



NEW MEXICO
SOCCER ACADEMY

Date:	Week:
Topic: 1v1 Dribbling	Duration:
Theme/Stage:	Extra Equip:
Level: U6 and Up	
Coach:	



Set Up: Set up grid with 3 small goals on each end.
Coach is boss of balls when ball is rolled on to the field the first player from each line of players enters the field to play 1 v1, once the ball leaves the field the players return to the back of the line and the coach rolls out another ball.

Progress to: multiple battles at the same time

Progress to: 2v1

Web Link for video:

Coaching Points/ Questions

Technical:

Tactical:

Psychosocial:

Physical:

To Adjust Difficulty:

Make good match ups

Size of grid and goals

Notes: