



NEW MEXICO  
SOCCER ACADEMY

Date:  
Topic: 1v1 Dribble to beat defender  
Theme/Stage:  
Level: U5 and Up  
Coach:

Week:  
Duration:  
Extra Equip:



**Set Up:** Split the players into two teams. Place each team on either side of the grid and the balls with one team. On the coach's command the first player on team A dribbles towards the center cone and the first player on team B runs towards the center cone to defend. The player with the ball decides which goal he wants to score in and dribbles towards that goal. The defender tries to prevent the goal being scored. Once each member has been an attacker switch the balls to the other team.

Web Link for video:

Coaching Points/ Questions

**Technical:**

What can you do to trick the defender?  
How can you change direction quickly?

**Tactical:**

**Psychosocial:**

**Physical:**

To Adjust Difficulty:

Make good matchups

Notes: