



Week 1: 1v1 Attacking

U9 Microcycle 3

Technical Principle: Running with the Ball

1v1 Attacking



Microcycle 3 | Week 1 | Session 1

Week Objectives:

- Teach players how to beat players via the dribble in 1v1 situations
- Instruct players on the basics of Running with the Ball

Tactical Principle: 1v1 Attacking

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

Counter Principle: 1v1 Defending

- Ball carrier must be under pressure in and around the box, step to stay in front, not necessarily to tackle
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

Technical Principle: Running with the Ball

- Push ball ahead, taking one touch per step with one foot
- Keep access to the ball - don't push it too far ahead where passing or changing direction becomes impossible
- Speed before everything - push & run is still a viable option

Dutch Square Dribbling



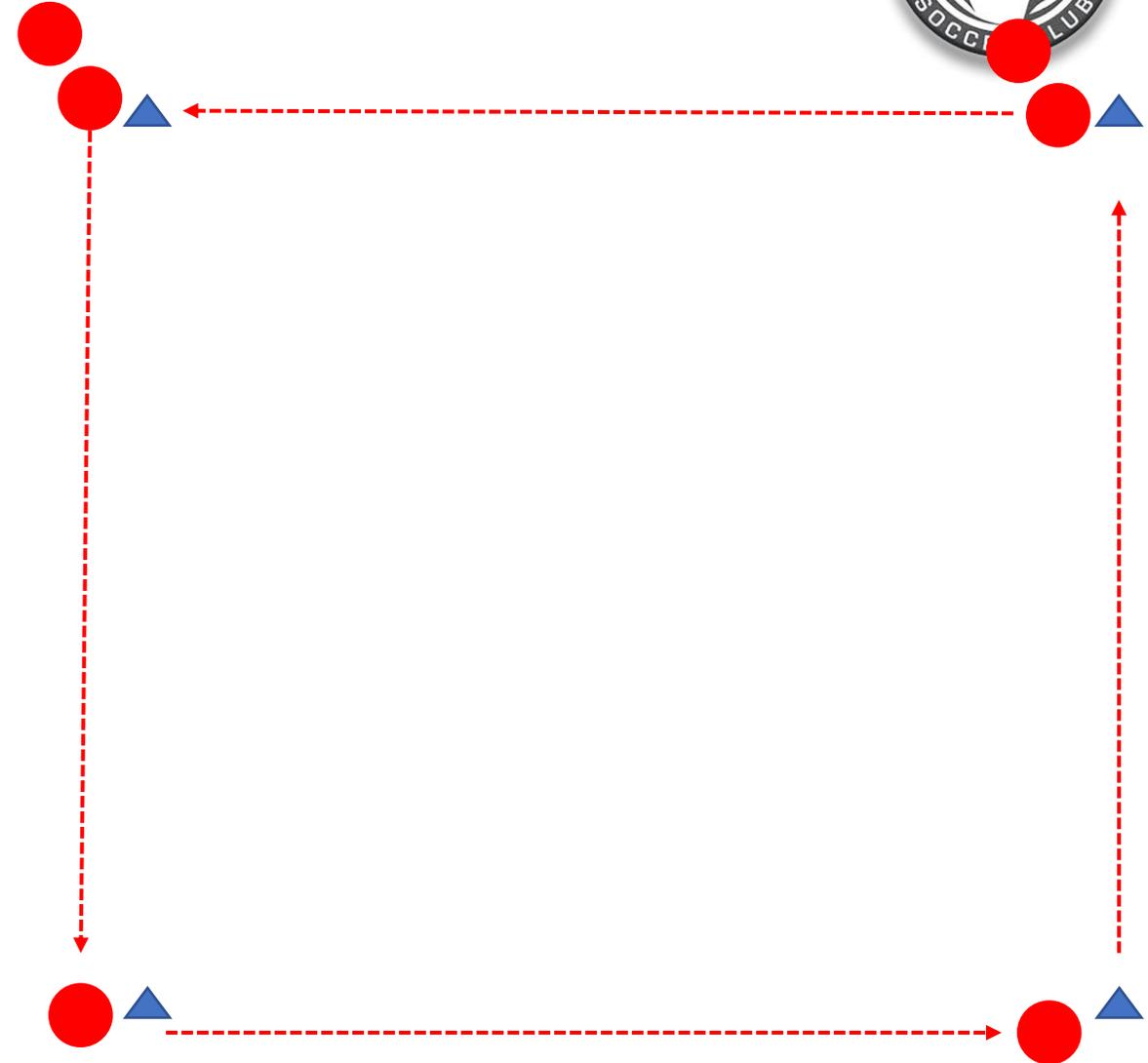
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	6-8 players per box
Number of Grids	1-2
Dimensions	20 x 20y

Rules:

- Dribble with speed to the next cone, then leave ball for next player
- Insist on proper technique
- *Prog: counter-clockwise (right foot), clockwise (left)*

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
- Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
- Accelerate & lengthen stride – all while keeping control of the ball



1v1 Dribbling



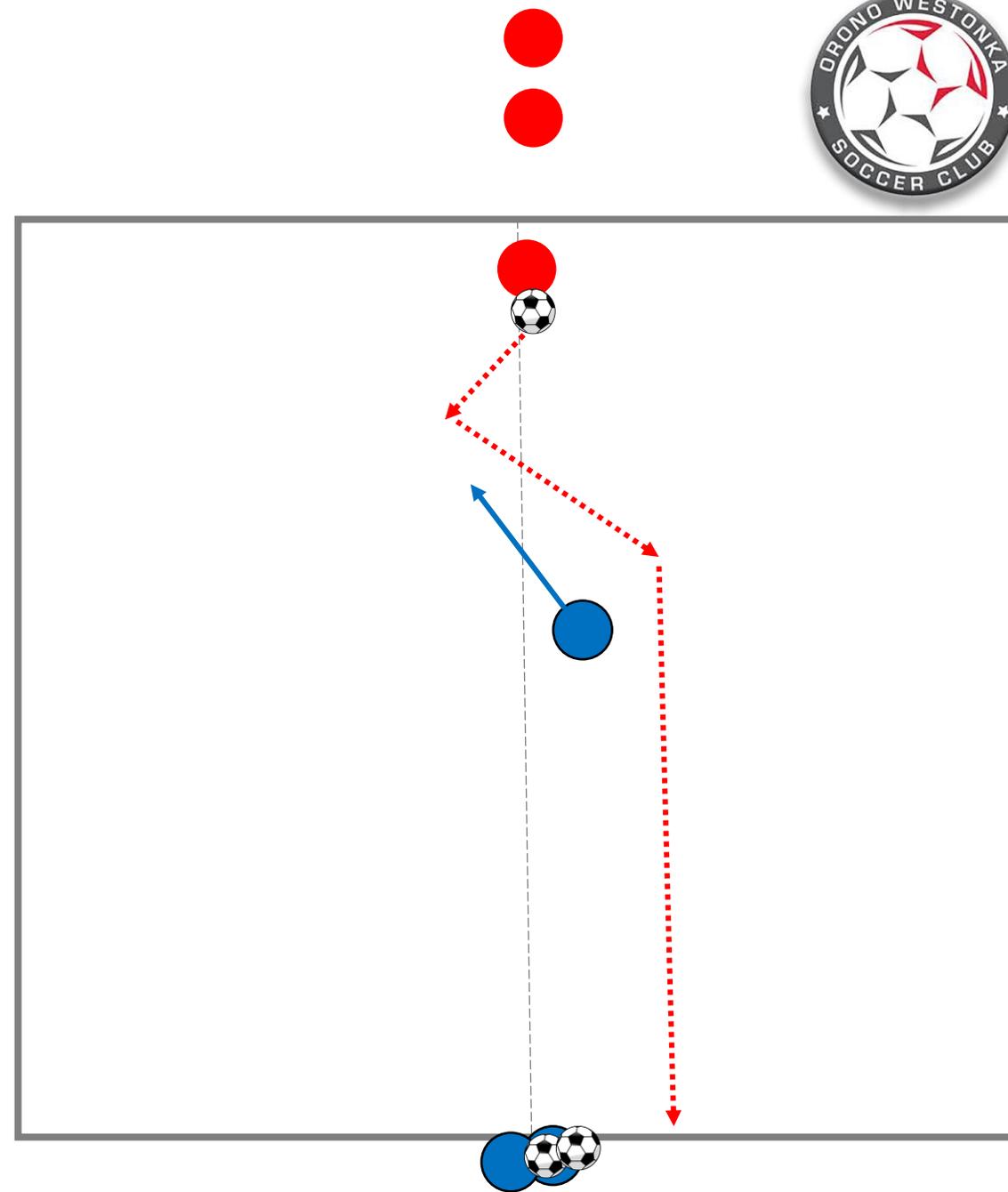
Time	15
Sets & Set Length	4x3 mins
Teams or Grid Numbers	1v1
Number of Grids	1-2
Dimensions	20x10 yards (based on #s)

