



# MASSACHUSETTS YOUTH SOCCER

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**Age Group** U10 **Topic** Dribbling to Set up a Pass

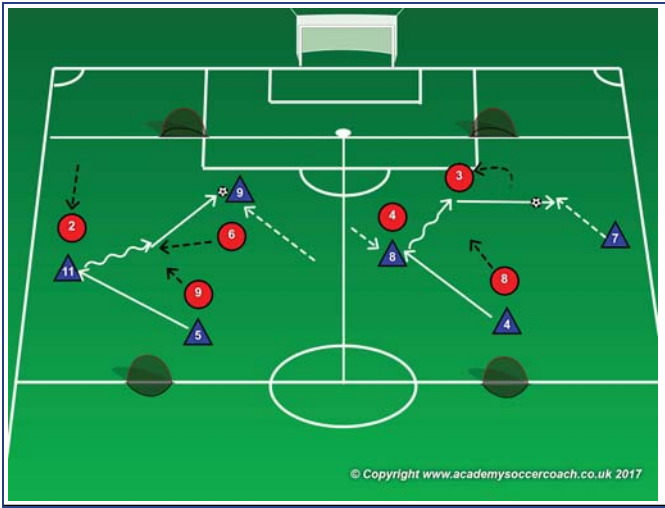
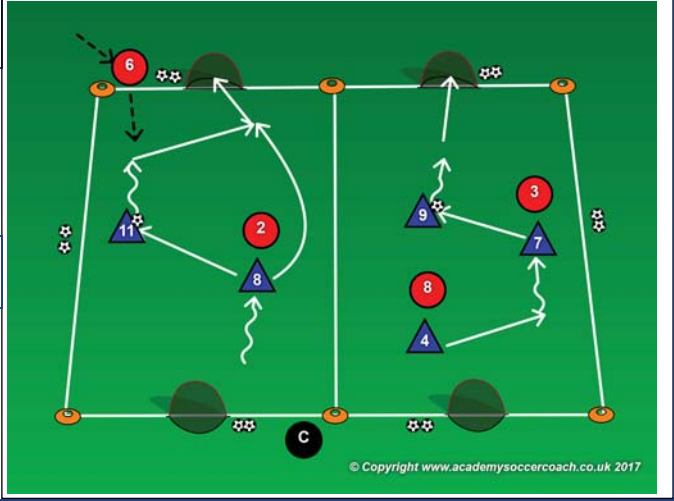
**Who:** #7, #8, #9, and #11  
**What:** Dribbling, Passing and Receiving, Penetration, Support, Mobility and Improvisation  
**Where:** In the central and flank channels of the attacking half  
**When:** Dribbling at defenders near the opponent's box  
**Why:** To improve penetration and create goal scoring opportunities

**Play** Up to a 3v3 Game **Duration** 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

**Coaching Points** Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to dribbling to set a pass
3. Is there repetition? - Passing off the dribble
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for passing off the dribble



**Practice** 3v3 **Duration** 21 min

Make two grids 20Wx30L with small goals on each end line. Focus Team (Blue): #'s 5, 9, 11 and 4, 7, 8 - Defending Team (Red): #'s 2, 6, 9 and 3, 4, 8. Scoring: Any goal from a pass off the dribble is 10 points. Any other goal is 1 point.

**Coaching Points** Activity Time 6 min Rest 1 min Intervals 3

**What? Technique of Dribbling to Set up a Pass:** Keep the ball close, use the laces to go forward, Inside/Outside/ sole to change direction. Commit the opponent prior to making the pass, execute the pass with either the inside or the outside of the foot. **When do we pass off the dribble?** When we commit the defenders and have space in between to strike a pass.

**Play** Scrimmage **Duration** 30 min

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)

**Coaching Points** Activity Time 12 min Rest 3 min Intervals 2

**What? Technique** - Dribbling, Receiving, and Shooting  
**Where on the field is this likely to happen most often?** In the attacking half near the goal area.  
**Why do we dribble to set up a pass?** To penetrate and score goals.

