

1UP SOCCER



2026/27 • BORN 2010 TO 2018

# Advanced Weekly Training Menu

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## WHO DESIGNS THESE SESSIONS

All sessions are carefully designed by 1UP's Director of Player Development and current pro **Niko Myroniuk**, alongside 1UP's founder **Graham Fisher**. They consist of the player habits needed to excel and improve in today's modern game, inside **game realistic** training activities. Niko brings real-life experience from the highest levels of youth and professional soccer. Graham contributes 7 years of youth and professional experience in Germany, Ireland, Spain and England, plus his 3 national coaching licenses.

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## SESSION STRUCTURE

Each session is three fast paced, game realistic mini stations of around 18 minutes each, usually:

- **Unopposed activity**, no defenders. High repetition, less decision making
- **Opposed activity**. More decision making, less repetition
- **Mini game**. Fast paced and game realistic, to bridge the gap between what they learn and the games they play

*Most sessions include a shot or a finish on goal in at least one station, so players improve their goal scoring every week.*

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## THE SEASON AT A GLANCE

Every week has a topic. Each one is set out in full further down.

### NOVEMBER 2026



#### Cuts and Turns

November 6 to 8



#### Escape Skills

November 9 to 15



#### Vision and Awareness

November 16 to 22



#### Protecting and Shielding

November 23 to 29

## DECEMBER 2026



### Games Week

November 30 to December 6



### Delay, Deny, Destroy

December 7 to 13



### 1v1 Attacking

December 14 to 20



### No sessions

December 21 to 27



### Master Your Position camp

December 28 to 31

## JANUARY 2027



### In the Box Finishing

January 4 to 10



### Aerial and Acrobatic Finishing

January 11 to 17



### Advanced Finishing

January 18 to 24



### Finishing Competition Week

January 25 to 31

## FEBRUARY 2027



### Turning in the Half Space

February 1 to 7



### Advanced Dribbling

February 8 to 11



### 1v1 Defending

February 16 to 21



### Games Week

February 22 to 28

## MARCH 2027



### Aerial Control

March 1 to 7



### Incisive Passing

March 8 to 14



### First Time Finishing

March 15 to 21



### Speed of Play Competition Week

March 22 to 25



### Master Your Position camp

March 26 to 29

## APRIL 2027



### Transitions Week

March 30 to April 4



### Escape Skills

April 5 to 11



### Tiki Taka and 1-2s

April 12 to 18



### Games Week

April 18 to 25

## WEEK BY WEEK

What your player works on each week, the objective, and the coaching points they will hear on the field.



### Cuts and Turns

*November 6 to 8*

**Objective:** Players will gain the ability to effectively change directions at tempo while recognizing the spaces around them.

- Analyze the spaces (Dead-end or open?)
- Select angle to cut (Forwards or secure?)
- Select touch type (inside, outside, disguise)
- Changing directions with one touch
- Ball 1st, hips 2nd
- Effective ball protection (safe side)



### Escape Skills

*November 9 to 15*

**Objective:** Players will gain the ability to dribble, manipulate, protect and evade opponents in pressure pockets containing 2 or more defenders.

- Rapid touches with BOTH feet
- Find the space to escape
- Creativity and disguise
- Effective ball protection (safe side from nearest defender)



### Vision and Awareness

*November 16 to 22*

**Objective:** Players will gain the ability to effectively scan and play while receiving the ball, recognizing space, defenders and teammates. The ultimate

objective is to be able to have plan A and plan B before ball is received.

- Double movement to shake defender
- Demand ball
- See space in front
- Technique of Shoulder Check
- Side on body shape
- “check shoulder not back”
- Length of check
- - “take a picture not video”
- Timing of Shoulder Check: For short pass, before the pass is made
- Check too early? Picture behind can change
- Check too late? Technique fails
- Body shape
- Facing desired direction
- Facing away from desired direction (disguised)



## Protecting and Shielding

*November 23 to 29*

**Objective:** Players will gain the ability to effectively use their bodies to protect the ball from defenders.

- First to the ball
- Shift weight towards defender (Low hips)
- Create maximum separation (side on body shape, ball far away, arm up!)
- Whats next? “Vision while protecting”
- Use the defenders momentum to spin



## Games Week

*November 30 to December 6*

**Objective:** Players will have the freedom to enjoy

- competitive
- mini games, in an attempt to show, perform and execute the previous 2 weeks of learnings. Players will be given tips and encouragement on how to translate 1UP training topics into their club training sessions, and more importantly, their club matches! Enjoy the Process!!!
- Goal-Scoring Month!

- For the month of January, all topics will be focused on striking and scoring in all areas of the game. There will be topics on
- Advanced Finishing, Volleys & Acrobatic Finishes, In The Box Finishing
- and more!

## **Delay, Deny, Destroy**

*December 7 to 13*

**Objective:** To become confident in 1v1 duels against attackers, learn to defend and win the ball so we can attack.

- Arrive at the ball quickly
- Slow down as you get close
- Get low and delay
- Wait for a trigger to win the ball
- Bad touch
- Attacker's head is down
- Attacker turns their back

## **1v1 Attacking**

*December 14 to 20*

**Objective:** Players will gain the ability to beat defenders by both dribbles and a double pass with teammate

- Commit defender
- Analyze space between defender and ball
- Analyze space behind defender
- Decision: Dribble or pass (try to add disguise)
- Change of pace after ball beats defender ball

## **In the Box Finishing**

*January 4 to 10*

**Objective:** Players will gain the instincts of a striker and finish in small spaces under pressure.

- Early Decision
- Change of speed into the box
- Body shape set early (clear or disguise?)
- Body over the ball
- Accuracy over power, aim for bottom corners

## **Aerial and Acrobatic Finishing**

*January 11 to 17*

**Objective:** Players will gain the ability to properly contact the ball off a cross in the air. Players will learn specific situations to use these striking techniques.

