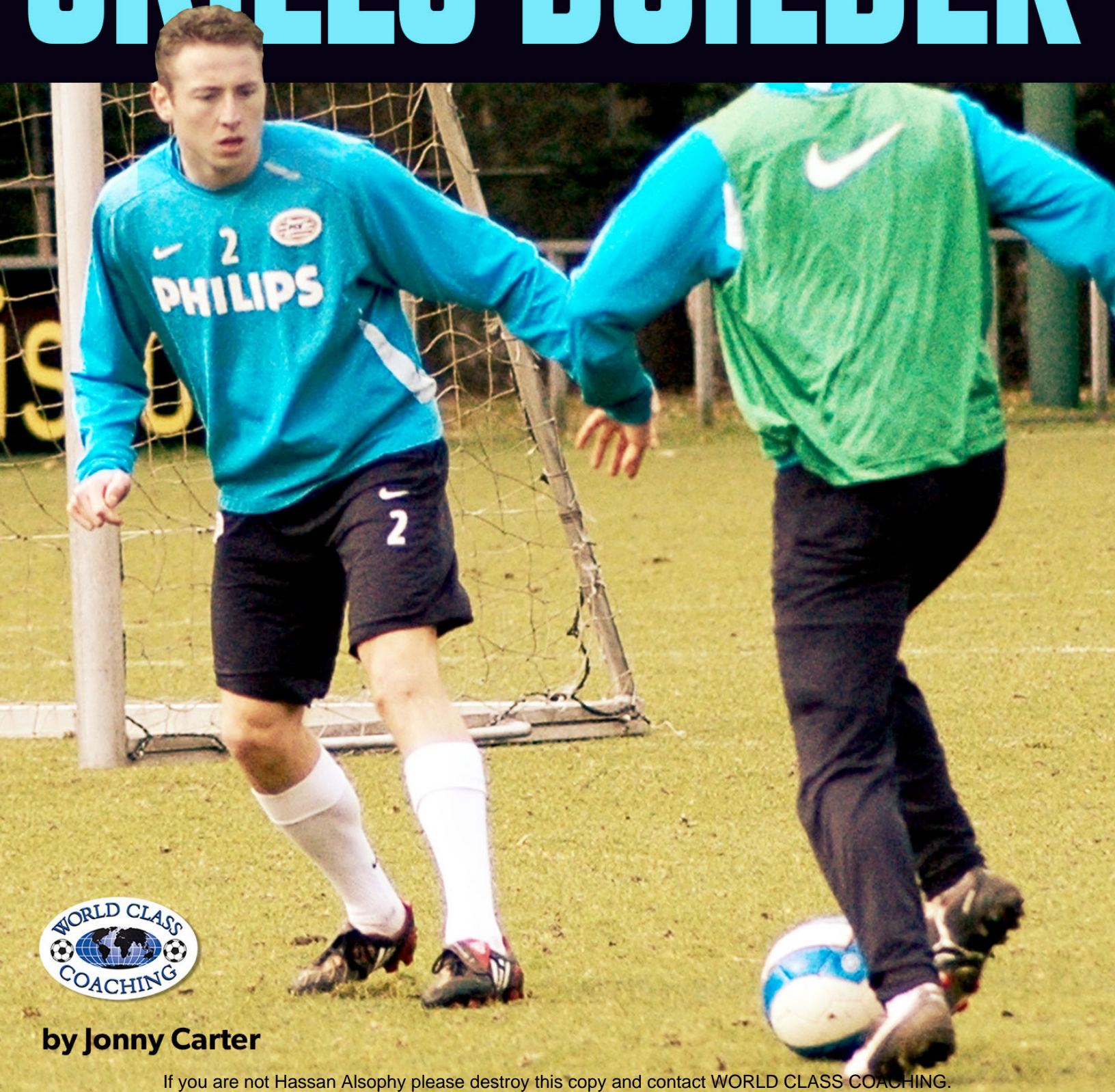


TV1 SOCCER VOLUME 1 SKILLS BUILDER



by Jonny Carter

1v1 Soccer Skills Builder Volume 1

By

Jonny Carter

Published by

WORLD CLASS COACHING

Soccer Development Project

1-v-1 Soccer Skills Builder

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Author – Jonny Carter

Editor - Mike Saif

Cover Art By - Barrie Smith



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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*



“Developing highly skillful and intelligent players is a key developmental objective of the Houston Dynamo Academy. The exercises in this manual focus on the theme of the 1-v-1 and developing players that are confident on the dribble, who can use both feet, and who able to change direction effectively. Coach Jonny Carter has put together a strong variety of exercises that will be both enjoyable for the players and helpful for any coach, especially during the early ages and Foundation Phase of U10, U11, U12. Ultimately, when a young player develops the confidence to control, protect, and dominate the ball and the 1-v-1 situation, they will be more equipped and effective when progressing into the other team tactical elements of the game.”

- Houston Dynamo Academy Director
Paul Holocher



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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*



“The 1-v-1 attacking situation is the most exciting and yet fundamental feature of soccer; the cerebral artist that can outwit an opponent with mazy dribbling, lightning speed of movement and a baffling range of skills is a crowd pleaser and first on the coaches’ team selection. At the Dash Academy level, we have a heavy focus on the 1-v-1 discipline and its connection to the wider context of the game, both from an attacking perspective and from a defensive position.

Technical aptitude is one element of the 1-v-1 situation, but the tactical understanding of knowing when and where to be creative is essential learning. Taking repeated different looks at a range of varying game-specific scenarios is necessary for the youth player to thrive through the Academy generations and into the professional ranks.

Your 1-v-1 session planning requirements are covered with the exceptional range of training exercises, game-specific ideas and coaching content included within; enjoy the 1-v-1 Soccer Skills Builder manuals.”

- Houston Dash Academy Director
Mark Gibbs



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Pro Club Testimonial | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*



*The 1-v-1 training topic is an essential component of the game that is often the difference between success and otherwise. At the youngest age groups the **New Orleans Dynamo** work tirelessly to encourage creative and independent players to be comfortable with the ball and comfortable on the dribble. Being dynamic in the final third and close to the opposition goal is often the game-changer, being able to unlock the processes and organization of your opponent is a magic formula that not all players can command.*

Mastering the 1-v-1 discipline and understanding the tactical decision-making of when to pass and when to dribble is such a massive feature of effective attacking soccer, so much so that early development and later refinement of the craft is essential learning for aspirational players.

Included within these pages are some of the best training activities, suitable and adjustable for multiple abilities, that will allow you to relentlessly coach your players. Whether it is isolating the game-specific 1-v-1 scenario or playing the 'bigger picture' and challenging players to recognize the 1-v-1 moment within the context of the play; these training sessions have everything.

- New Orleans Dynamo Director
Julio Paiz



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Summary | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*

The *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* coaching manuals are filled with soccer coaching developmental tool that provides players with an intense, competitive & thrilling training environment

Covered throughout are the necessary ball mastery technical training activities, but more vital than mere technique is the all-important tactical '**decision-making**' training activities that focus heavily on the game's **Key Moments**

Key Moments
In Possession
Loss of Possession Atk > Def
Out of Possession
Regain Possession Def > Atk

When & Where to utilize your range of skills is focused on and heavily highlighted

Each training block builds upon the foundations laid during the previous phase of the training session to help positive players understand and be successful during the individual duels of the 1-v-1 attacking situations

The *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* further references those individual skills & game-play understanding moments explaining how to integrate these themes into the **Group Tactics** beyond the **1-v-1** scenario and into the **2-v-2** & **3-v-3** attacking situations to goal



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1-v-1 Soccer Skills Builder

Summary | *1-v-1 Soccer Skills Builder Volume #1 & Volume #2*

The training traits explored through the *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* can be...

Training Traits	
Ball Familiarity	<i>Closer control with rapid technical improvement & two-footed skill development</i>
Soccer-Specific Vision	<i>Increased field scanning & spatial awareness abilities</i>
Talent Development	<i>Greater range of 1-v-1 moves to penetrate on the dribble</i>
Soccer-Specific Athleticism	<i>Superior balance for greater disguise & capacity to be 'unpredictable'</i>
Winning Mentality	<i>Cultivating players who represent themselves with confidence & integrity</i>
Scoring Goals	<i>Maximizing talent & opportunity to the greatest effect for the team & the individual player</i>

Each of the 10 full 90minute training sessions cover 4 phases...

