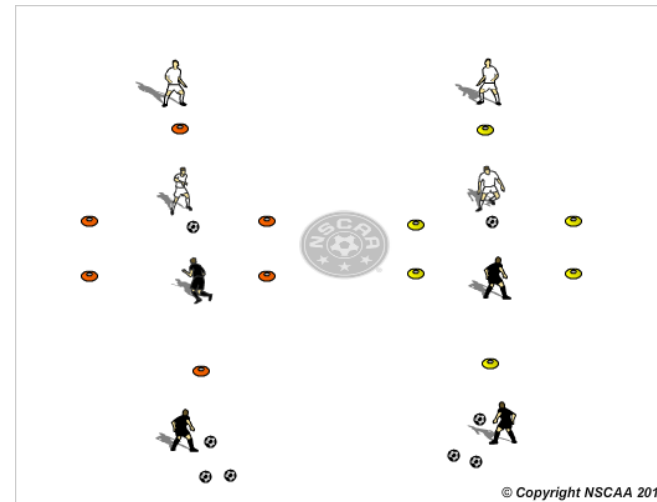
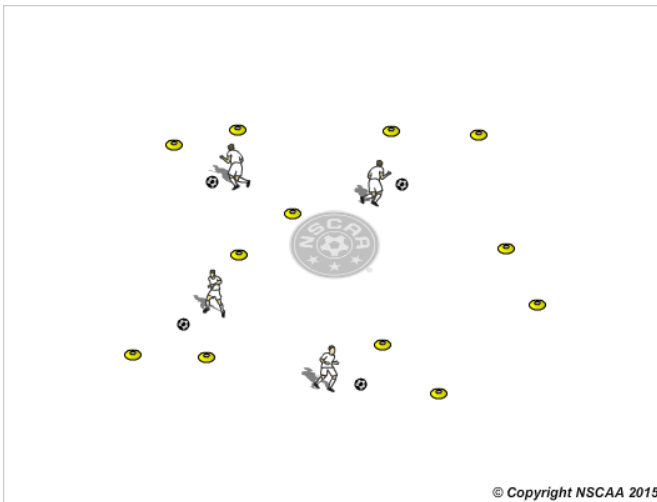




**Lakeville Soccer Club
In-House Coaching Clinic
1v1 and 2v2 Activities
Chad Moore (4.11.2015)**



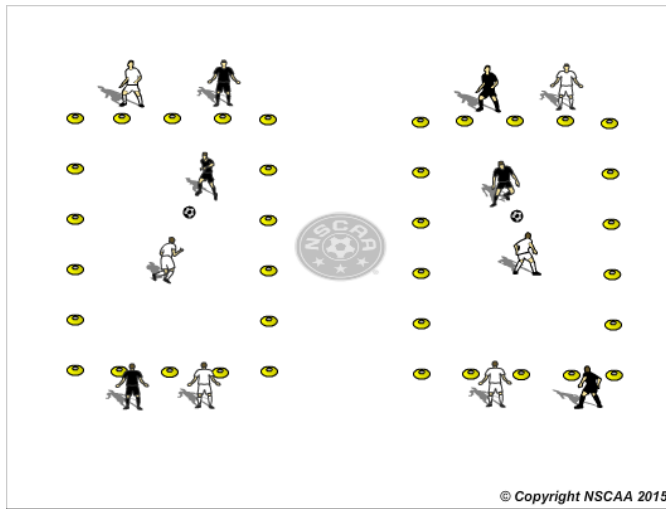
The session will include various 1v1 and 2v2 activities. This will not be a Progressive Session, but will provide coaches with activities that can be used in various sessions throughout the season. Activities will allow for numerous touches and game-like decisions while minimizing the amount of inactivity.



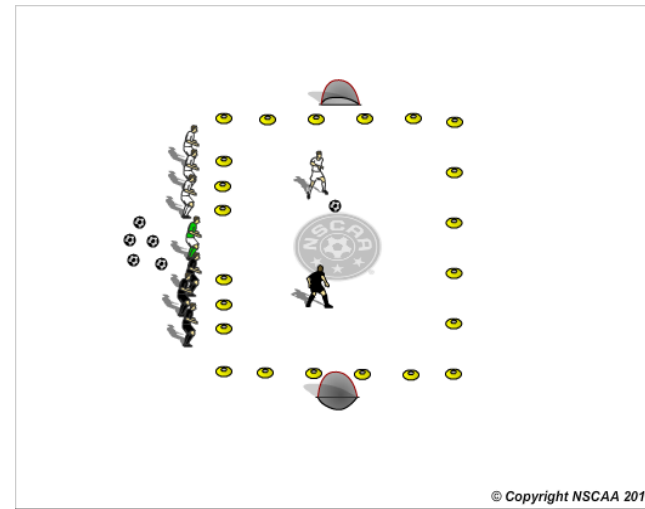
Gates

Individual warmup (dribbling)
Pairs warmup (passing/receiving)
1v1 Battles
Musical soccer balls

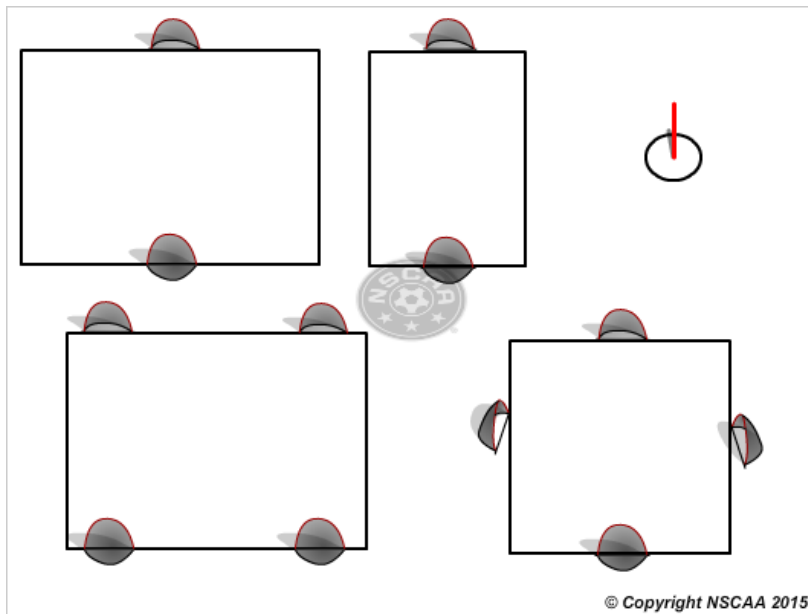
1v1 to 2 side goals



1v1 or 2v2 to Target



Boss of the Balls (1v1...2v2...3v3...)



Various small-sided scrimmage field setups