DRIBBLING & BALL CONTROL

Feints -> changes of speed -> 1v1 decisions -> positive attacking

SESSION OVERVIEW

SESSION AIM

Develop a positive attacking mentality and improve decision-making in 1v1 situations through feints, dribbling and changes of

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Dribbling & 1v1	**Feints at Speed**	**1v1 Central Grid**	**8v8 Free Game**

WARM-UP | DRIBBLING & FEINTS

ORGANISATION

Mark out a 30 x 30-yard grid. Every player has a ball. Place cones randomly throughout the area.

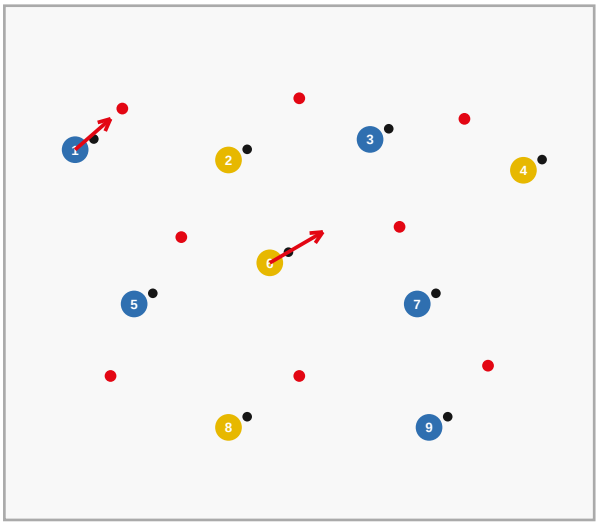
HOW IT WORKS

Players dribble freely, avoiding other players and cones, gradually increasing the tempo. Include short mobility or stretching breaks. Progress by asking players to attack a cone as if it were a stationary defender, perform a feint or fake, then accelerate into space for 5 to 10 yards.

COACHING POINTS

- Use clear feints and fakes.
- Change speed sharply after the move.
- Accelerate away into available space.
- Approach each cone positively as if attacking a defender.

DIAGRAM



Dribble freely, then attack the cones with a feint and acceleration.

PROGRESSIONS

1. Use a specified move such as a body feint or scissors.
2. Use the weaker foot when accelerating away from the cone.

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ACTIVITY 1 | FEINT & ACCELERATE

ORGANISATION

Divide players into four groups positioned around a central flag. Each player has a ball.

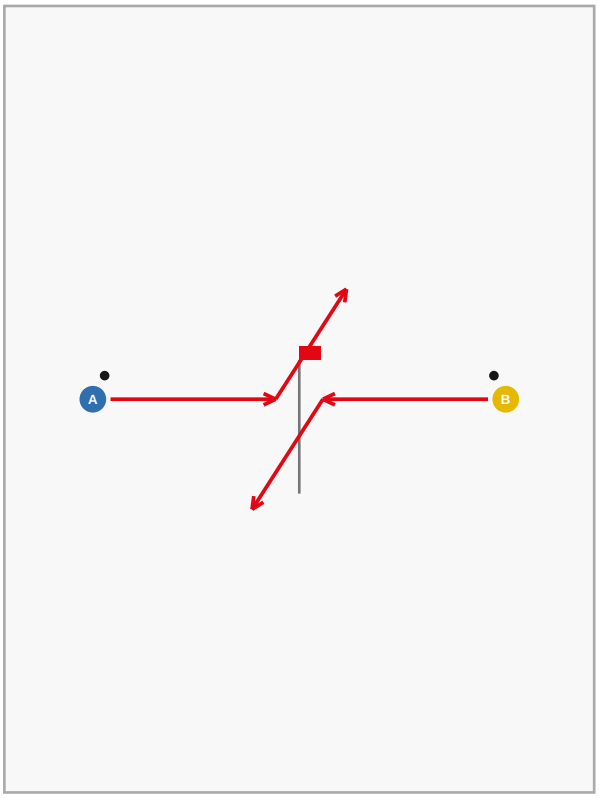
HOW IT WORKS

Two opposite players dribble toward the central flag at the same time. About two yards from the flag, both players feint to the same side and accelerate past the opposite side to avoid collision. The next pair then repeats. Encourage moves such as body feints, scissors and double scissors.

COACHING POINTS

- Burst past the flag with speed.
- Drive directly toward the flag before changing direction.
- Encourage players to experiment with different moves.
- Opposite groups must communicate and start together.

DIAGRAM



Attack the flag directly, feint, then accelerate into space.

PROGRESSIONS

1. Change the required move every few repetitions.
2. Allow players to choose their own move once technique is secure.

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ACTIVITY 2 | 1V1 CENTRAL GRID

ORGANISATION

Mark a 20 x 20-yard grid with a smaller 6 x 6-yard central grid. Split players into two teams and position them around the outside with a supply of balls.