Session Planning	
Warm Up & Activation Ball Mastery & SA&Q	<i>Arrival & Homework 10mins</i>
Technical Training High Repetition – Low Pressure	<i>15mins</i>
Game Related Skill Training	<i>20mins</i>
Game Specific	<i>25mins</i>
Conditioned Match Play	<i>25mins</i>
Cool Down & De-Activation Analysis & Review	<i>Depart & Homework 10mins</i>

Along with 2 **Bonus Small Sided Game** training activities per volume the *1-v-1 Soccer Skills Builder Volume #1 & Volume #2* coaching manual series provides endless training ideas for youth players to pro players on this essential 1-v-1 training theme

84 descriptive session plan diagrams included between the two books easily demonstrate how to run your next elite training session with unrivaled success

Never run out of 1-v-1 training situations ever again

1-v-1 Skills = Goals = Success



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About the Author



Jonny Carter

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Coaching Resumé

Houston Dynamo Juniors Louisiana
Talent Development Program | TDP Director

Former Coach Education Manager for Chicago Fire
Juniors

Former Chicago Fire Juniors Emerging Talent
Head Coach 2003 Girls | 2005 Girls | 2007 Boys

Former Chicago Fire Juniors Short Course Design

Former Chicago Fire Residential Camp
Head Coach | Curriculum Design & Development



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World Class Coaching Publications

Tactical Soccer Coaching | Volume I & II

Coaching the Principles of Soccer
Attack & Defense

Chelsea FC 3-4-3 | Antonio Conte

Conquering Your Next Coaching Course

Pro Academy Training Sessions &
Pro Academy Session Plans

Coaching Possession with a Purpose
Volume I & II



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1-v-1 Soccer Skills Builder | Volume #1

Session Plan #1



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1-v-1 Soccer Skills Builder | Session Plan #1

Skill Moves Training Grid | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Training Grid

- 15yds x 15yds | 20yds x 20yds Grid
- 4 | 6 | 8 players per Grid
- 1 Mannequin in the center
- Each player with a ball | 4 players work at a time
- Rotate to the LEFT until you return to your starting station
- Perform the *Skill Moves*
- Rotate to the RIGHT until you return to your starting station

Prog >

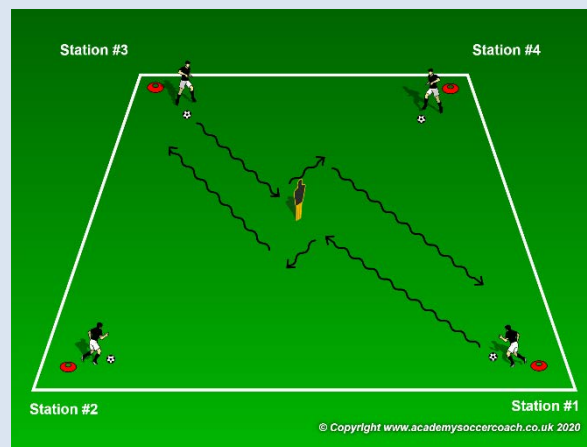
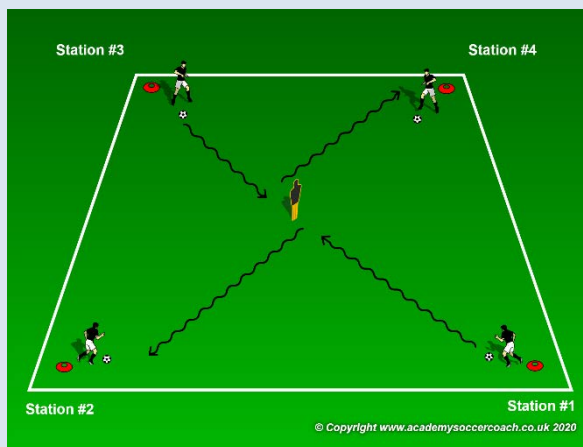
- 2 players work at a time
- Rotate to the OPPOSITE corner
- Perform the 'directional' *Skill Moves*

Skill Moves

- Step Over
- Drag Circle
- Cut Circle
- L-Turn
- V- Move
- Cruyff Turn
- Roll Over – Step Over
- Matthews
- Maradona
- Scissors

Field Plan |

Skill Moves Training Grid



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #1

Mirror Ball | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up |

Mirror Ball

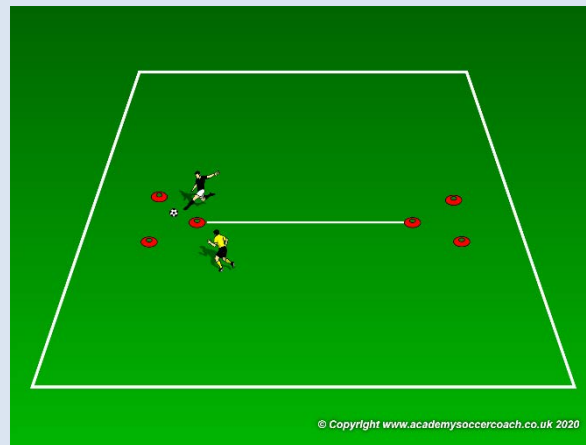
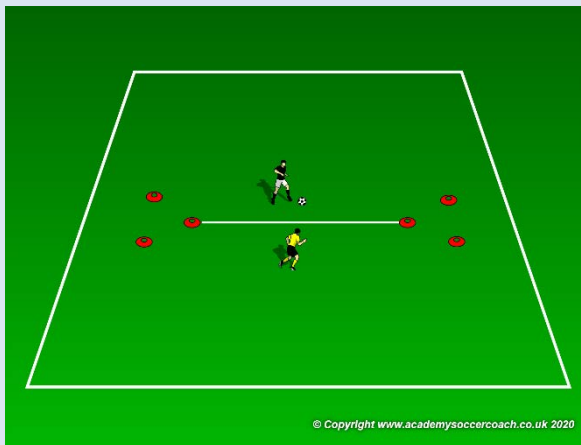
- 6 - 8yds line separating 2 players
- 1yrd Δ zone at each end of the line
- 1 Attacker with the ball | 1 Defender without the ball
- Both players conditioned to stay on their side of the line only
- Attacker tries to control the ball inside either of the 1yrd Δ zones to score
- Defender tries to block 1yrd Δ zone by stepping into Δ first
- Play to 3 successes then swap roles

Prog >

- Change opponent regularly | Winners versus Winners

Field Plan |

Mirror Ball



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder | Session Plan #1

1-v-1 Back-Thru-Gates | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

1-v-1 Back-Thru-Gates

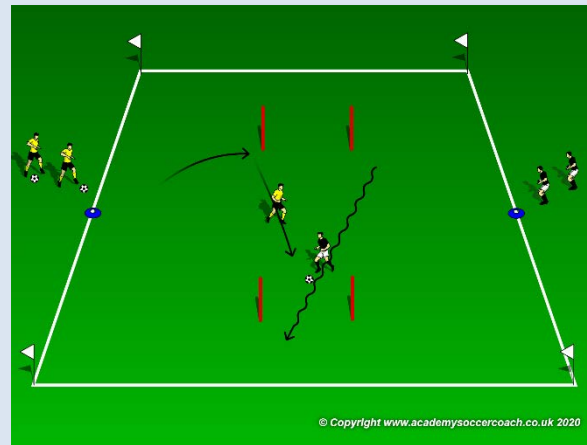
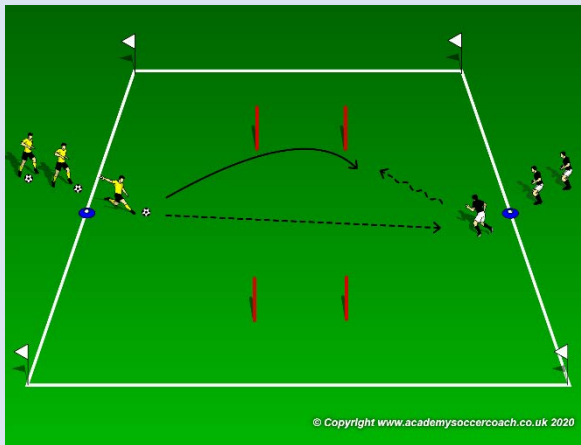
- 20yds x 20yds Grid
- 2 Mini Gates 5yds inside the field | No GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball & dribble through either Mini Gate in either direction
- Play continuously | No dead balls
- Play first player to 8 scores wins
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 Back-Thru-Gates



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #1

1-v-1 | 2-v-2 | 3-v-3 Any Goal | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | ‘*Conditions*’ can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

