

PLAY — PRACTICE — PLAY

“Dribbling for Penetration”

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
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	Activity Description	Set Up Diagram	Coaching Points
<p>#1 15 mins</p>	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players.Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession.</p>		<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot • Inside/outside • Sole • Laces • Keep your head up and use peripheral vision
<p>#2 15 mins</p>	<p>1v1 to End Lines: In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. Coach: Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>		<ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past them with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender
<p>#3 15 mins</p>	<p>3v3 or 4v4 to End Zones: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>		<ul style="list-style-type: none"> • Work together to score • Verbal & visual communication • Use support players to make attacking decisions the end zone.
<p>PLAY 25 mins</p>	<p>Small Sided Games 7v7 small sided game.</p>		<p>Let them play</p>

5 Elements

- Organized**-set up and ready to go
- Game like**-activity must be game like
- Repetitions**-repetition on what you are trying to achieve

- Challenging**-players need to be challenged
- Coaching**-the right coaching based on the age/level of the players