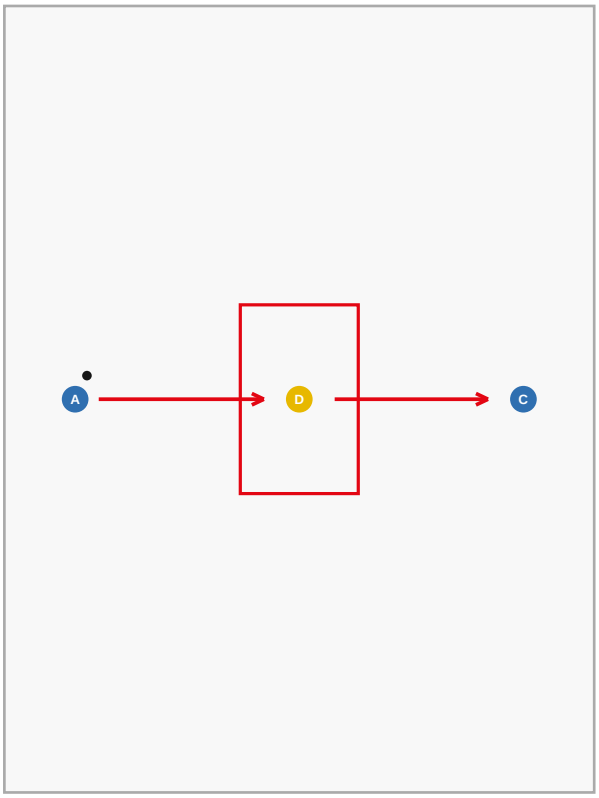
HOW IT WORKS

One defender starts inside the central grid. The first attacker drives toward the defender and tries to beat them and dribble through the central area. A successful escape scores a point. If the defender wins or knocks the ball out, attacker and defender immediately switch roles and the next attacker enters. First team to 20 points wins.

COACHING POINTS

- Attack at pace and accelerate past the defender.
- Be positive and direct.
- Avoid excessive moves that slow the attack.
- Take calculated chances.

DIAGRAM



Beat the defender and dribble cleanly through the central grid.

PROGRESSIONS

1. Reduce the central grid to increase difficulty.
2. Award two points for beating the defender with a clear change of direction.

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ACTIVITY 3 | 4V4 TO THREE MINI-GOALS

ORGANISATION

Set up a 4v4 game. Create three mini-goals at each end using flags. Duplicate the area if needed to involve the full squad.

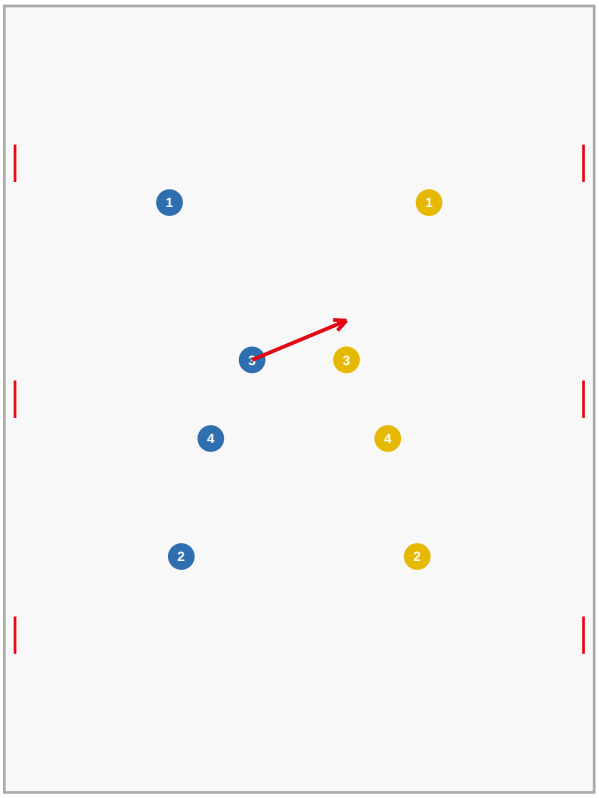
HOW IT WORKS

Teams compete for possession and score by dribbling through any opponent mini-goal. Players are encouraged to isolate defenders and take advantage of 1v1 opportunities rather than always passing around them.

COACHING POINTS

- Identify and exploit 1v1 situations.
- Create space to isolate a defender.
- Drive aggressively toward the selected goal.
- Support the ball without crowding the dribbler.

DIAGRAM



Use the three-goal picture to encourage isolation and positive 1v1 play.

PROGRESSIONS

1. Award two points for a goal scored after beating a defender 1v1.
2. Limit each mini-goal to one score before a different goal must be attacked.

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ACTIVITY 4 | 8V8 FINAL-THIRD DRIBBLING

ORGANISATION

Use an area about 44 yards wide and 60 yards long. Play 8v8 plus goalkeepers and divide the pitch into three zones, with the end zones roughly 18 yards from goal.