1-v-1 Any Goal

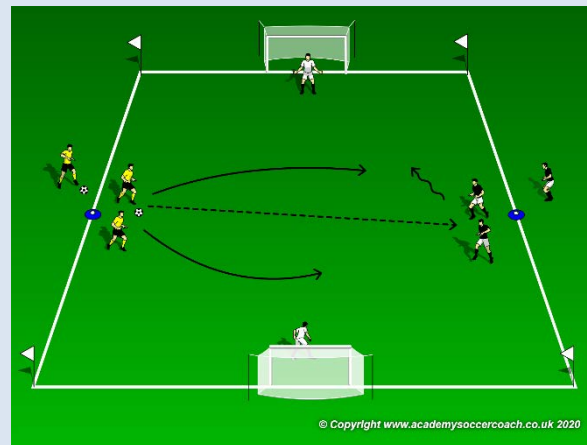
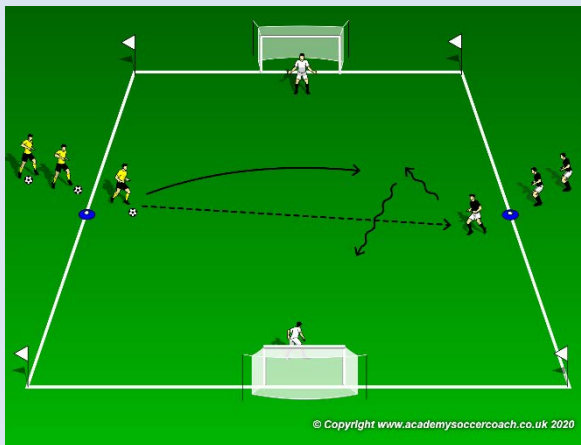
- 20yds x 20yds Grid
- 2 Goals + GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball & score on either goal + GK
- Play continuously | No dead balls
- Play first player to 8 scores wins
- GK possession plays to Coach | Coach plays in a new ball
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 Any Goal



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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- Everything at game speed



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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Training Grid

- 15yds x 15yds | 20yds x 20yds Grid
- 4 | 6 | 8 players per Grid
- 1 Mannequin in the center
- Each player with a ball | 4 players work at a time
- Rotate to the LEFT until you return to your starting station
- Perform the *Skill Moves*
- Rotate to the RIGHT until you return to your starting station

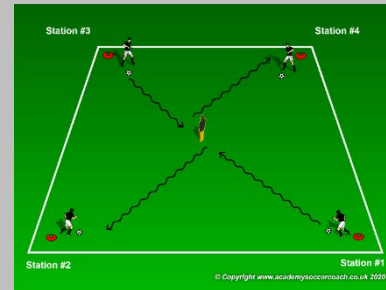
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Mirror Ball

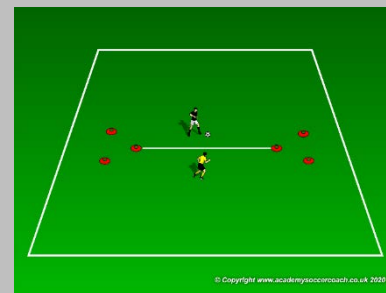
- 6 - 8yds line separating 2 players
- 1yrd Δ zone at each end of the line
- 1 Attacker with the ball | 1 Defender without the ball
- Both players conditioned to stay on their side of the line only
- Attacker tries to control the ball inside either of the 1yrd Δ zones to score
- Defender tries to block 1yrd Δ zone by stepping into Δ first
- Play to 3 successes then swap roles

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

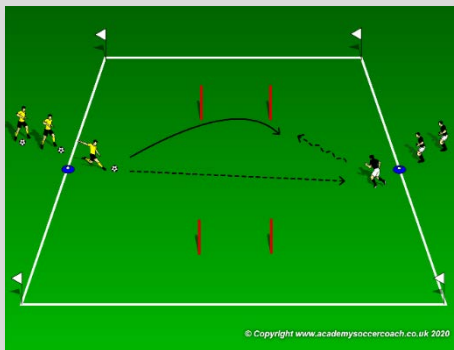


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 Back-Thru-Gates

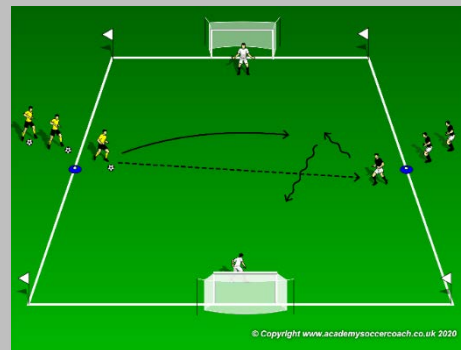
- 2 Mini Gates 5yds inside the field | No GK's
- 1-v-1 | Objective to secure possession of the ball & dribble through either Mini Gate in either direction



Time | 25mins

1-v-1 Any Goal

- 2 Goals + GK's
- 1-v-1 | Objective to secure possession of the ball & score on either goal + GK



Time | 25mins



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Session Plan #2



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Skill Moves Training Ladder | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Training Ladder

- 20yds | 30yds Grid
- 2 | 3 | 4 players per Grid
- 5 - 6 Mannequins laddered straight down the Grid
- 3 strides gap between each Mannequin
- Each player with a ball
- Work in between the gaps between the defenders
- Perform the *Skill Moves* both LEFT & RIGHT

Prog >

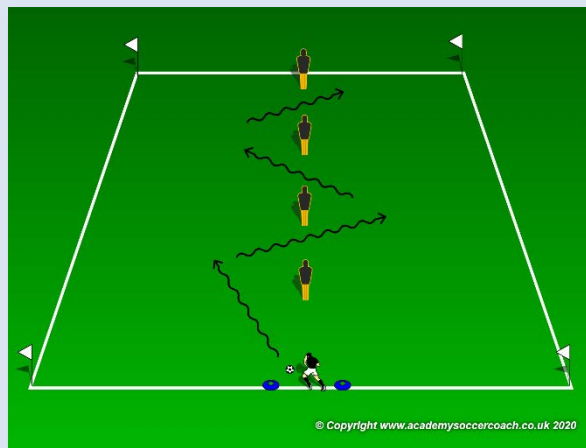
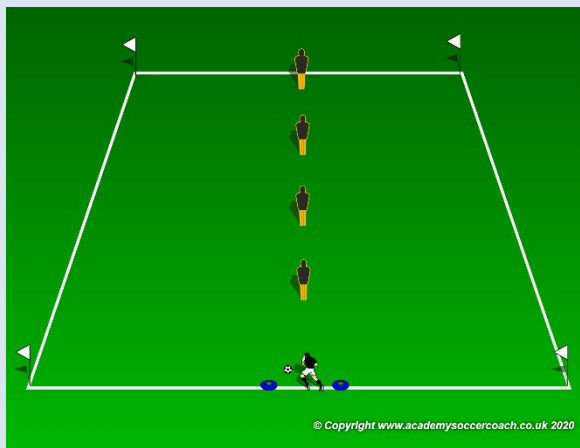
- Race grids against each other

Skill Moves

- Inside Outside Outside
- Step Over
- Drag Circle | · Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves Training Ladder



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Mirror Ball 360 | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up |

Mirror Ball 360

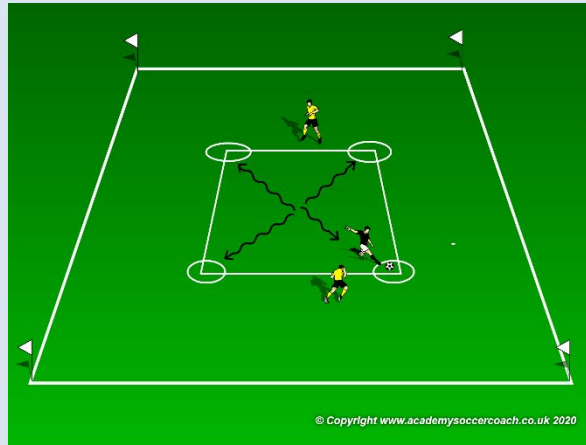
- 6 - 8yds square
- 1yrd ○ zone at each corner of the square
- 1 Attacker with the ball | 2 Defenders without the ball operating on opposite sides of the square
- 1 Attacker conditioned to stay inside the square | 2 Defenders conditioned to stay outside the square
- Attacker tries to control the ball inside any of the 1yrd ○ zones to score
- Defenders try to block 1yrd ○ zone by stepping in first
- Play to 3 successes then swap roles | Play to 90seconds & keep highest score

Prog >

- Change opponent regularly | Winners versus Winners

Field Plan |

Mirror Ball 360



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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1-v-1 Soccer Skills Builder | Session Plan #2

1-v-1 Staggered Mini Goals | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

