



MASSACHUSETTS YOUTH SOCCER

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Age Group U10 **Topic** Dribbling to Penetrate - Dribbling an Opponent

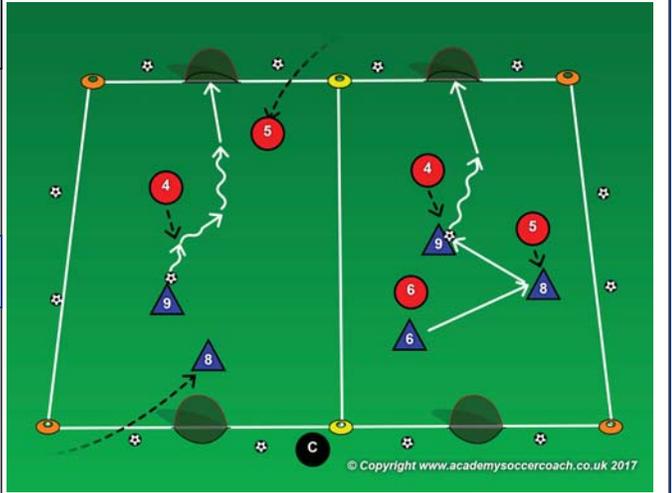
Who: #8 and #9
What: Dribbling, Receiving, Penetration and Improvisation
Where: In the attacking half
When: Confronted by one defender in the midfield or near the goal
Why: To penetrate the opponents defense and create goal scoring opportunities

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 beat an opponent
3. Is there repetition? - Dribbling past opponents
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement of dribbling past opponents



Practice 3v3 **Duration** 21 min

Make two grids 20Wx30L with two cone goals on one end and one cone goal on the opposite end. Focus Team (Blue): #'s 3, 8, 9 and Defending Team (Red): #'s 4, 9, 7 and 5, 10, 11. Scoring: Dribbling through the goals 10 points. Passing through the goal 1 point.

Coaching Points Activity Time 6 min Rest 1 min Intervals 3

What? Technique - Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of Touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.

When do we take a defender on? We are confronted by a defender with space behind him or when we are near or inside the goal area.

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: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9) Defending team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

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 midfield and near the goal area.
Why do we dribble in the goal area? To penetrate and score goals.