- Volley:
- Body Shape (Straight hips towards goal)
- Toes down and ankle locked, laces contact
- Timing of Strike (height)
- Controlled follow through
- Bravery!
- Headers:
- Engage neck
- Contact with forehead
- Follow through towards target

## **Advanced Finishing**

*January 18 to 24*

**Objective:** : Players will gain the ability to finish chances in and around the box, with three of the most clinical shooting techniques when in tight situations.

- Whips (inside of foot) & Trivela (Outside of foot)
- Hips Facing Corner Flag
- Contact Cheek of ball, with inside (toes up)
- Close hips sharply during contact
- Big follow through
- Chip
- Hips facing target
- Contact chin of the ball, with top of the toes
- NO FOLLOW THROUGH

## **Finishing Competition Week**

*January 25 to 31*

**Objective:** Players will use the last 3 weeks of learnings to compete in finishing activities that will allow them to put their learnings into competitions that are game translatable. players will be given wristbands and will get a tally every time they

score, the player with the most goals at the end of the session will be the winner!

## **Turning in the Half Space**

*February 1 to 7*

**Objective:** Players will gain the ability to be comfortable turning under pressure within the lines.

- Analyze the space
- Double movement while scanning to arrive in the space
- Open body shape
- Select part of body for touch (Inside, outside, laces, chest, thigh, etc)
- Select touch type (clear or disguise)
- Drive at speed
- Next action! (pass, shot, dribble)

## **Advanced Dribbling**

*February 8 to 11*

**Objective:** Players will gain the ability to

- manipulate
- protect
- and
- change directions
- evade pressure
- and become more
- dangerous
- , all at
- game speed
- Changing directions with one touch
- Ball 1st, hips 2nd
- Freedom with the ball (Creativity & flair)
- Effective ball protection (safe side)
- Find open space

## **1v1 Defending**

*February 16 to 21*

**Objective:** To become confident in 1v1 duels against attackers, learn to defend and win the ball so we can attack.

- Arrive at the ball quickly

- Slow down as you get close
- Get low and delay
- Wait for a trigger to win the ball
- bad touch
- attacker's head is down
- attacker turns their back



## Games Week

*February 22 to 28*

**Objective:** Players will have the freedom to enjoy

- competitive
- mini games, in an attempt to show, perform and execute the previous 2 weeks of learnings.  
Players will be given tips and encouragement on how to translate 1UP training topics into their club training sessions, and more importantly, their club matches! Enjoy the Process!!!
- Goal-Scoring Month!
- For the month of January, all topics will be focused on striking and scoring in all areas of the game. There will be topics on
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- and more!



## Aerial Control

*March 1 to 7*

**Objective:** Players will gain the ability to control the ball from the air using all parts of their body and get more shots on target while the ball is in the air.

- Effective ball protection (safe side)
- Body Shape
- Technique of touch (inside, outside, laces, body)
- Timing of control (height)
- Effective cushioning of the ball
- Bravery!



## Incisive Passing

*March 8 to 14*

**Objective:** Players will gain the ability to break lines with passes to creating chances while their

team is in possession.

- Vision & Awareness before receiving (decision made before pass arrives)
- Select body shape
- Select pass type
- Pass technique & execution
- Disguise

## **First Time Finishing**

*March 15 to 21*

**Objective:** Most goals are made with the first touch! Players will gain the ability to make better and more consistent finishes with their first contact!

- Early Decision
- Body shape set early (clear or disguise?)
- Body over the ball
- For Pass: Inside of foot contact, move sharp after pass
- For shot: Accuracy over power, aim for bottom or top corners

## **Speed of Play Competition Week**

*March 22 to 25*

**Objective:** Players will use the last 3 weeks of learnings to compete in speed of play competitions that will allow them to put their learnings into competitions that are game translatable.

## **Transitions Week**

*March 30 to April 4*

**Objective:** Players will gain the tools necessary to begin transitions, allowing them to control all moments of the game.

- Commit defender
- Analyze space between defender and ball
- Analyze space behind defender
- Decision: Dribble or pass (try to add disguise)
- Change of pace after ball beats defender

## **Escape Skills**

*April 5 to 11*

**Objective:** Players will gain the ability to dribble, manipulate, protect and evade opponents in pressure pockets containing 2 or more defenders.

- Rapid touches with BOTH feet
- Find the space to escape
- Creativity and disguise
- Effective ball protection (safe side from nearest defender)

## **Tiki Taka and 1-2s**

*April 12 to 18*

**Objective:** Quick combinations with 1-2's to have players think quickly and make decisions before they get the ball.

- Scan and Plan
- Analyze space between defender and ball
- Analyze space behind defender
- Play and Move
- Change of pace after ball beats defender ball

## **Games Week**

*April 18 to 25*

**Objective:** Players will have the freedom to enjoy

- competitive
- mini games, in an attempt to show, perform and execute the previous 2 weeks of learnings.  
Players will be given tips and encouragement on how to translate 1UP training topics into their club training sessions, and more importantly, their club matches! Enjoy the Process!!!
- Goal-Scoring Month!
- For the month of January, all topics will be focused on striking and scoring in all areas of the game. There will be topics on
- Advanced Finishing, Volleys & Acrobatic Finishes, In The Box Finishing
- and more!