1-v-1 Staggered Mini Goals

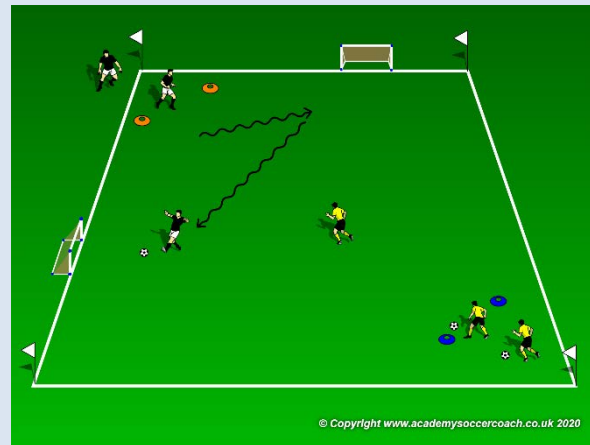
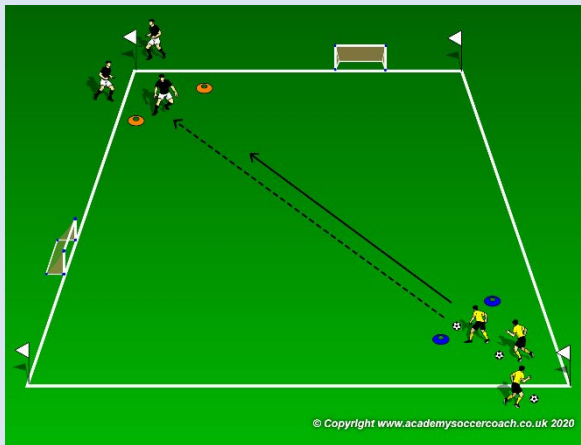
- 20yds x 20yds Grid
- 2 Mini Goals on North & West sides of the grid | No GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball & score on either Mini Goal
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 Staggered Mini Goals



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #2

1-v-1 | 2-v-2 | 3-v-3 Staggered Goals | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

1-v-1 Staggered Goals

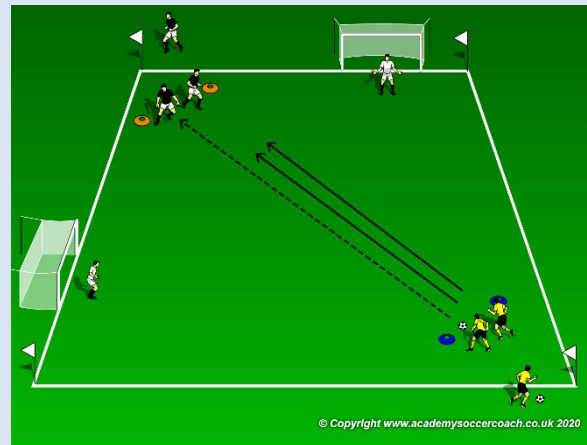
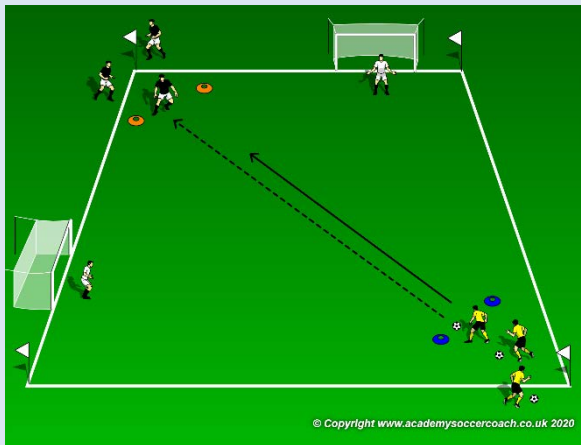
- 20yds x 20yds Grid
- 2 regulation Goals on North & West sides of the grid | GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball & score on either Goal + GK
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 Staggered Goals



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder

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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Training Ladder

- 15yds x 20yds | 30yds Grid
- 2 | 3 | 4 players per Grid
- 5 - 6 Mannequins laddered straight down the Grid
- 3 strides gap between each Mannequin
- Each player with a ball
- Work in between the gaps between the defenders
- Perform the *Skill Moves* both LEFT & RIGHT

1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Mirror Ball 360

- 6 - 8yds square
- 1yrd Δ zone at each corner of the square
- 1 Attacker with the ball | 2 Defenders without the ball operating on opposite sides of the square
- 1 Attacker conditioned to stay inside the square | 2 Defenders conditioned to stay outside the square
- Attacker tries to control the ball inside any of the 1yrd Δ zones to score

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan



Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 Staggered Mini Goals

- 2 Mini Goals on North & East sides of the grids
- 1-v-1 | Objective to secure possession of the ball & score on either Mini Goal



Time | 25mins

1-v-1 Staggered Goals

- 2 regulation Goals on North & East sides of the grids | GK's
- 1-v-1 | Objective to secure possession of the ball & score on either Goal + GK



Time | 25mins



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Session Plan #3



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Skill Moves Relay Race | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Relay Race

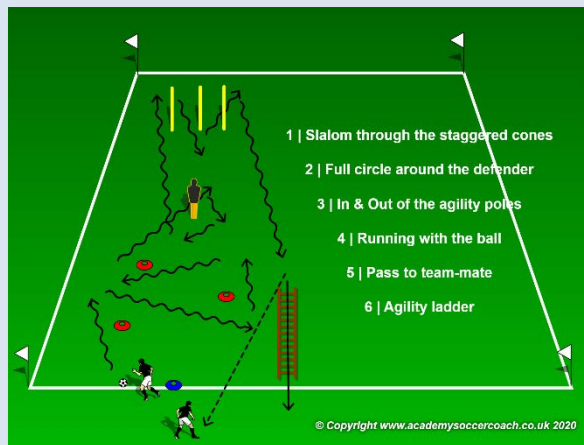
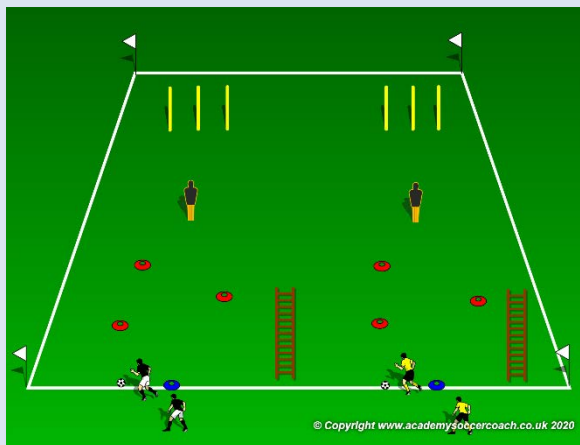
- 20yds x 20yds Grid
- 2 | 3 players per team
- Race teams against each other
- 1 | Slalom through the staggered cones
- 2 | Full circle around the defender
- 3 | In & Out of the agility poles
- 4 | Running with the ball
- 5 | Pass to team-mate
- 6 | Agility ladder

Skill Moves

- Inside Outside Outside
- Step Over
- Drag Circle | • Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves Relay Race



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Tri Star 1-v-1 | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up |

Tri Star 1-v-1

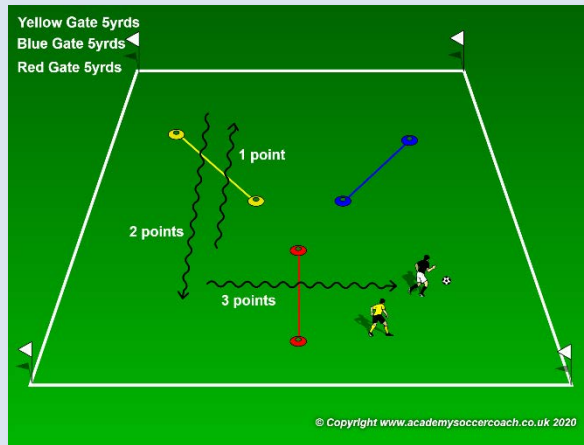
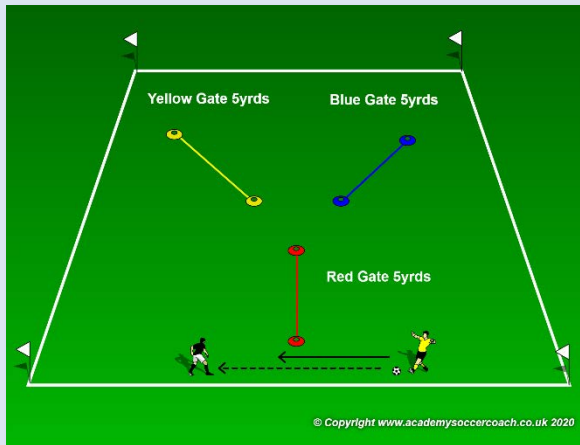
- 15yds x 15yds | 20yds x 20yds Grid
- 3 colored gates set up in a star | Gates 5yds wide
- 2 players per Grid | 1 ball
- YELLOW passes ball to BLACK to start the game | 1-v-1
- Objective to secure possession of the ball & dribble through any gate in any direction & in any order
- Play to 10 successes then rest
- Change opponent regularly | Winners versus Winners

Prog >

- 2-v-2 | 3-v-3

Field Plan |

Tri Star 1-v-1



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Directional Switch Goals | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

