

# 12+ Week #3 -

# PLAY — PRACTICE — PLAY

#### "Dribble or Pass"

### **Dribbling move** Cruyff turn/inside cut

PLAY	
10	mins.

**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**

### **Dribbling Square**

In a defined area, half the players stand outside the area, each without a ball. Players with balls are in the middle of the grid and start by dribbling to outside players. Dribble from one side to the other & execute a takeover-Dribble from your line past middle & make a pass. At the middle, execute a 1v1

### Set Up Diagram

# **Coaching Points**

passing option

Take 1st touch towards

- Communicate
- Switch outside and inside players

#### 15 mins

#1

move, accelerate and pass.

# **Attacking Square**

#2

Players divided into two teams Play 5v5 with a series of small gates on the field. Teams score points by dribbling through gates.

15 mins

Dribble field gate = 1 point Dribble goal line gate = 3 points Dribble field gate & pass thru goal line gate = 10 points



- View the entire field
- Team shape
- Look for options
- Increase speed of play

# **4V4 To Small Goals**

Players divided in two teams

#3

15 mins Play 6v6 with four goals located on end lines; each team attacks & defends two. Teams score points by dribbling or passing through goals. Dribble goal on end line = 3 points Pass goal on end line = 1 point



- Team shape
- Move into space
- Communicate with teammates

# **Scrimmage**

**PLAY** 

11 V 11 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