Rules:

- Defender passes to attacker and closes down the angle
- Attacker attempts to dribble past opponent's endline
- If defender wins ball back, dribble past att endline
- *Progression: dribbling over endline on one half = 2pts*

Coaching Points

- Head up to find area in the grid
- Have ball accessible to be able to change direction or speed at any point



Final Game



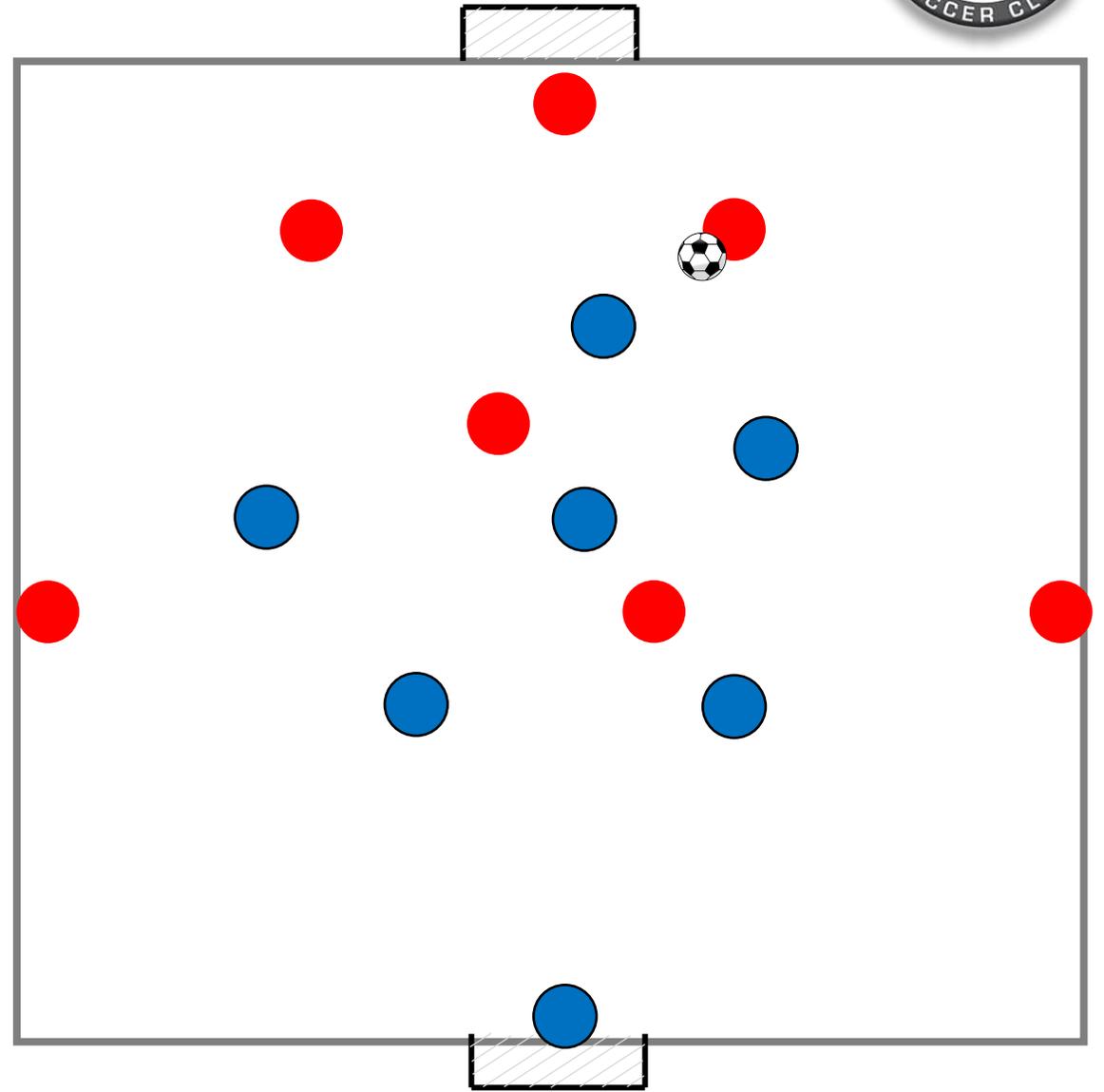
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: do players have the opportunity to take on their opponents in the 1v1? How effective are they in beating the opposition?



1v1 Attacking



Microcycle 3 | Week 1 | Session 2

Week Objectives:

- Teach players how to beat players via the dribble in 1v1 situations
- Instruct players on the basics of Running with the Ball

Tactical Principle: 1v1 Attacking

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

Counter Principle: 1v1 Defending

- Ball carrier must be under pressure in and around the box, step to stay in front, not necessarily to tackle
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

Technical Principle: Running with the Ball

- Push ball ahead, taking one touch per step with one foot
- Keep access to the ball - don't push it too far ahead where passing or changing direction becomes impossible
- Speed before everything - push & run is still a viable option

Dribbling Race



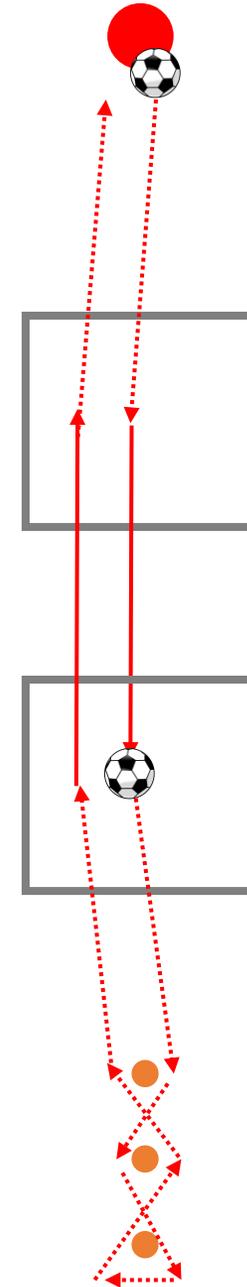
Time	20
Sets & Set Length	1x20 min
Teams or Grid Numbers	1
Number of Grids	1
Dimensions	30 yards long

Rules:

- 3 lanes will be set up, if a player makes a mistake, they must go back (ball out of box, miss cone)
- *Players dribble from start line into box 1, stopping their ball inside the box*
- *Players then run to box 2, dribble through the cones, & return to stop ball in box 2*
- *Players finish by dribbling ball from box 1 thru end line*