1-v-1 Directional Switch Goals

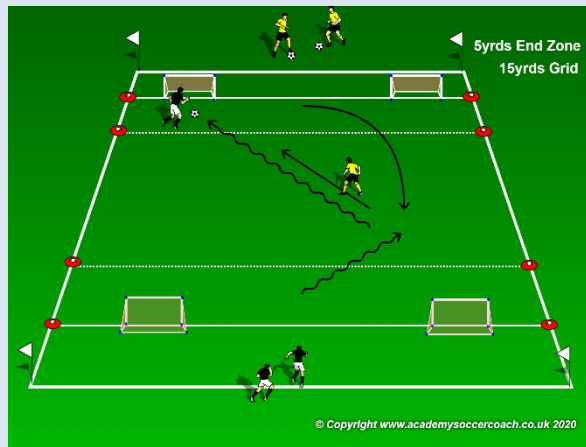
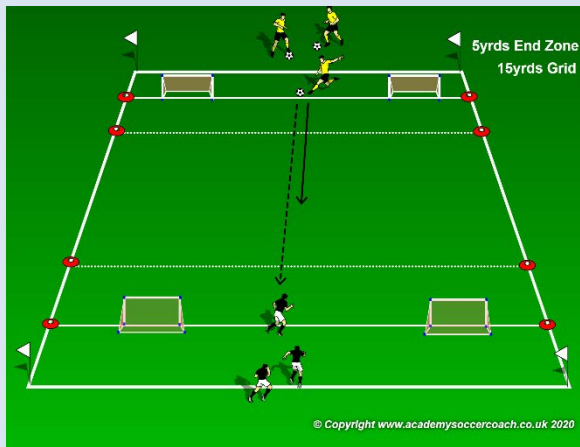
- 12yds Wide x 15yds Long | 5yds End Zone – Scoring Zone
- 2 Mini Switch Goals on each end line | No GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball | Play directional & score on either opponents Mini Switch Goals
- Must be inside the opponents End Zone – Scoring Zone to score
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 Directional Switch Goals



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 | 2-v-2 | 3-v-3 Directional Switch Goals + GK | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

1-v-1 | 2-v-2 | 3-v-3 Directional Switch Goals + GK

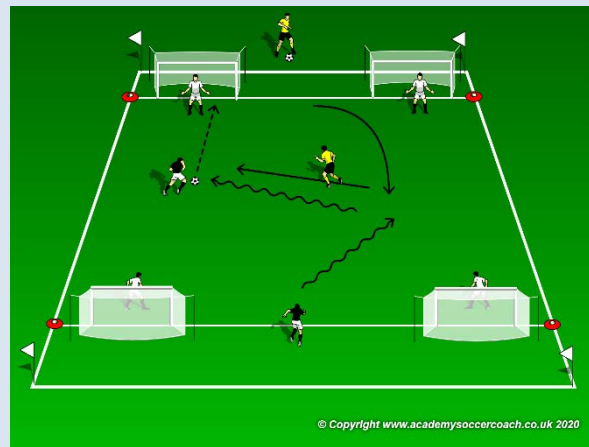
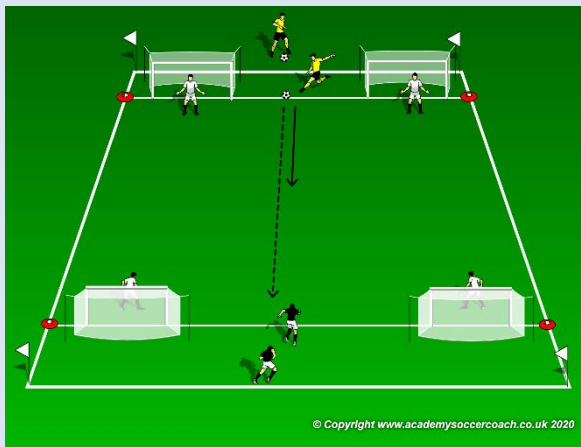
- 12yds Wide x 15yds Long
- 2 Switch Goals on each end line | + GK's
- Start by YELLOW Defender playing a ball into BLACK Attacker | YELLOW Defender applies pressure
- 1-v-1 | Objective to secure possession of the ball | Play directional & score on either opponents Switch Goals + GK
- Rotate first passer & receiver | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 | 2-v-2 | 3-v-3 Directional Switch Goals + GK



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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- Everything at game speed



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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Relay Race

- 20yds x 20yds Grid
- 2 | 3 players per team
- Race teams against each other
- 1 | Slalom through the staggered cones
- 2 | Full circle around the defender
- 3 | In & Out of the agility poles
- 4 | Running with the ball
- 5 | Pass to team-mate
- 6 | Agility ladder

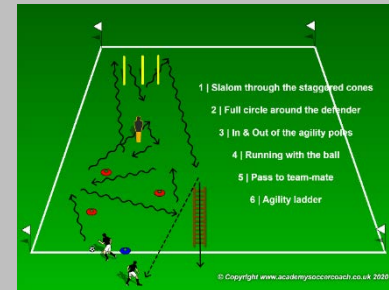
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Tri Star 1-v-1

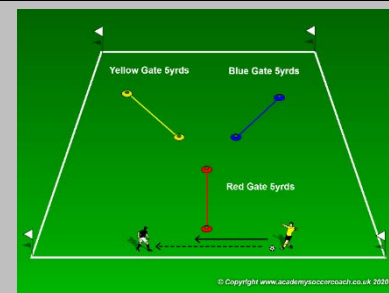
- 3 colored gates set up in a star | Gates 5yds wide
- 2 players per Grid | 1 ball
- YELLOW passes ball to BLACK to start the game | 1-v-1
- Objective to secure possession of the ball & dribble through any gate in any direction & in any order

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

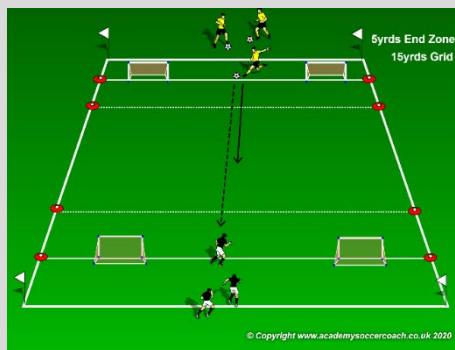


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 Directional Switch Goals

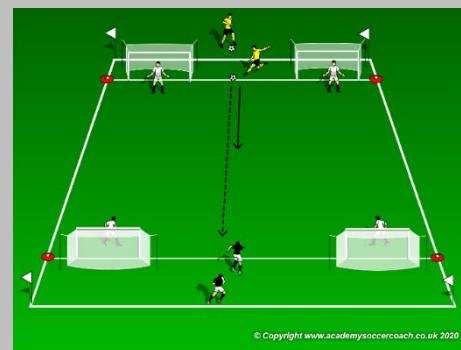
- 2 Mini Switch Goals on each end line | No GK's
- 1-v-1 | Objective to secure possession of the ball | Play directional & score on either opponents Mini Switch Goals



Time | 25mins

1-v-1 Directional Switch Goals + GK

- 2 Switch Goals on each end line | + GK's
- 1-v-1 | Objective to secure possession of the ball | Play directional & score on either opponents Switch Goals + GK



Time | 25mins



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Session Plan #4



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Skill Moves Dribble Gates | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves Dribble Gates

- 20yds x 20yds Grid
- Blue & Red 1yrd Gates scattered across the Grid
- 1 Player | 1 Ball
- Dribble & visit 10 gates & perform the Skill Move
- Red Gates Right Foot | Blue Gates Left Foot
- Race first to visit 10 gates

Prog >

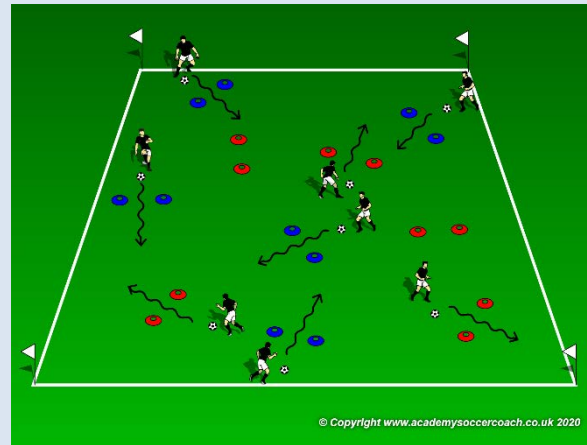
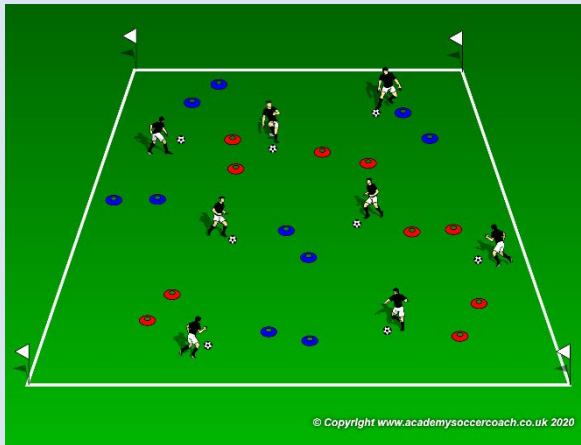
- Swap balls on command
- Add mobile defender inside a gate
- Play in pairs | Pass to team-mate after 10 visits

