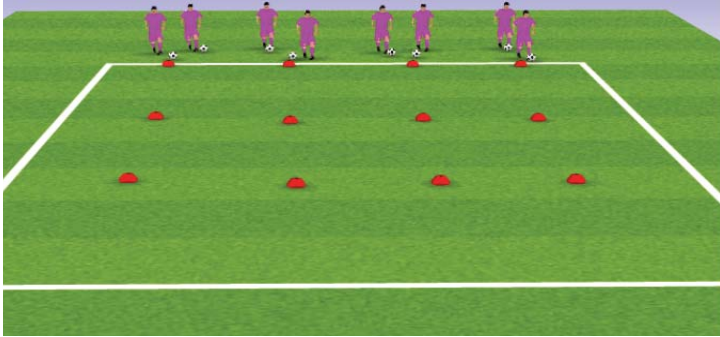


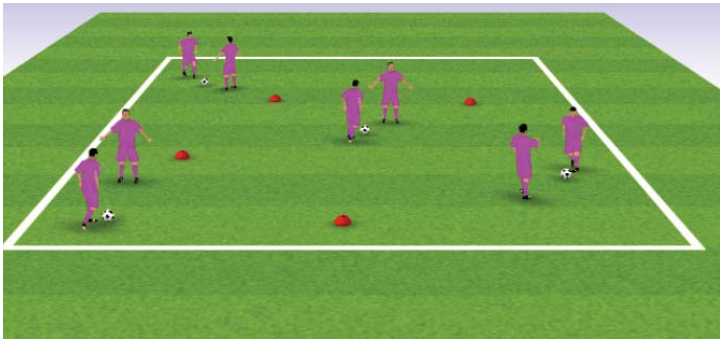
# TRAINING SESSION 5



## Technical Warm-Up: Let's See Your Moves Part 1

Set-Up as shown. Each player has a ball. Player will dribble to the middle cone, perform the move, then accelerate to the 3<sup>rd</sup> cone. Coach will introduce the following 1v1 moves.

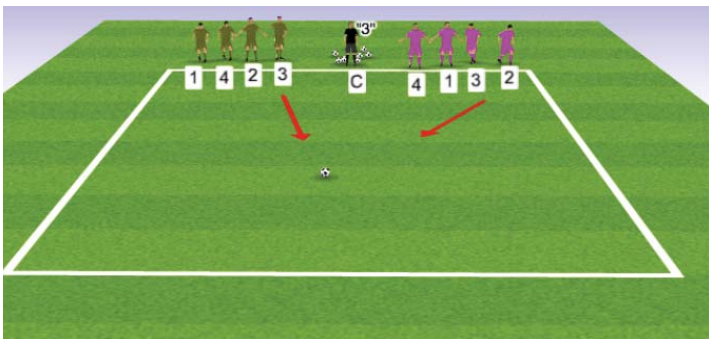
- 1: Stop and Go
- 2: Cut and Double Cut
- 3: V-Move



## Activity 1: 1v1 To Cones

Players pair up with one ball and one cone. Players will play 1v1 for 2 minutes and receive a point anytime they hit the cone. After 2 minutes, rotate and play new players.

If there happens to be an odd number, play 1v2

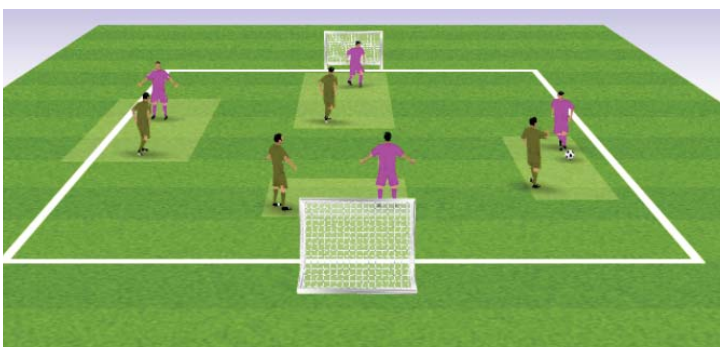


## Activity 2:

Split into 2 groups. Give each player a number. Coach plays the ball into the middle of the grid and yells a number. The players with those numbers will have a 1v1 battle. They score a point if they can dribble across the line and step on the ball w/ the sole of their foot.

Note: Give players new numbers after some time.

Note: Call two numbers & have two 1v1 battles going at same time.



## Activity 3: Must Mark Game

Split the group into two teams. Match each player up with one player on the other team. They can only mark or tackle the ball away from that player. This will promote 1v1 battles in a SSG setting.