Coaching Points

- Dribble with speed in open areas, precision in tight spaces



1v1: Running W/ Ball



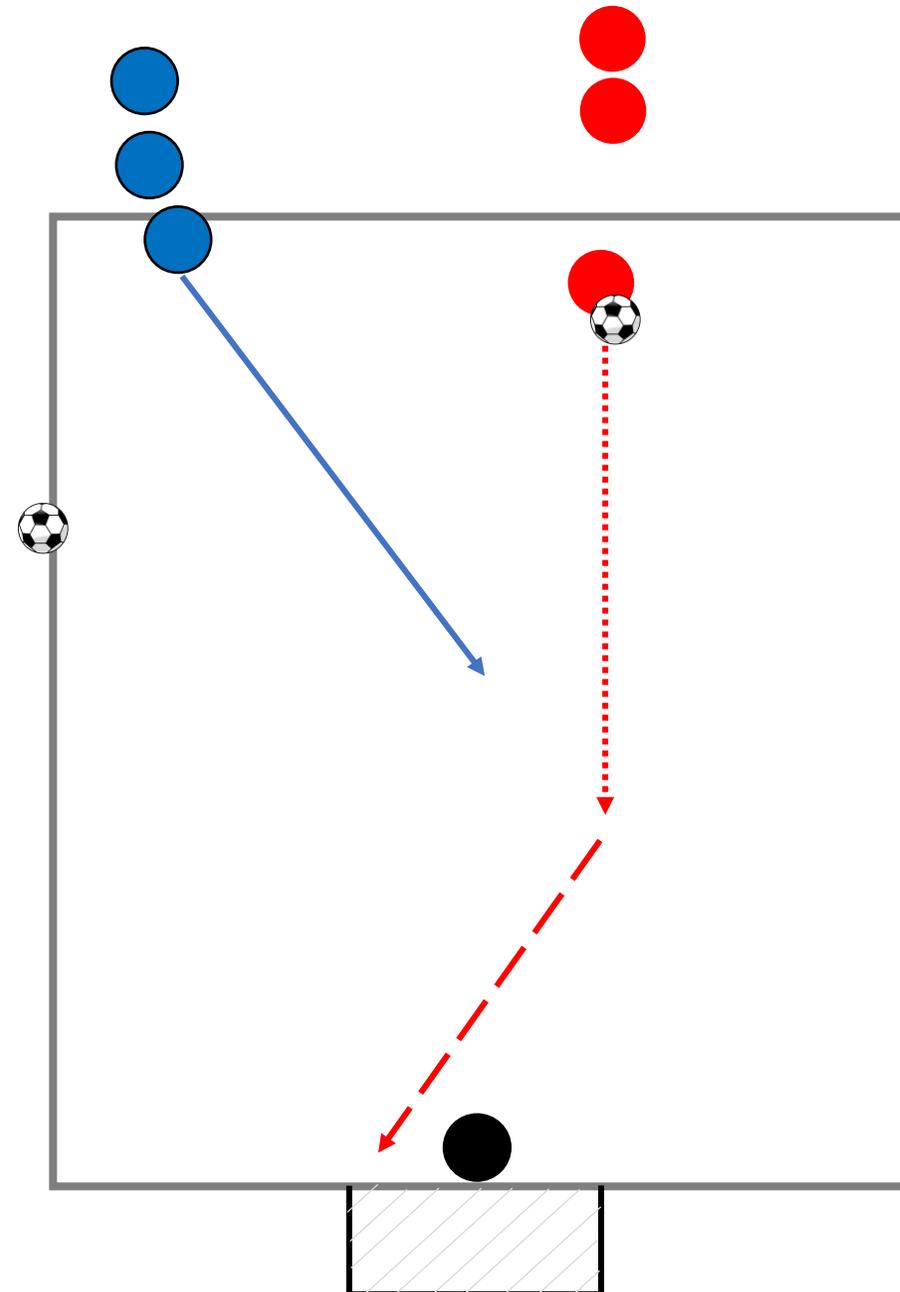
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 if poss (Ideally 5-8 players per grid)
Dimensions	30x15yards

Rules:

- Red starts the play by taking a touch into the grid, blue tries to recover and defend
- Red scores by shooting into the goal
- If blue wins the ball, dribbles across end line for point
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
- Take a touch every step – push the ball forward each time the player steps with the strong foot (maintain control)
- Accelerate & lengthen stride – all while keeping control of the ball



Final Game



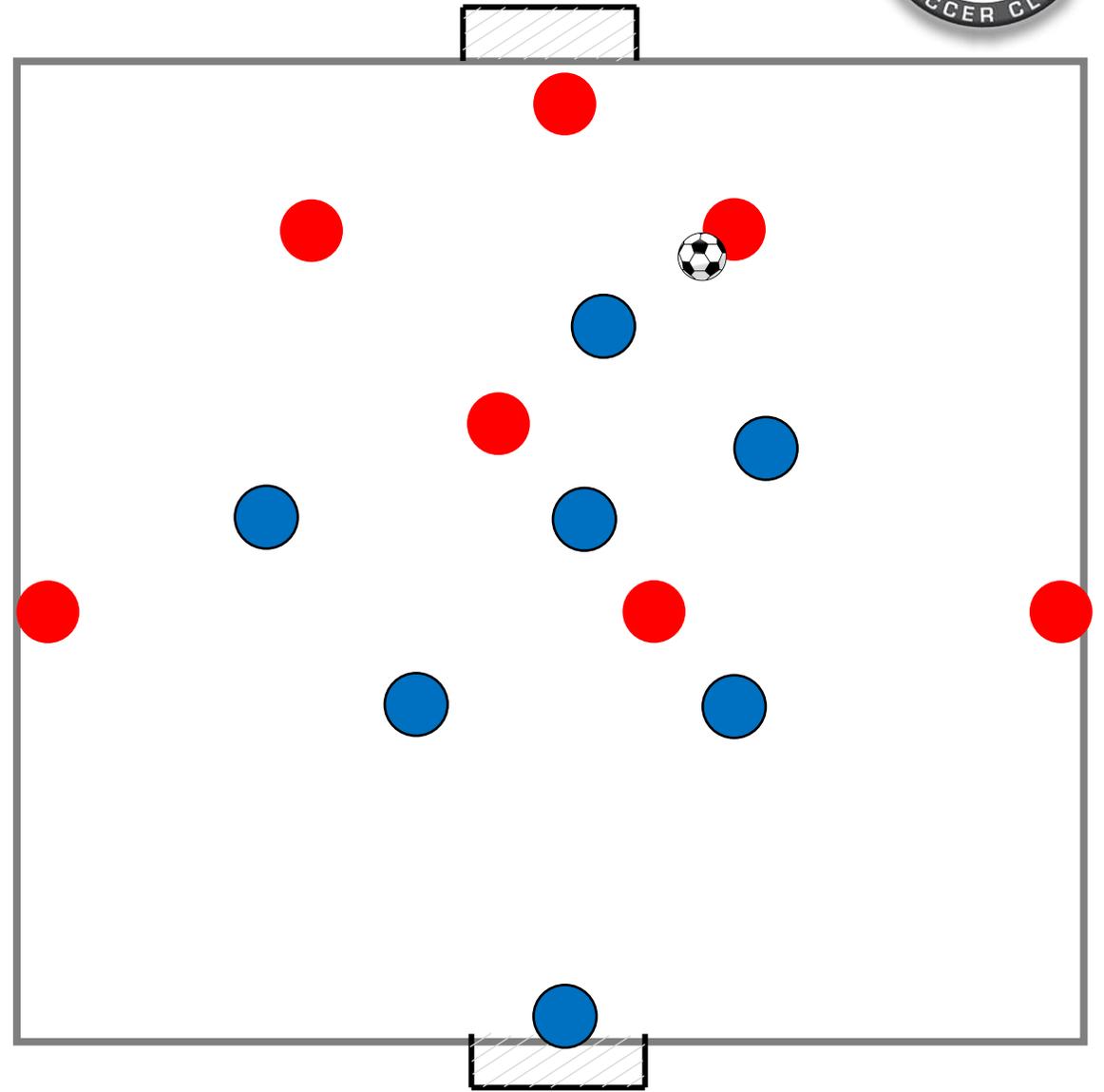
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: do players have the opportunity to take on their opponents in the 1v1? How effective are they in beating the opposition?





