

U11/12 Dribbling with a purpose

Date: Oct 2, 2019 5:00 PM - 6:30 PM

Description

Teaching Dribbling technique and cognition of when to dribble

Training focus

Attack, Cognition

Dribbling with purpose warmup

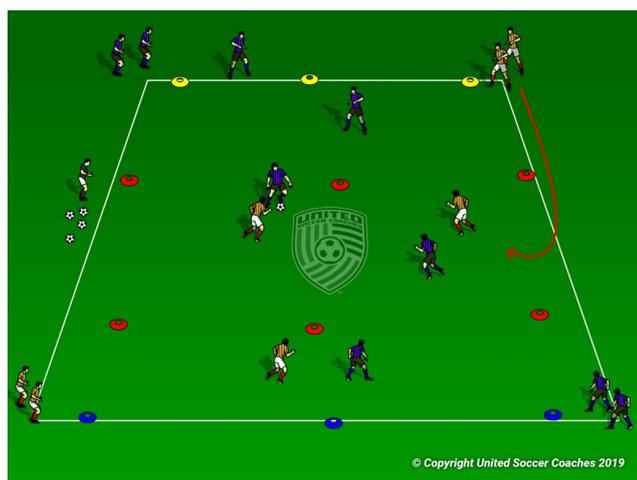


Setup: As players arrive set up 3 V 3 games (Play). When have sufficient players break into groups of 12 - 16 on 20 X 30 grids. In grids have players pair up.

Execution: Start with group dribbling. (mirroring your partner while control, performing control moves (Side Roll, Cut, outside and inside touches), chasing your partner while both working on left foot, inside of foot only, outside of foot. End with partners facing each other with ball between them. On a command, eg "go", players try to pull the ball back into their space. After two times, now pull and hold the ball for 5 seconds while partner tries to get it back. After couple times, now winner of the ball immediately tries to pass the ball into the partner's feet, the partner tries not to get hit.

Objective: Play portion to get mind and bodies ready for soccer, group warmup to get touches on the ball using all surfaces, change of speed, and change of direction

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Setup: 8 -10 players per a 30 X 35 Grid split 3 zones. Start with dribbling Zones (Line Soccer), may finish with Puggs behind the finishing zone, *players must get into zone before shoot.*

End Session with 4 V 4 or 5 v 5 game condition play. Set Teams on each side of the field.

Execution: Start with 2 attackers lined up and one defender, with teams on their on end of the grid. 1st attacker enters the grid with the ball, 2 defenders enter around cone on other side. After 1st attacker takes space, second attacker enters. 1st attacker decides to dribble forward, or pass back to make it 2 v 2. Progress to 3 Attackers entering, but keep 2 Defenders. Only 2 attackers per zone.

Players have 15 seconds to get into one end zone or the other. (Defense can counter and dribble to other zone) Play always starts with Coach distribute to one side and defense must run around the center cone to

take on attacker.

Progression: Teams now line up with half on each corner. Play always starts in the middle zone with 2 V 2. Defending team must enter in after running around the cone. Players can move up or down one zone, no more than 3 players per zone.

Objectives/Questions: Explain, demonstrate, the picture for a dribble or pass back in 3 zones to add depth to the width to create space for the dribble, then decide when to dribble. **Questions:** What can you do when there is one defender in front of you? What can you do when there is two? How can you help your teammate when you are the second attacker. How can you help your teammate when you are in the second zone (target)? What are your choices if you get the ball in the second zone.