Skill Moves

- Step Over
- Drag Circle
- Cut Circle
- L-Turn
- V- Move
- Figure 8

Field Plan |

Skill Moves Relay Race



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skill Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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Ball Tag Chasing Game | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

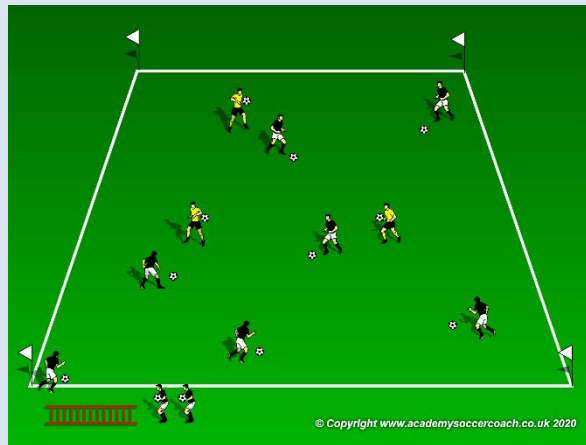
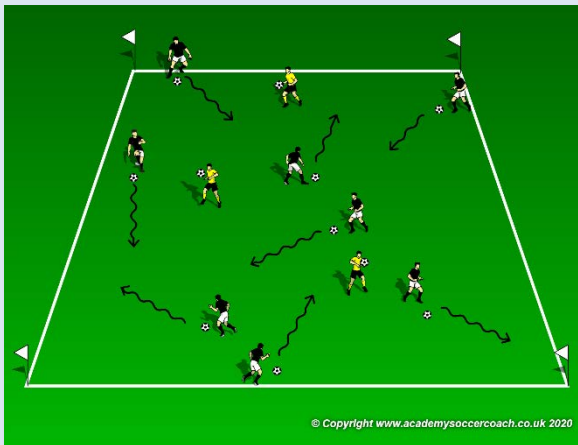
Set Up |

Ball Tag Chasing Game

- 20yds x 20yds Grid
- 8 BLACK Players (Dribblers) with a ball each | 3 YELLOW Defenders (Catchers)
- 3 YELLOW Catchers with ball in hand
- 3 YELLOW Catchers chase BLACK Dribblers & tag the player &/or the ball
- Tagged BLACK Dribblers perform a task to reenter the game | Juggles, Agility Ladder etc.
- Change YELLOW Catchers after 90seconds

Field Plan |

Ball Tag Chasing Game



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed

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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder | Session Plan #4

1-v-1 GK Exchange | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play • Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

1-v-1 GK Exchange

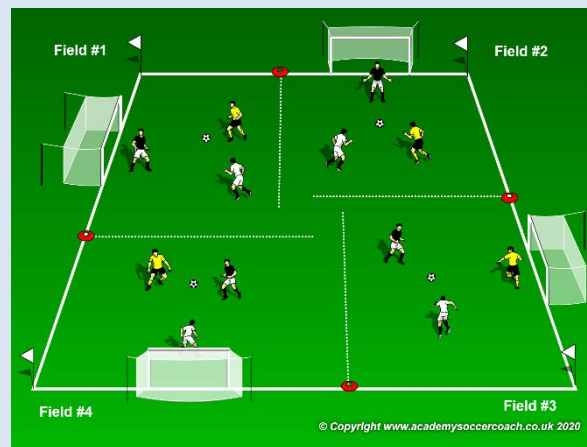
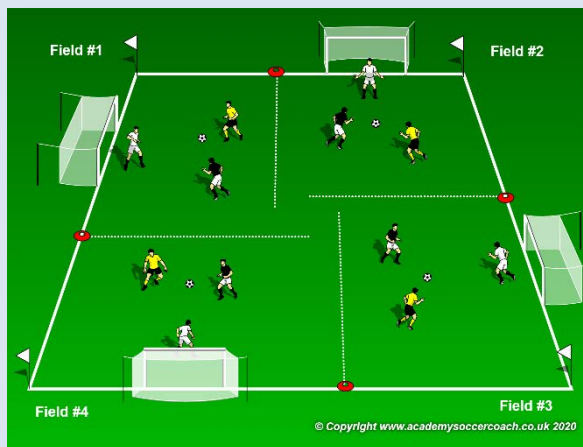
- Each Field 12yds Wide x 12yds Long | Regulation size Goal
- 3 Players per Field | 1 BLACK | 1 YELLOW | 1 WHITE
- 1 Player as GK | 2 other Players play 1-v-1 to Goal + GK
- GK throws out a ball into a neutral area
- Objective to secure possession of the ball & score on Goal + GK | Score = 1 point
- Score & go in Goal as GK | GK rotates on as a field player playing 1-v-1
- Restart dead balls from GK
- First to 8 points wins | Rotate opponents Winners versus Winners

Prog >

- Play 2-v-2 & 3-v-3

Field Plan |

1-v-1 GK Exchange



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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3-v-3 + 2 | 4-v-4 Four Goal + GK's | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

3-v-3 + 2 | 4-v-4 Four Goal + GK's

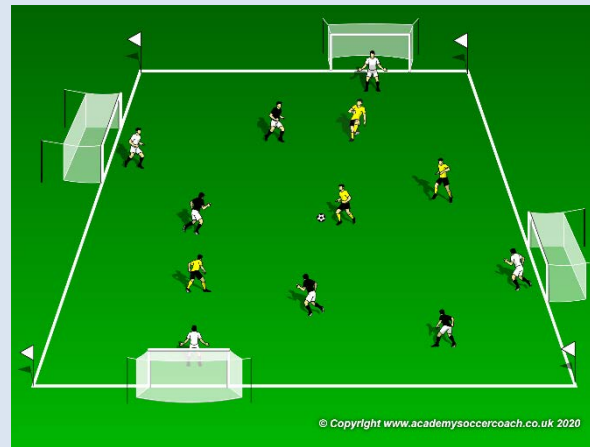
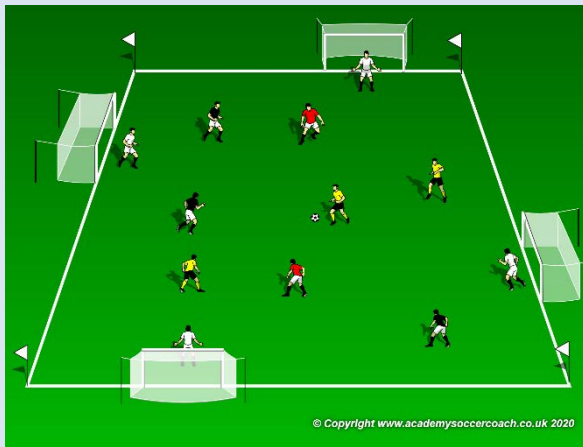
- 25yds x 25yds Grid
- 4 Goals + GK's on each side of the Grid
- 3-v-3 + 2 | 3 BLACK Players -v- 3 YELLOW Players | 2 RED Neutral Players inside the Grid
- 2 RED Neutral Players conditioned to play with the team in possession
- Objective to secure possession of the ball & score on any of the 4 Goals + GK
- Restart dead balls from GK
- Play short, quick intense games | 6mins then rotate teams | B-v-Y | B-v-W | Y-v-W

Prog >

- Play 4-v-4 | · Play 4-v-4 Directional | Attack 2 Goals + GK Defend 2 Goals + GK

Field Plan |

3-v-3 + 2 | 4-v-4 Four Goal + GK's



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #4

Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves Dribble Gates

- 20yds x 20yds Grid
- Blue & Red 1yrd Gates scattered across the Grid
- 1 Player | 1 Ball
- Dribble & visit 10 gates & perform the Skill Move
- Red Gates Right Foot | Blue Gates Left Foot
- Race first to visit 10 gates

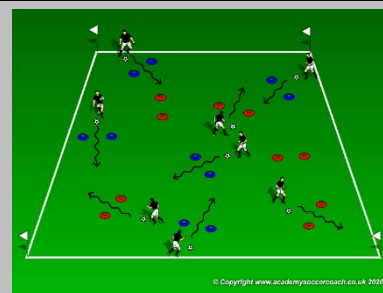
1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

Ball Tag Chasing Game

- 8 BLACK Players (Dribblers) with a ball each | 3 YELLOW Defenders (Catchers)
- 3 YELLOW Catchers with ball in hand
- 3 YELLOW Catchers chase BLACK Dribblers & tag the player &/or the ball
- Tagged BLACK Dribblers perform a task to reenter the game | Juggles, Agility Ladder etc.