Week 2: 1v1 Defending

U9 Microcycle 3

Technical Principle: 1v1 Moves

1v1 Defending

Microcycle 3 | Week 2 | Session 1



Week Objectives:

- Teach players how to defend in order to regain possession or stop progression in 1v1 situations
- Introduce players to 1v1 moves

Tactical Principle: 1v1 Defending

- Ball carrier must be under pressure in and around the box, step to stay in front, not necessarily to tackle
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

Counter Principle: 1v1 Attacking

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

Technical Principle: 1v1 Moves

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender

Tech Warm-Up: 1v1 Moves



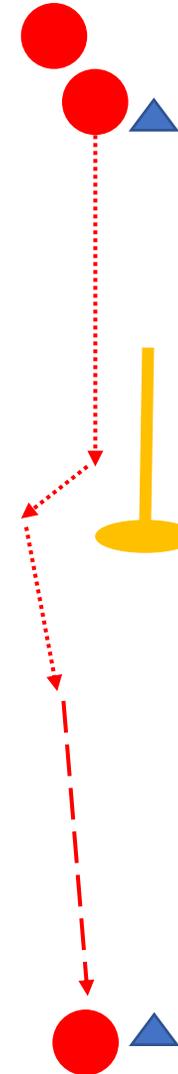
Time	15
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	2-4
Dimensions	25 yards long

Rules:

- 3-5 players per station – dribble at pole and do 1v1 move to beat defender
- Insist on use of both feet
- *Progression: all players must do... scissors, Messi feint, etc*

Coaching Points

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender



SSG: 1v1 Transition Game



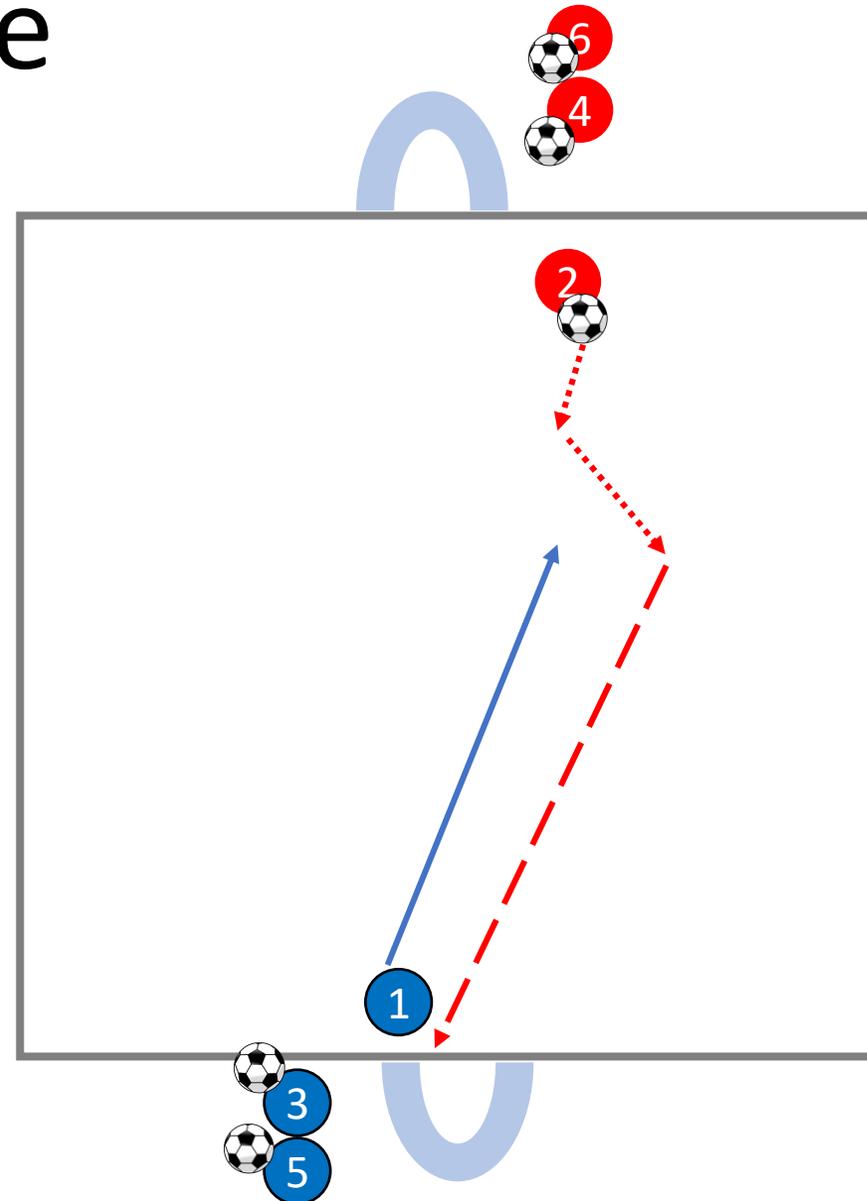
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	4-7 players per grid
Number of Grids	1-3
Dimensions	20x12yards

Rules:

- Red (2) dribbles in and tries to score against blue (1)
- Once goal is scored or ball goes out of play, the next blue (3) enters, and the red player (2) transitions to defend
- Player rotation: attack, then defend, then off the field

Coaching Points

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal



Final Game



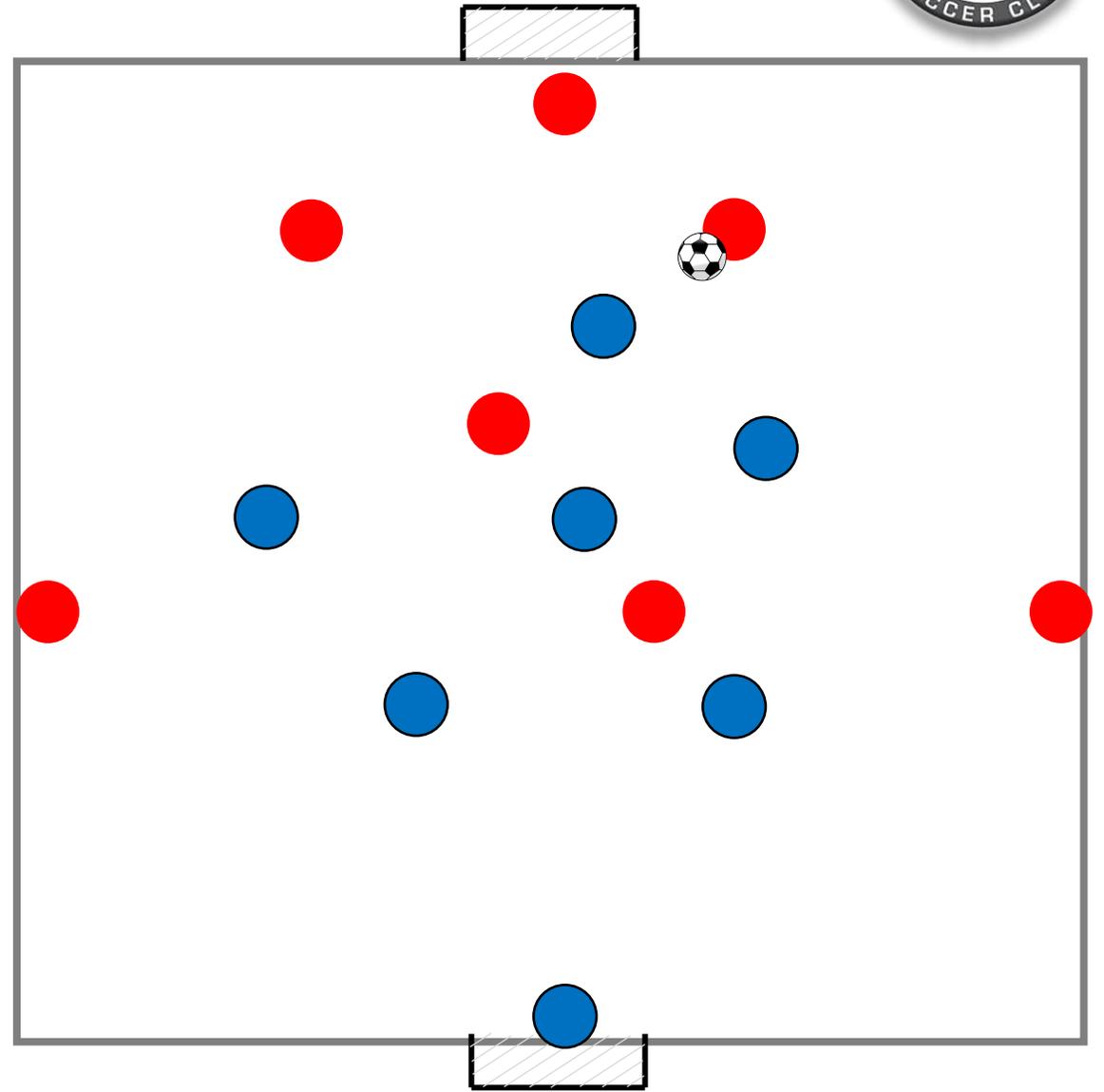
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Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: Look at the shape of the team in the defense – are they able to get compact to prevent the attacking team the ability to progress through the middle?



