

# 12U Week #9 -

## PLAY — PRACTICE — PLAY

"Dealing with Breakaways"

Dribbling move Mardona

PLAY

#1

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields

-Set up multiple fields if needed

Let them play

#### **Activity Description**

## Breakaway Goalie Warm up:

grid. Dribblers are at each end.

GK are standing in a cone goal in a 12x24 yard

15 the GK that is the GK

The GK will roll the soccer ball to the dribbler that is 12 yards away. As the ball is traveling, the GK will close down the space and set his/her feet before the dribbler decides to release the shot/pass into the goal. The GK will then step and attack the ball hands first for a save.

**Coach**: Concentrate on the proper GK technique — change roles after 2 minutes.

#### **Set Up Diagram**

**Coaching Points** 

- Coach should position behind the GK
- Crouching Position
- arms down with hands touching the ground
- palms facing forward
- bend knees
- head and upper body forward
- GK should explode to the ball

#### **Game Situation Breakaway:**

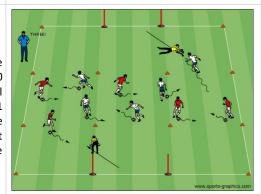
A 40x50 yard grid is divided in three zones.

#2

15 -5

Goal zones: 15 yards long by 40 yards wide

with goals and GK's, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1 -5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling out of the central zone and beating the GK.



- Stay low. Do not stand up! Get closer to the ground and closer to the attacker
- Approach the attacker at controlled speed
- GK tries to force attacker to go around him/her.
   This way GK can try to win the soccer ball

## 5v5 Breakaway Game:

#3

15 mins Two teams will play to produce a breakaway by a through pass to the goal zones or dribbling out of the central zone inside a 20x40 yard central zone of a 40x50 yard grid. Once the player is inside the goal zone, he/she can beat the goalkeeper with a shot or dribbling by him/her. GK must come out to try to stop the attacker from scoring.



- All of the above
- GK should be off the goal line to engage the attacker as far away as possible

### **Small Sided Game**

**PLAY** 

9V9 scrimmage

25 mins



Let them play



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