



# Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 3

Topic: Dribbling to avoid pressure

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<p>Pattern Dribble (20 Touches:)</p> <ul style="list-style-type: none"> <li>Each player with a soccer ball.</li> <li>All patterns will be completed with both feet.</li> </ul> <ol style="list-style-type: none"> <li>Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.)</li> <li>Push the ball twice with the laces then draw a circle around the ball with the big toe.</li> <li>Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.)</li> <li>Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.)</li> <li>Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left.</li> <li>Now repeat with left foot.</li> </ol>		<ul style="list-style-type: none"> <li>Technique: dribbling and turning</li> </ul>
<b>Activity 1</b>	<p>Cone Turns</p> <p>Place cones around the gym in a random order in a 20W x25L yard area (same # of cones/players.) Players dribble freely, when they arrive at a cone they perform a turn (their own or one designated by the coach.)</p> <p>Variations:</p> <ol style="list-style-type: none"> <li>Players must dribble to different colors each time they turn.</li> <li>Players must use a different turn each time they turn.</li> <li>Double turns</li> </ol>		<ul style="list-style-type: none"> <li>Technique: dribbling (turning)</li> <li>Check your shoulder before you turn</li> <li>Accelerate into space after you turn</li> <li>Principles of play <ul style="list-style-type: none"> <li>Improvisation</li> </ul> </li> </ul>
<b>Activity 2</b>	<p>2v2 to 4 Diagonal Goals</p> <ul style="list-style-type: none"> <li>In a 15Wx20L yard grid play 2v2 to score by dribbling through one of the opponent's goals.</li> <li>Give bonus points for a team scoring after performing a turn</li> </ul>		<ul style="list-style-type: none"> <li>Technique: dribbling, passing and receiving</li> <li>Principles of play <ul style="list-style-type: none"> <li>Penetration</li> <li>Support</li> <li>Mobility</li> <li>Width</li> <li>Improvisation</li> </ul> </li> </ul>
<b>Conditioned Game</b>	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> <li>In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game</li> <li>Coach will determine if goal keepers will be used.</li> </ul>		<ul style="list-style-type: none"> <li>Technique: dribbling, passing receiving and shooting</li> <li>Principles of play <ul style="list-style-type: none"> <li>Penetration</li> <li>Support</li> <li>Mobility</li> <li>Width</li> <li>Improvisation</li> </ul> </li> </ul>

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