



3 STEPS TO RUN A CONFIDENT 1-TO-1 SESSION

1. BALL MASTERY WARM-UP (10 MINUTES)

- ⚽ Ball always at feet, no standing around.
- ⚽ Add dynamic stretching as appropriate.
- ⚽ Don't forget ball striking!

2. SKILL COMBINATIONS (10 MINUTES)

- ⚽ Explosive, game-like moves.
- ⚽ Make it directional.
- ⚽ Keep intensity high.

3. GAME-SPECIFIC PRACTICES (40 MINUTES)

- ⚽ Position-specific drills for older players.
- ⚽ Always design with an end product in mind (shot, cross, pass).
- ⚽ Players should “see the game” in your drills.

This is the same structure I used when training Max Aarons outside academy football. It kept him sharp until the Premier league came calling

💡 **Every 1-to-1 session should finish with an end product so the work connects directly to performance.**

NEXT STEP:

This is one part of my full 121 Coaching Framework. In my course, I show how to design 11 complete elite sessions with this flow.

[Check out the 121 course here](#)