1v1 Defending

Microcycle 3 | Week 2 | Session 2



Week Objectives:

- Teach players how to defend in order to regain possession or stop progression in 1v1 situations
- Introduce players to 1v1 moves

Tactical Principle: 1v1 Defending

- Ball carrier must be under pressure in and around the box, step to stay in front, not necessarily to tackle
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Counter Principle: 1v1 Attacking

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Technical Principle: 1v1 Moves

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Tech Warm-Up: 1v1 Moves



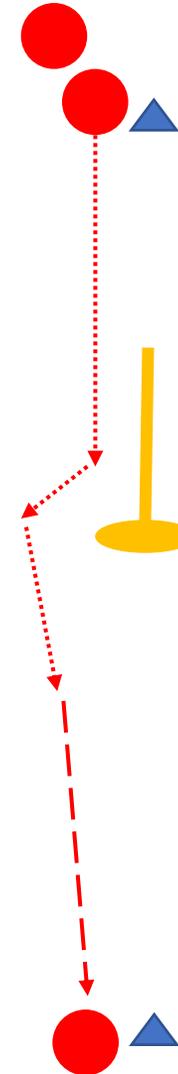
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- Insist on use of both feet
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Coaching Points

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
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1v1 Dribbling



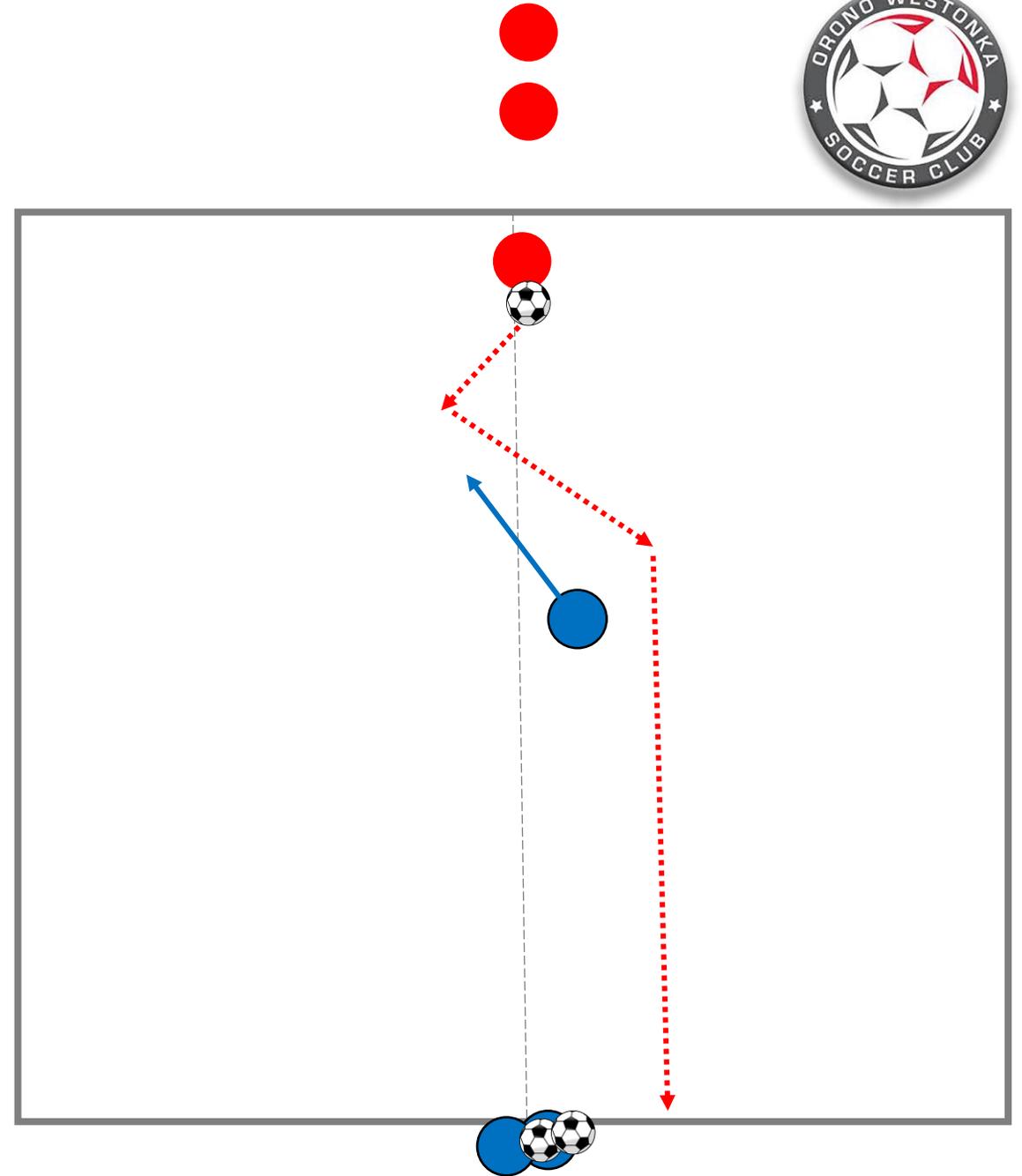
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Coaching Points

- Head up to find area in the grid
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Final Game