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan



Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 GK Exchange

- 1 Player as GK | 2 other Player play 1-v-1 to Goal + GK
- Score & go in Goal as GK | GK rotates on as a field player playing 1-v-1



Time | 25mins

4-v-4 Four Goal + GK's

- 4 Goals + GK's on each side of the Grid
- Objective to secure possession of the ball & score on any of the 4 Goals + GK



Time | 25mins



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Session Plan #5



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1-v-1 Soccer Skills Builder

1-v-1 Soccer Skills Builder | Session Plan #5

Skill Moves 1-v-1 King of the Cone | Technical Training

Technical Training | High Repetition Low Pressure

Unopposed • Simple • Realistic • Limited Decision-Making • Developmental • Challenging • Vehicle for CP's

Set Up |

Skill Moves 1-v-1 King of the Cone

- 10yds x 10yds Grid | No boundary lines | 360°
- 1 BLACK Player -v- 1 YELLOW Player
- 1 Target Ball on a central cone | 1 additional Match Ball
- Start the game by 1 YELLOW Player playing a pass to 1 BLACK Player
- Objective to secure possession of the Match Ball | Beat your opponent 1-v-1 & knock off the Target Ball with the Match Ball
- 10 points each success | Compete to 50 points
- Rotate opponents Winners versus Winners

Prog >

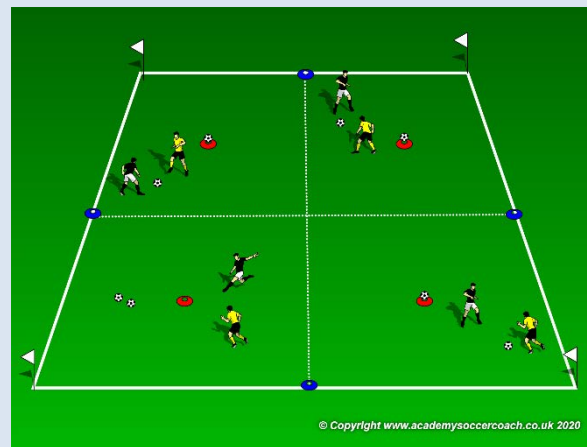
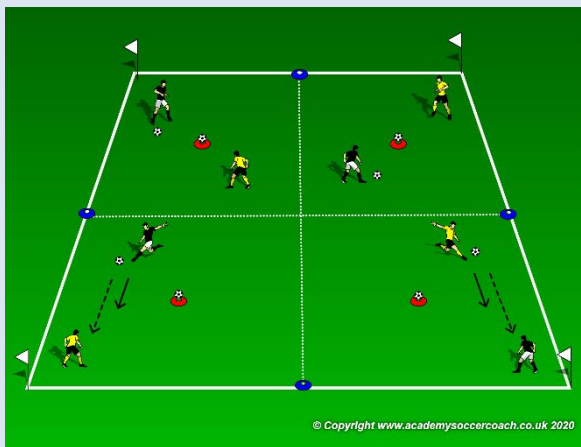
- Play 2-v-2

Skill Moves

- Inside Outside Outside
- Step Over
- Drag Circle | • Cut Circle
- L-Turn
- V- Move
- Drag Touch Push
- Roll Over – Step Over
- Scissors
- Maradona
- Matthews

Field Plan |

Skill Moves 1-v-1 King of the Cone



Time | 15minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
- Experiment & Be Creative | Combinations of *Skill Moves* together
- Everything at game speed



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1-v-1 Soccer Skills Builder | Session Plan #5

5 Squares | Game Related Skill Training

Game Related Skill Training | High Level of Coach Intervention

Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up |

5 Squares

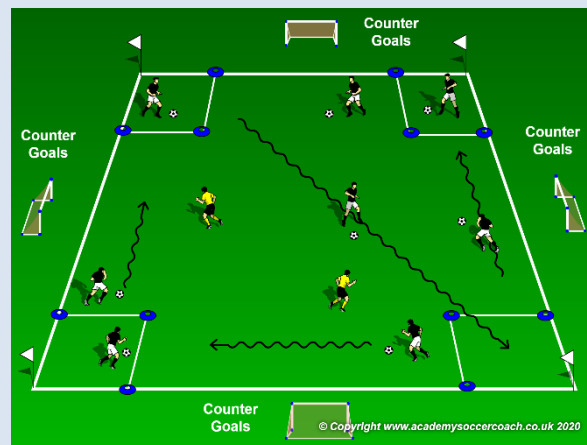
- 20yds x 20yds Grid | 3yds x 3yds Safe Squares in each corner
- BLACK Attackers with a ball each inside a Square | 2 YELLOW Defenders inside the Grid
- Objective to Dribble from Safe Square to Safe Square successfully = 1 point
- If YELLOW Defender wins possession play to any counter-attack goal | BLACK Attacker zeroized

Prog >

- YELLOW Def wins possession & becomes BLACK Attacker | BLACK Attacker become YELLOW Def
- Cannot enter a Safe Square if already occupied by BLACK Attacker
- Cannot have 2 or more BLACK Attackers in any Safe Square at a time
- Can only occupy a Safe Square for 3seconds
- No Safe Square | Just Scoring Squares

Field Plan |

5 Squares



Time | 20minutes

Coaching Points |

- Attitude | Be positive & Aggressive
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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1-v-1 | 2-v-2 Continuous Transition | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

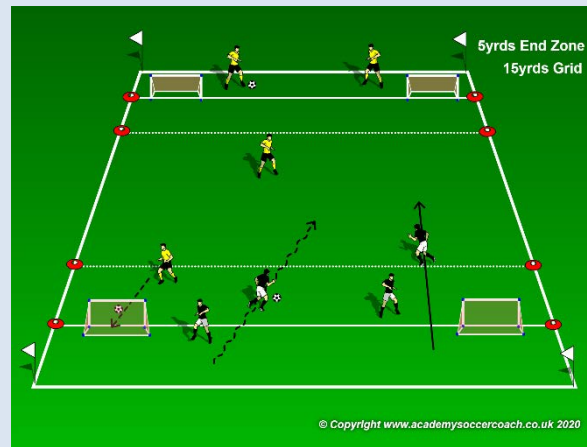
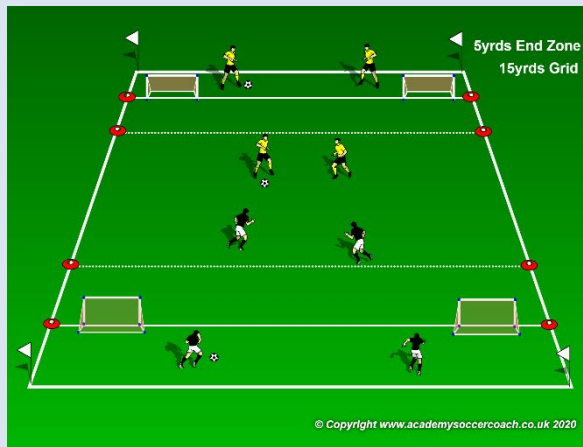
Set Up |

1-v-1 | 2-v-2 Continuous Transition

- 20yds Wide x 30yds Long
- Directional to Mini Switch Goals | No GK's
- 5yds End Zone – Scoring Zone | Must be inside the opponents End Zone – Scoring Zone to score
- 1-v-1 or 2-v-2 on the field | Next players outside the end line behind their goal
- Objective to secure possession of the ball & score on opponents Mini Switch Goals
- Team that scores stay on | Team that concedes goes off & new team transitions on
- Play continuously | No set pieces | Restart dead ball with another ball played in quickly
- Play to team score of 8 then switch teams & team-mates
- Change opponent regularly | Winners versus Winners

Field Plan |

1-v-1 | 2-v-2 Continuous Transition



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
- Different shoe contacts on the ball | Inside Outside Drags etc.
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- Everything at game speed



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3-v-3 Fast Break Attack | Conditioned Match Play

Conditioned Match Play | Allow the Game to be the Teacher

Conditioned | 'Conditions' can be imposed on the players or on the playing environment to encourage specific football behavior relevant to the session theme

Set Up |

3-v-3 Fast Break Attack

- 25yds x 25yds Grid
- 2 Regulation Goals + GK's on each end of the Grid
- 3-v-3 | 3 BLACK Players -v- 3 YELLOW Players
- 3 RED Players behind one end | 3 BLUE Players behind other end
- Objective to secure possession of the ball & score on opponents Goal + GK
- Team that scores stay on | Team that concedes goes off & new team transitions on
- BLACK score | YELLOW off | BLUE transition on
- Play continuously | No set pieces | Restart dead ball with GK
- Play to team score of 8 then switch teams & team-mates

Field Plan |

3-v-3 Fast Break Attack



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
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Print & Play

