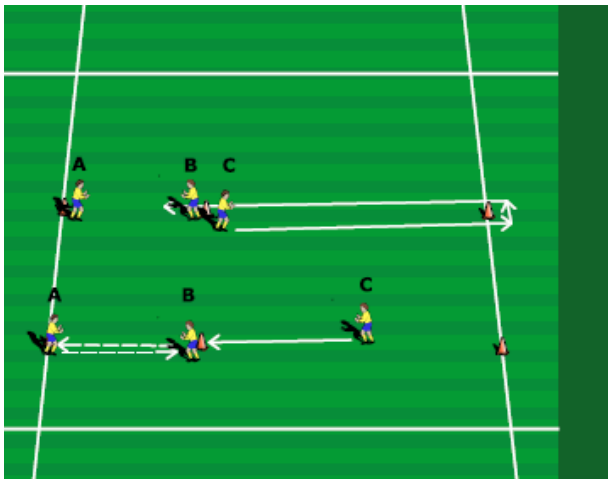


This session focuses on not only letting players learn and practice 1v1 moves in a low pressure setting, but also on applying those moves in increasingly higher pressure situations. The first drill is a technical warm-up that isn't directly related to the session. It can be used in another practice, or even as a warm-up to this session, but it does not relate to 1v1 moves as the rest of the session does.

- **Interception drill:**

This drill works on timing runs to intercept various types of passes.



**Set up:** 3 players with 1 ball. A and B are about 10 yards apart, with C beginning the drill with a jog around a third cone which is 20-30 yards away from A and B.

**Instructions:** Players work on timing defensive runs to intercept various types of passes. While A and B pass back and forth steadily, C will time his/her run to intercept a pass from A to B. Players rotate so that C becomes A, A becomes B and B becomes C and tries to intercept.

**Variations:**

A and B pass back and forth with 2 touches

A and B pass back and forth with 1 touch

A throws to B who checks forward to thigh and volley back

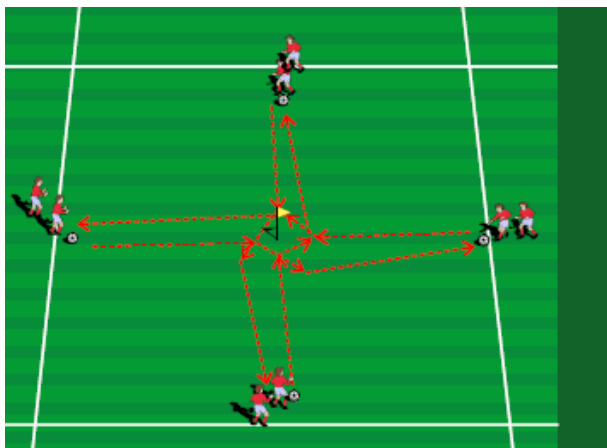
A throws to B to volley back directly

A throws to B to chest and volley back

A throws to B to jump and head back

A passes to B, who now tries to block C from winning the ball using his/her body to shield.

**Warm-up: 1v1 crossroads:**



**Set up:** square with a flag or cone in the middle. At least 2 players in each line, but no more than 3.

**Instructions:** Players perform various moves and skills directly at the cone, avoiding each other and the flag while performing the moves. They can dribble straight, or turn once they hit the flag either left or right or back to where they came from.

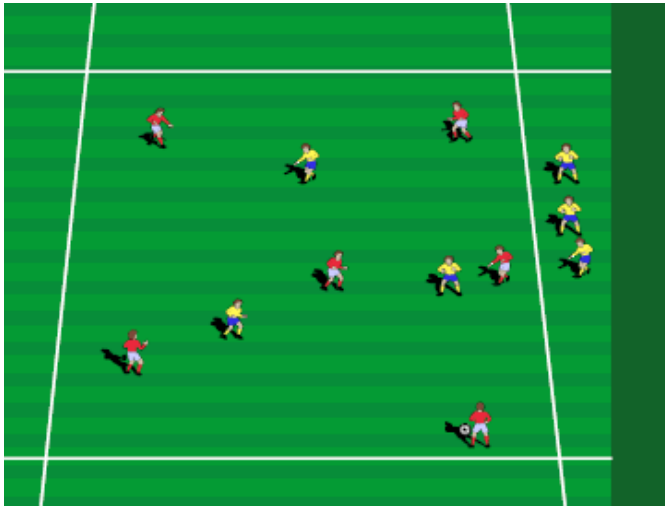
**Coaching Points:** technical warm-up stressing technical proficiency. With young ages just ask them to focus on technique, and for stronger players emphasize adding speed to the moves.

**Typical moves to go over will be:**

- Scissor: Right foot steps over the ball to the right, outside of left foot pushes ball to the left.
- Step Over: Right foot steps inwards over the ball (like a fake pass), then the outside of the right foot pushes the ball to the right.
- Roll and Push: Right foot pulls the ball across the body to the left foot which pushes the ball forward with the inside of the foot.
- Matthews: Inside of right foot pushes the ball slightly left, before hopping, and pushing the ball right with the outside of the right.

- 90 degree turns with the inside/outside of the foot: First touch is used to cut the ball back, while the second touch sends the player to the right or left of where he/she started. Always use the same side of the foot (ie: two touches with the outside of the right foot, or two with the inside of the left, etc).

**Extended Warm-up – 6v3 Possession with Moves:**



**Set up:** 6 v 3 in a large grid, with one ball.

**Instructions:** Teams play possession inside of the grid, with a large numerical advantage. For younger teams this might mean just 2 defenders against 6. Points are awarded to the attacking team for not only attaining a number of passes (ie: 3-7 passes consecutively depending on ability), but also for performing the moves that were worked on in the warm-up. In other words, the team must make 4 passes in a row and a move in order to score a point. The defending team subs often as they must work hard while they are in the square. After 2 or 3 minutes, the teams switch roles. If the 3 defenders win the ball, they can try to keep it and dribble/pass around to wind the clock down.

**Coaching Points:** ENcourage all creative technical moves.

**1v1 Montreal Impact drill: Simple combo to 1v1**



**Set up:** 3 cones as above, with a small goal on one side, and full sized goal at the other.

**Instructions:** 1v1s to goal with passing combination to start:  
1 - A plays 1-2 with B, A plays ball to C and immediately defends him in 1v1.

2 - A plays 1-2 with B, A plays ball to C and B defends C in 1v1

3 - A plays B who turns, plays C and A defends C

4 - A plays C, B turns to defend C

**Coaching Points:** Ensure that all passing and moving elements of the drill are done properly and at speed. Focus in 1v1 on quick transitions: Any turn over does not signal the end of the drill.

**1v1 defending point:** Watch some of these 1v1 defending videos by Paolo Maldini: [Click Here](#)

(link: <http://www.insidesoccer.com/page/b52ce384-e086-48cb-83da-0aa07f57caec/paolo-maldini/>)

**Scrimmage:** For this practice you can begin the scrimmage with a simple restriction of having to take a player on 1v1 anywhere on the field before you can score.