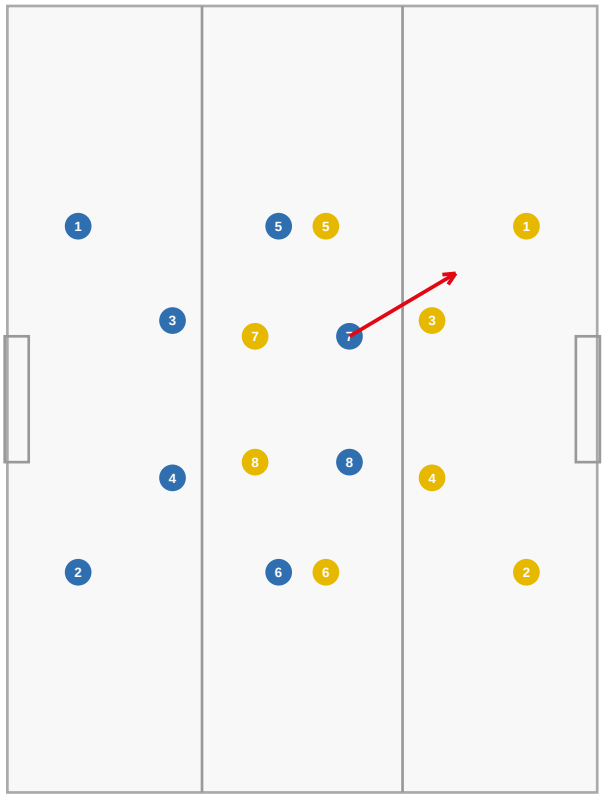
HOW IT WORKS

Teams play normally until a player dribbles into the opponent's final third. Once that player enters the final third, no passing is allowed - the player must continue positively and try to score. Players learn to recognise when the 1v1 or space ahead makes this a good decision and when possession should be retained instead.

COACHING POINTS

- Keep possession until a genuine attacking opportunity appears.
- Isolate defenders before committing to the dribble.
- Be positive once the decision to attack is made.
- Use changes of speed and make good decisions about when to pass or dribble.

DIAGRAM



Once a player dribbles into the final third, they must attack the goal directly.

PROGRESSIONS

1. Award a bonus for goals scored after beating a defender in the final third.
2. Remove the no-passing rule but reward players who recognise good dribbling moments.

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FINAL GAME | 8V8 FREE PLAY

ORGANISATION

Use the same pitch and teams as Activity 4, but remove all restrictions.

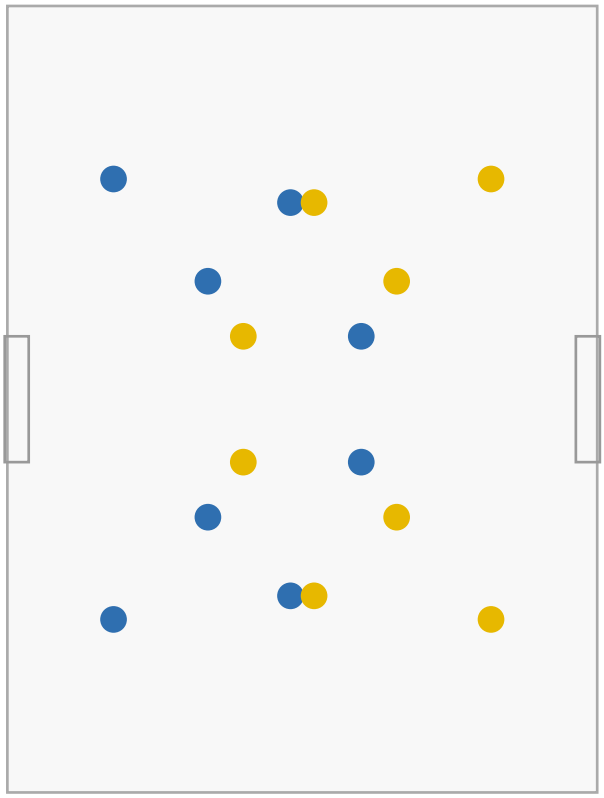
HOW IT WORKS

Play a normal 8v8 game. Observe whether players transfer the session themes into free play: positive 1v1 decisions, changes of speed, attacking space and knowing when to dribble or pass.

COACHING POINTS

- Attack positively when the opportunity is right.
- Use feints and changes of speed to beat opponents.
- Recognise when to retain possession.
- Carry the earlier 1v1 habits into the unrestricted game.

DIAGRAM



Unrestricted 8v8 with focus on transferring the session's attacking habits.

PROGRESSIONS

1. Allow the game to flow without additional conditions.
2. Use only brief coaching interventions so decision-making remains player-led.