



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016**

Topic

DRIBBLING TO BEAT AN OPPONENT

Objectives (5 W's)

Who: #7, #9, #11

Where: In the attacking half

What: Dribbling to beat an opponent, Receiving, Shooting, Penetration, Mobility and improvisation

When: Confronted by a defender near the goal

Why: To penetrate the opponents defense and create goal scoring opportunities

U10 Session Plan

Organization

Duration

12 mins

Intensity

Med-High

- Area: In a 15x15x15 yard triangle with a cone at each midpoint
- Players #7, #9, and #11 start at a cone with a ball and dribbles to perform one of the moves below at the central cone

~ Interval 1: Fake and Take

~ Interval 2: Circle and Take

~ Interval 3: Double Fake and Take

~ Interval 4: Double Circle and Take

Coaching Points

Activity Time

2 mins

Rest

1 min

Intervals

4

- What? Technique of Dribbling to Beat an Opponent

~ Keep the ball close

~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction

~ Change direction and get away from the opponent quickly

Stage 1

Dribble Triangle



Stage 2

4 v 4 Solo Dribbling



Organization

Duration

15 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field with goals

• Target team (Red): #1, #7, #9, #11 - Opposition team(White): #1, #4, #5, #6 - Play to score in the opponent's goal.

~ If a player dribbles a defender, passes to a teammate who scores, or if they score themselves, it is worth 50 points. Play to 150 points. All other goals are 1 point

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique ~ Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Mobility: Who? When? Why? - Improvisation: When? Where? Why?

Organization

Duration

18 mins

Intensity

Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply. If any player dribbles the GK and scores, the goal is worth 100 points.

Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Dribbling: to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

Stage 3

4v4 to Goal



Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to dribble by the defenders

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.