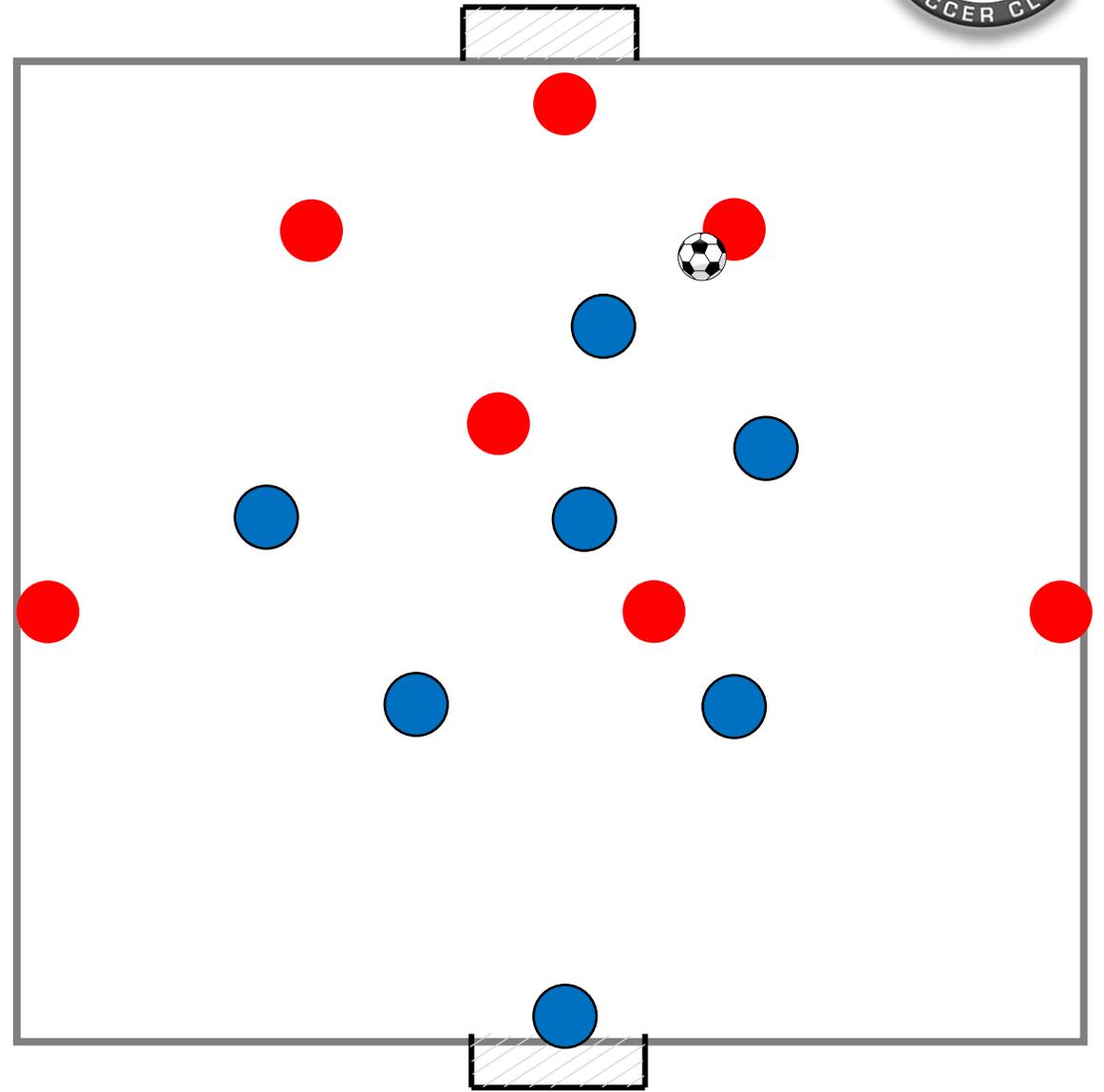
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Coaching Points/Observation Questions:

- Observe: Look at the shape of the team in the defense – are they able to get compact to prevent the attacking team the ability to progress through the middle?





Week 3: 1v1 Attacking

U9 Microcycle 3

Technical Principle: In-box Finishing

1v1 Attacking



Microcycle 3 | Week 3 | Session 1

Week Objectives:

- Teach players how to beat players via the dribble in 1v1 situations
- Instruct players on the basics of finishing inside the box

Tactical Principle: 1v1 Attacking

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

Counter Principle: 1v1 Defending

- Ball carrier must be under pressure in and around the box, step to stay in front, not necessarily to tackle
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

Technical Principle: In Box Finishing

- Ability to score in a variety of ways from close range: finesse, chip, power
- Finesse - controlled shot with the inside of the foot, often to bottom corner
- Chip - strike the bottom of the ball quickly with the laces to lift over the GK
- Power - strike the ball powerfully with the laces, often high into the goal

Technical Warm-up: Windows

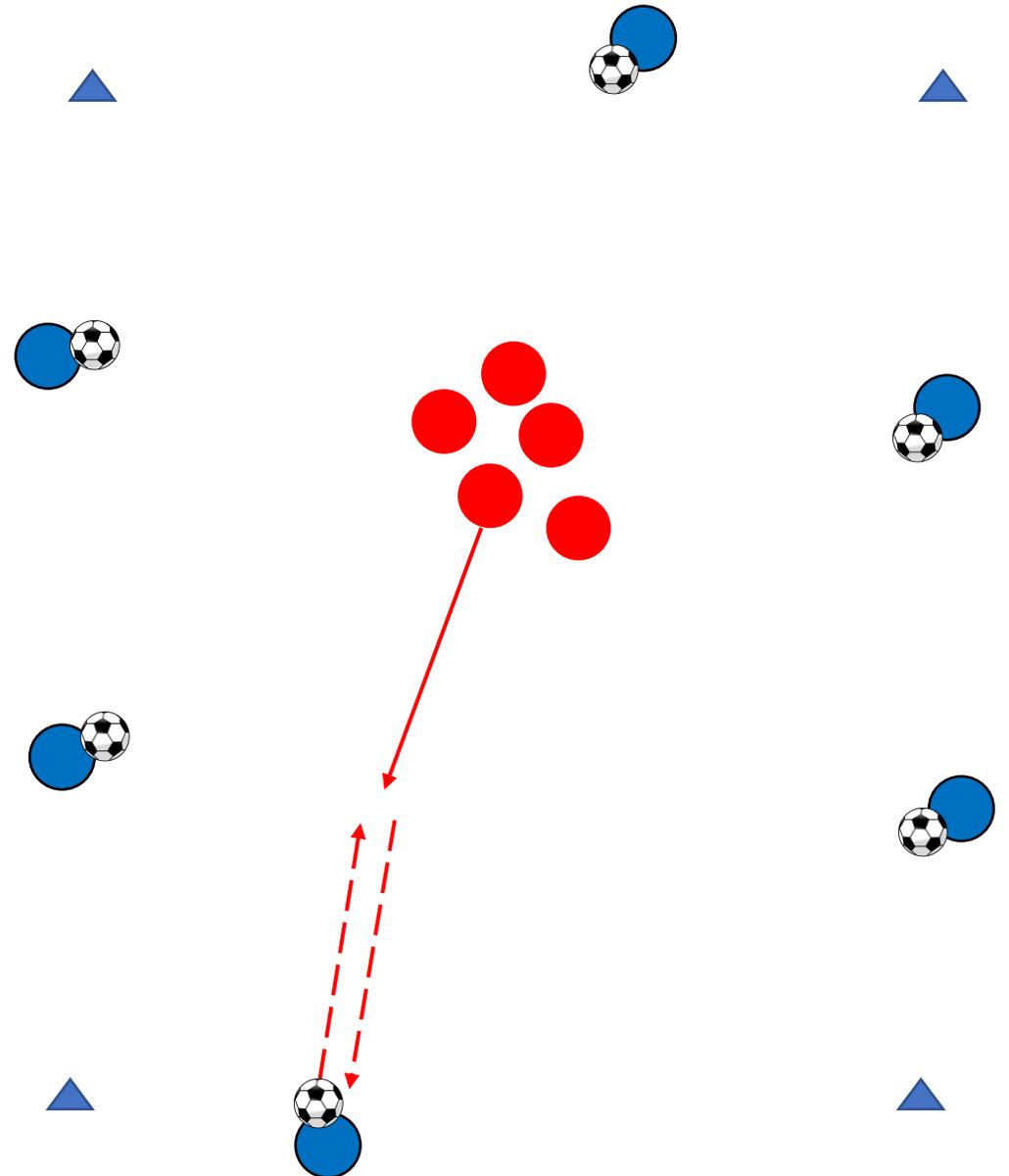
Time	15
Sets & Set Length	12X45sec(15 sec rest)
Teams or Grid Numbers	8-20 players per station
Number of Grids	1
Dimensions	20x20 to 40x40 (based on #s)

Rules:

- Red players check to receive & play back to blue players
- Red players move randomly to different blue players to complete as many actions possible within timeframe
- Focus on ball-striking techniques: volleys to hands with inside of the foot & laces

Technical Principle: In Box Finishing

- Ability to score in a variety of ways from close range: finesse, chip, power
- Finesse - controlled shot with the inside of the foot, often to bottom corner
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1v1: Running W/ Ball



