



NEW MEXICO  
SOCCER ACADEMY

Date:	Week:
Topic: 1v1, dribbling, passing	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



**Set Up:** Put the players in two teams. The coach rolls out a ball and one player from each team competes to get the ball back to the coach to score a point for his team.

**Progress to:**  
2v1 and 2v2

Play multiple 1v1's to prevent players from standing in line.

Web Link for video:

**Coaching Points/ Questions**

**Technical:**

What is a good way to get the ball back to the coach when you can see him?

**Tactical:**

What can you do when you have the ball if you cannot see the coach?

**Psychosocial:**

**Physical:**

**To Adjust Difficulty:**

Make appropriate match ups in the teams

Notes: