

U11/12 Dribbling

Location: Burke School. **Date:** Apr 3, 2019 6:30 PM - 8:00 PM

Description

Dribbling technique Play practice play

Training focus

Technique, Ball control, Ball possession

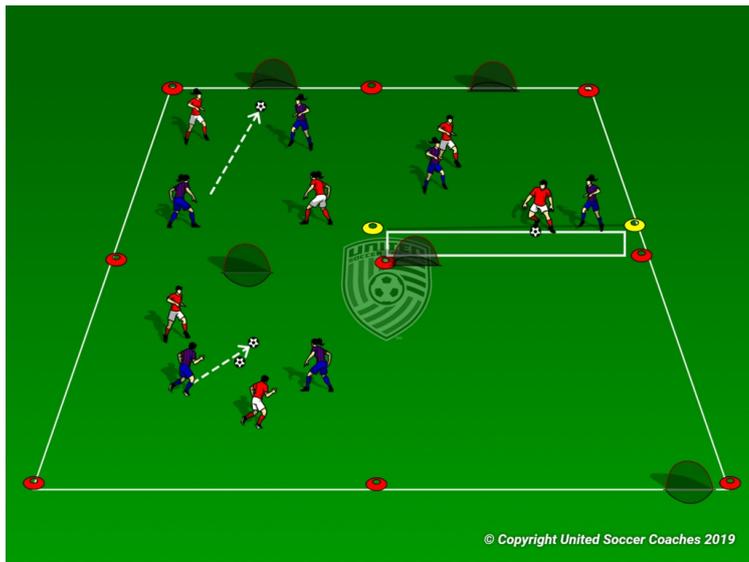
Comments before Training

U11/12 training is much the same as U9/10 except challenge more on the dribbling. Additionally focus on the FIFA 11+ training. Two ways, if players stagger in, have a dedicated section for FIFA warm up or if large numbers ready to go perform in a group, or start games and pause intermittently to perform a FIFA warm up item.



U7/8 Warmup

Warm-up - 15 min.



Objective: Play Practice Play. This gets players moving in the game. Guided instruction prior to start, can they find space to take a shot. Can they dribble to space and then shoot or pass before pressure comes.

Micro Games Setup: Multiple 15 X 15 Grids. Some with two puggs, some with one pugg and line soccer zone, some with weighted ball in the middle.

Execution: As players arrive set up in 2 V2 and 3 V 3 games. The two puggs are regular games, the two puggs line soccer one team shoots to goal, the other team tries to stop the ball in the zone at the end line. The ball, players pass and dribble until they can hit the weighted ball with their ball.

Spider Web Game Setup: Great game for dribbling and passing warm-up.

Basic set up. 20 X 20 Grid. 2 players in the middle link arms. They are the spider/defense. All others are offense.

Dribbling rules: All offense players have a ball. Dribble around the box to avoid the spider. If tagged (preferably below the knee, if to hard below the chest), the player passes their ball to the coach and links arms with the rest.

Passing Rules: Half as many balls as there are offense. The spider (defense) tries to tag players with the ball. Player must pass to a teammate to avoid being tagged. If player passes the ball out of bounds he/she links arms as if he/she were tagged.

Comment

Provide objective "show me how you dribble into space"

Fifa 11 warmup



Setup: FIFA 11, players need a lane 20-25 yds long and oversight to ensure warmed up critical muscles. 5-10 minutes

Execution: In pairs or individual perform:

Single leg stands with dynamic swings and forward leans to develop balance. 2 sets of 30 seconds each leg. Progress to 45 seconds. Change swing direction to front and back and side to side. Can also play single hand catch with partner for second set.

Open and Close Gate perform open gate hip swings with skip between down the lane and jog back. Follow with close gate swings with skip between and jog back.

Lunges perform lunges down the lane with each lunch twist the shoulders side to side jog backwards back.

Grapevine down the lane and jog back.

High Knees run high knees half way down the lane, sprint to the end and jog backwards back

Kick Butts run halfway down the lane bring heels high to hit your butt. Sprint to the end and grapevine back.

Bound and Soar Do a bound step followed by a high jump down the track and sprint back. The high jump if with a partner can be to bump shoulders at the apex of the jump.

Objectives: To individually prepare the muscles by stretching and some strengthening to support joints, especially as young players begin to grow into adolescents.

U9/10 Dribbling

Main phase - 20 min.

Setup: In 20 X 20 Grid set up a number of gates. Split team into two teams with half as many balls as players. One team starts with all the balls. The other





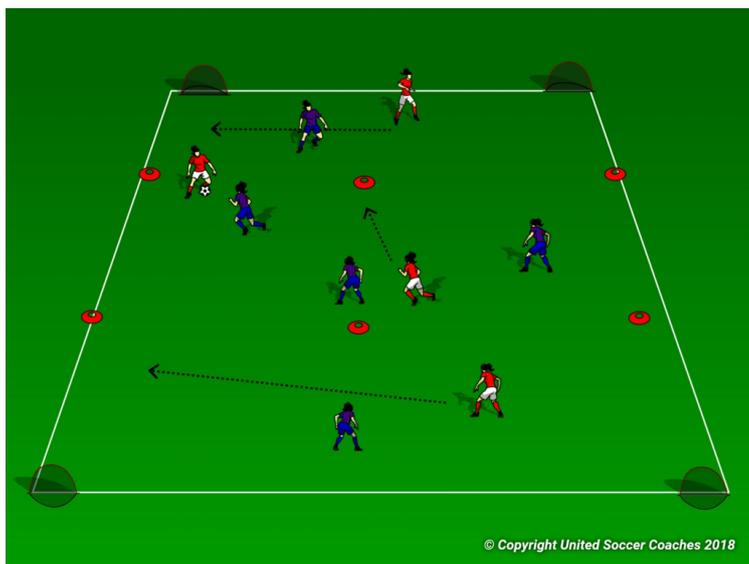
team starts on the perimeter.
Execution: On go the team on the grid tries to score by dribbling through as many gates as possible. The perimeter team enters the grid and tries to steal the balls. Once stolen, they try to score by dribbling through the gates. If a player avoids being attacked by going through a gate, the defender must go after another player with a ball. Run for two minute games and take score on goal points per team.
Variations: Put goals on the edges of the perimeter with extra balls. Players dribble through two gates and then try to score. After shooting they get a new ball and start again.
 Reduce the balls even further and work on two players keeping the ball, but still required to dribble through the gates to score points.
Objectives/Coaching Points: ☒ Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth. As soon as players go through a gate they should look up to find an open gate and then go for it! Work on changing direction and accelerate through the gate to lose the defender. In shooting variation, accelerate and maintain balance for a quick shot after going through the gate.

Comment

Break dribbling and possession down two phases, first for possession, then to goal.

5V5 3 Zones

Game situation - 30 min.



Setup:
 35 X 20 Grid with 4 goals and 3 zones. Teams are set up 1v1 on the end zones and 3 V 3 or comparable in the middle zone.

Players are allowed to advance one player into the adjacent zone.
 Players can dribble only across one zone boundary.

Attackers must move to always provide player with the ball 2 options
 Defenders must use to close lanes, provide support, or provide release target.

Execution: Have multiple balls, as soon as ball is out of play put a new ball in play in a different part of the field. Encourage rapid transition if player can put ball back in play swiftly. Encourage honor system, as soon as ball is out, other team plays or gets a ball from coach.

Variation: Remove one set of puggs, widen the field add 1 goalie and defenders play to 2 goals.
 Remove the zones and go to free scrimmage.

Objective: Communication (Demand the ball) Using ability to flood zone to create numbers up conditions. Attackers focus on giving 2 options. One forward, one support. Defenders close the lanes and apply pressure.

Comment

Q "show me how using the back zone creates space for the dribble. Play line soccer to start, add goals, then progress into game without zone.