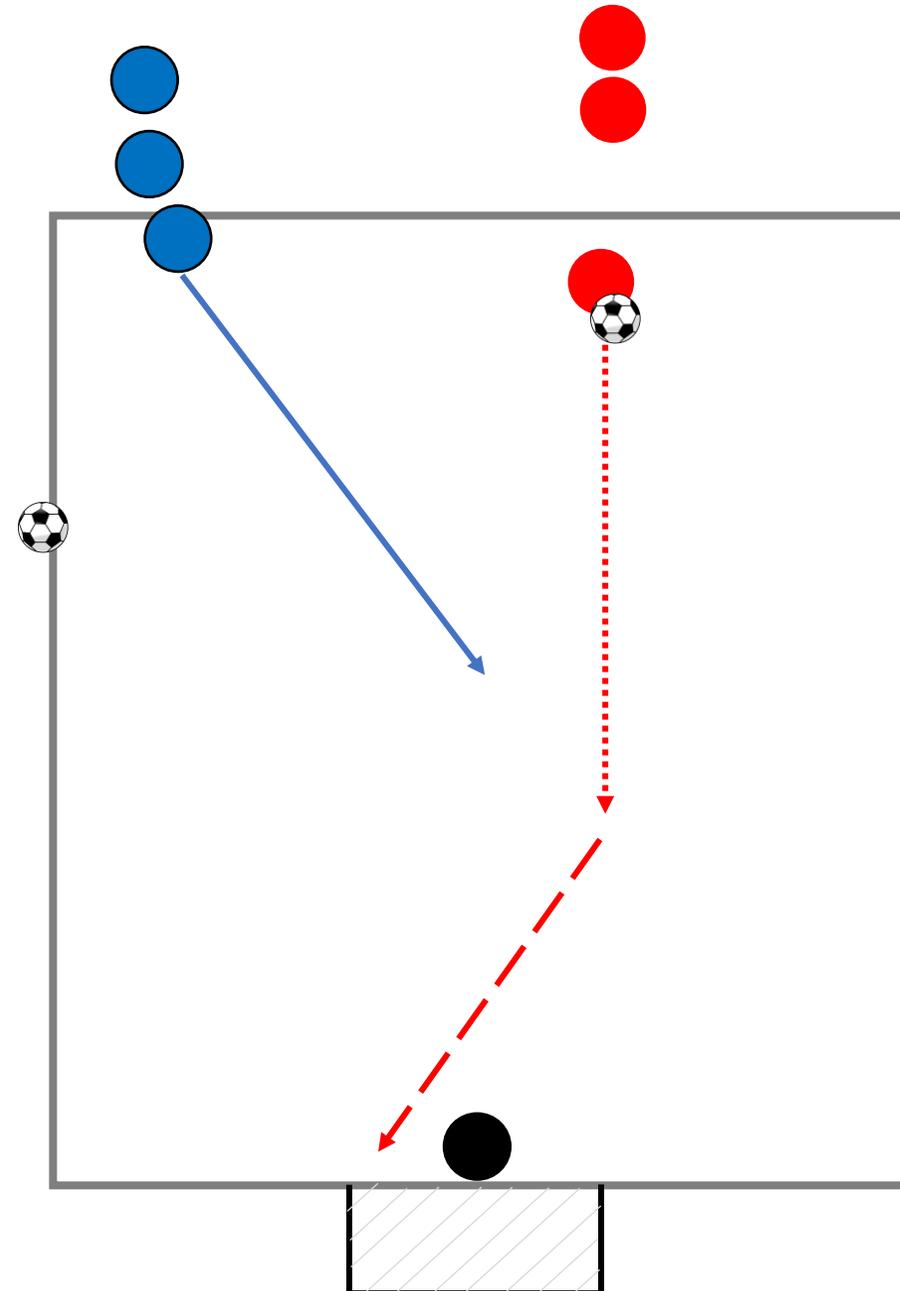
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 if poss (Ideally 5-8 players per grid)
Dimensions	30x15yards

Rules:

- Red starts the play by taking a touch into the grid, blue tries to recover and defend
- Red scores by shooting into the goal
- If blue wins the ball, dribbles across end line for point
- Team attacks for 2 minutes, then defends for 2 minutes

Coaching Points

- Use the pinky toe – keep toes down and push the ball forward with the top of the pinky toe
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Final Game



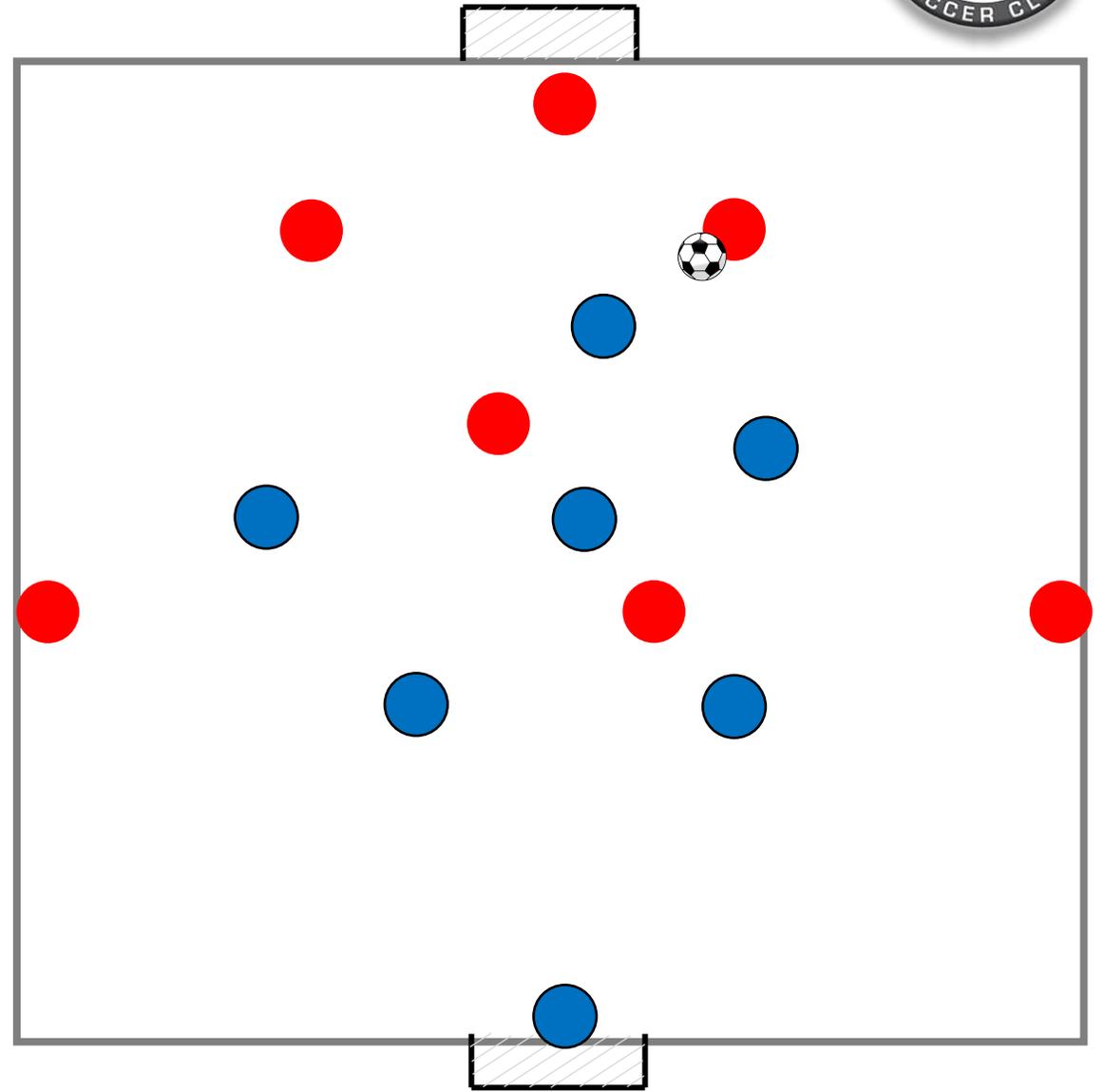
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1v1 Attacking