Technical Training | High Repetition Low Pressure

Set Up

Skill Moves 1-v-1 King of the Cone

- 1 BLACK Player -v- 1 YELLOW Player
- 1 Target Ball on a central cone | 1 additional Match Ball
- Start the game by 1 YELLOW Player playing a pass to 1 BLACK Player
- Objective to secure possession of the Match Ball | Beat your opponent 1-v-1 & knock off the Target Ball with the Match Ball

1-v-1 Skill Moves

Skill Moves

- Step Over · Drag Circle
- Cut Circle · L-Turn
- V- Move · Cruyff Turn
- Drag Touch Push
- Roll Over – Step Over
- Matthews · Maradona
- Scissors · Megs

Time | 15mins

Field Plan



Game Related Skill Training | Opposed • Match-Like • Increased Decision-Making • Progressive • Stimulating • Tactical Information • Positive Reinforcement of CP's

Set Up

5 Squares

- BLACK Attackers with a ball each inside a Square | 2 YELLOW Defenders inside the Grid
- Objective to Dribble from Safe Square to Safe Square successfully = 1 point
- If YELLOW Defender wins possession play to any counter-attack goal | BLACK Attacker zeroized

Coaching Points

- Attitude |
- Change of Pace |
- Accelerate & Explode |
- Change of Direction |
- Disguise, Fakes & Body Feints |
- Operate LEFT & RIGHT |
- Different shoe contacts |
- Experiment & Be Creative |
- Everything at game speed |

Time | 20mins

Field Plan

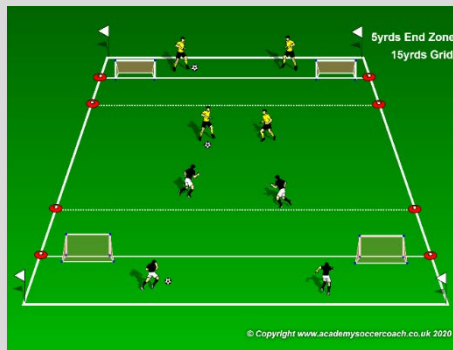


Game Specific | Opposition, Team-Mates, Decision-Making, Directional, Territorial, Goals & Transition

Conditioned Match Play | Change playing field to encourage specific soccer behavior based on theme

1-v-1 / 2-v-2 Continuous Transition

- Directional to Mini Switch Goals | No GK's
- 5yds End Zone – Scoring Zone | 1-v-1 or 2-v-2 on the field



Time | 25mins

3-v-3 Fast Break Attack

- 3-v-3 | 3 BLACK Players -v- 3 YELLOW Players
- Team that scores stay on | Team that concedes goes off & new team transitions on



Time | 25mins



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1-v-1 Soccer Skills Builder | Volume #1

Bonus Small Sided Game SSG #1 & #2

3-v-3 + 3 Transition Offense

&

1-v-1 / 2-v-1 / 3-v-2 Dibble Wars



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1-v-1 Soccer Skills Builder | Bonus Small Sided Game #1

3-v-3 + 3 Transition Offense | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

Set Up |

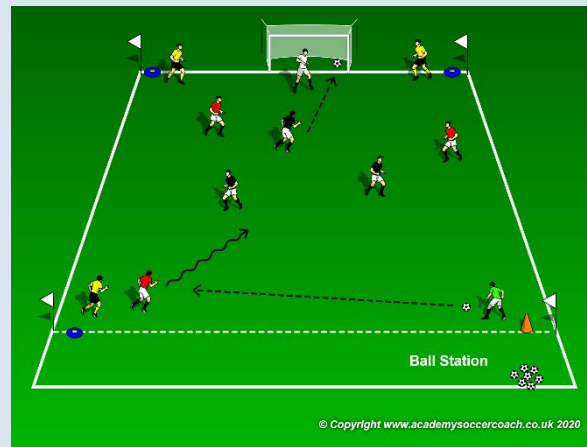
3-v-3 + 3 Transition Offense

- Grid size similar to a regulation Penalty Box | 1 Regulation Goal + GK's on one end line
- 3 Transition Stations set up | 2 on end line & 1 top corner of the Grid/Box
- 1 Ball Station set up with a GREEN Feeder & a supply of balls
- 3 BLACK Players -v- 3 YELLOW Players on the inside | 3 RED Players on the Transition Stations on the outside
- GREEN Feeder plays in a neutral ball
- Objective to secure possession of the ball & score on Goal + GK
- BLACK Team score | YELLOW Team go off to Transition Stations | RED Team transition on | BLACK -v- RED
- GREEN Feeder restarts with a random neutral new ball | • GK possession counterattacks to GREEN Feeder

Prog > • Players on Transition Stations play with team in possession

Field Plan |

3-v-3 + 3 Transition Offense



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
- Accelerate & Explode
- Change of Direction - Operate LEFT & RIGHT | Be unpredictable
- Disguise, Fakes & Body Feints | Sell the *Skills Move*
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- Everything at game speed



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1-v-1 Soccer Skills Builder | Bonus Small Sided Game #2

1-v-1 | 2-v-1 | 3-v-2 Dribble Wars | Game Specific

Game Specific | Low Level of Coach Intervention

Opposing Teams • Team-Mates • Match-Like Conditions • Tactical Decision-Making • Directional Play •
Territorial Invasion • Goals | Targets • Transition of Possession • Testing of the CP's

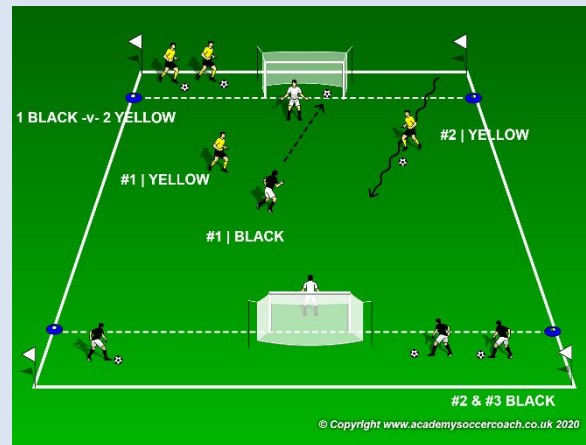
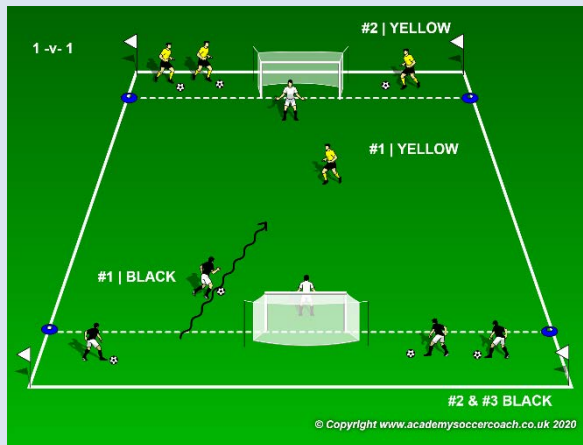
Set Up |

1-v-1 | 2-v-1 | 3-v-2 Dribble Wars

- 20yds Wide x 25yds Long Grid | Regulation Goals + GK's
- 1 BLACK Player -v- 1 YELLOW Player | #1 BLACK dribbles on to challenge #1 YELLOW directional to opposition Goal + GK
- When a goal is scored #2 YELLOW dribbles on to join #1 YELLOW to challenge #1 BLACK directional to opposition Goal + GK | 2 YELLOW Players -v- 1 BLACK Player | #1Y & #2Y -v- #1B
- When a goal is scored #2 & #3 BLACK dribbles on to join #1 BLACK to challenge #1 & #2 YELLOW directional to opposition Goal + GK | 3 BLACK Players -v- 2 YELLOW Players | #1Y & #2Y -v- #1B, #2B & #3B
- Restart dead balls from appropriate GK
- Reset back to opposite 1-v-1 after each completed phase

Field Plan |

1-v-1 | 2-v-1 | 3-v-2 Dribble Wars



Time | 25minutes

Coaching Points |

- Attitude | Be positive & Aggressive | Transition quickly onto the field | Transition from different starting points
- Decision-Making | When to dribble – When to Pass – How to use the dribble to create 2-v-1 situations
- Change of Pace | Slow to Fast | Fast to Slow
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Attainment Card



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Skills Moves | Attainment Card


Step Over	✓
Drag Circle	
Cut Circle	
L-Turn	
V- Move	
Roll Over – Step Over	
Scissors Double Scissors	
Matthews	
Maradona	

Attainment Card

Practice each of the Skill Moves throughout the 1-v-1 training sessions

Perform the Skills Move successfully in a competitive training activity

Check-Off the Skills Move from your list



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Dynamo Juniors
2002 u19 Boys Elite
Dallas | September '20



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