Microcycle 3 | Week 3 | Session 1

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- Finesse - controlled shot with the inside of the foot, often to bottom corner
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Power & Finesse



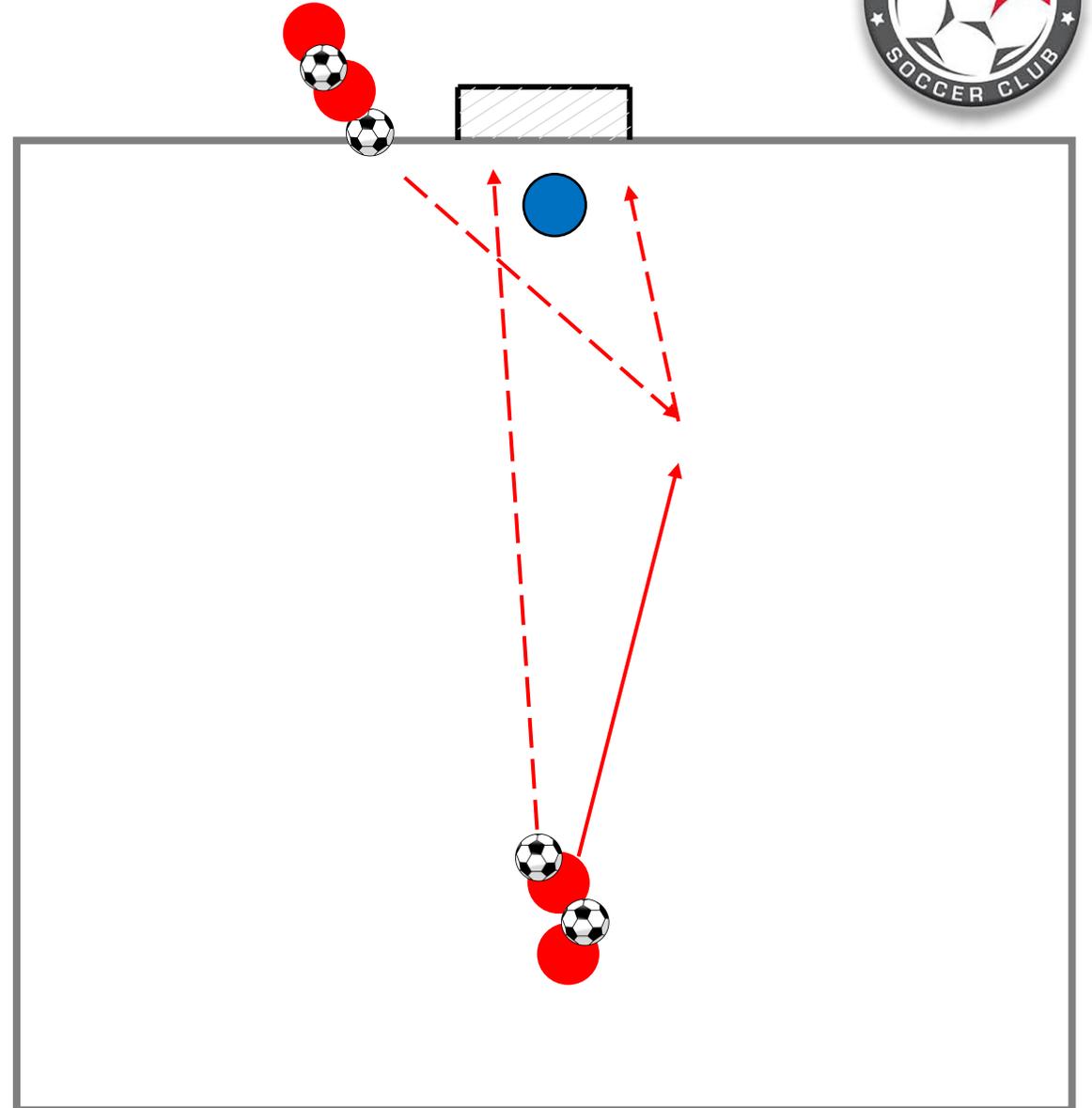
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1-2
Dimensions	Players start 15 yards out

Rules:

- Players take 2 shots in their turn:
- *Shot 1: Power* – players take a touch out of their feet, shooting with power from distance
- *Shot 2: Finesse* – players run into the box and finish a passed ball with 1 touch from close range
- Players rotate to the opposite line when finished

Technical Principle: In Box Finishing

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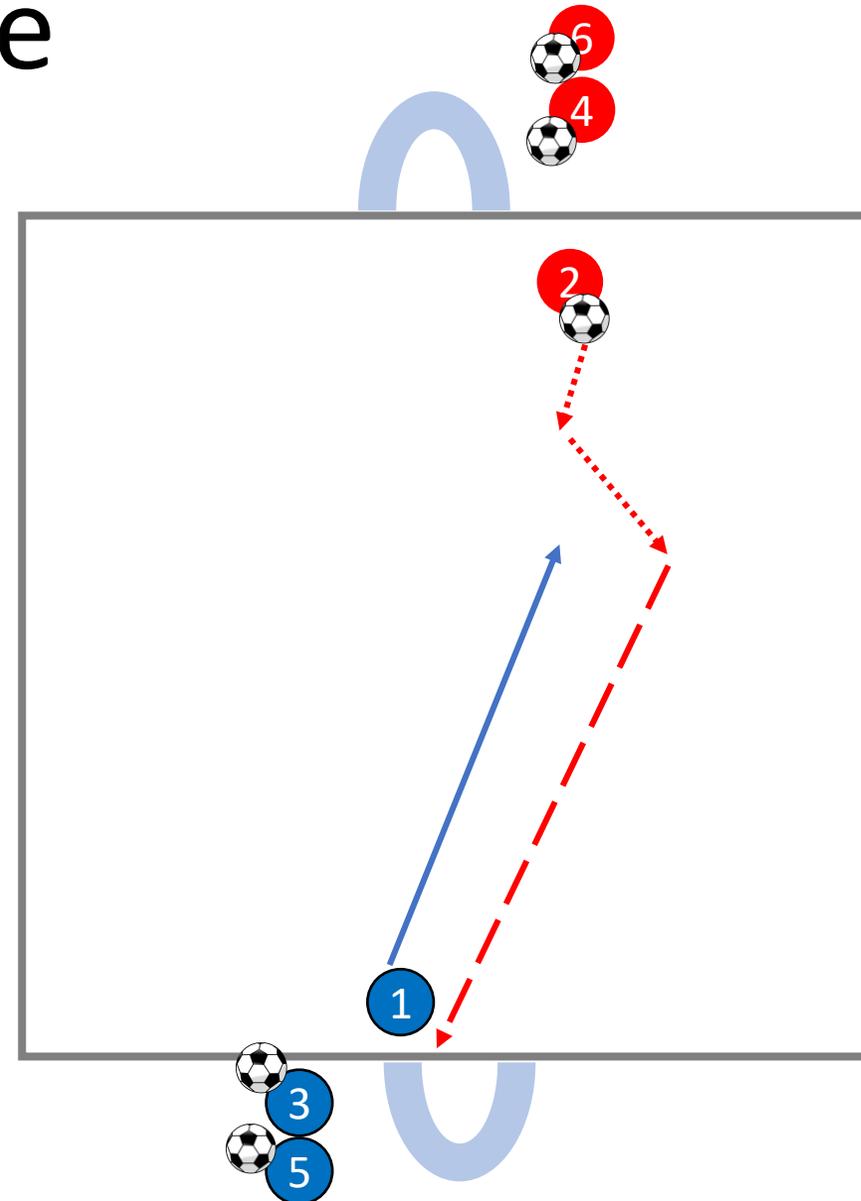
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Dimensions	20x12yards

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