



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**DRIBBLING FOR PENETRATION**

**Objectives (5 W's)**

**Who:** #8, #9, #10

**Where:** In the attacking half of the field

**What:** Dribbling and Running with the Ball to Penetrate

**When:** In possession of the ball with space to attack behind the defense

**Why:** To penetrate the opponent's defense and create goal scoring opportunities

**Organization**

Duration

15 min

Intensity

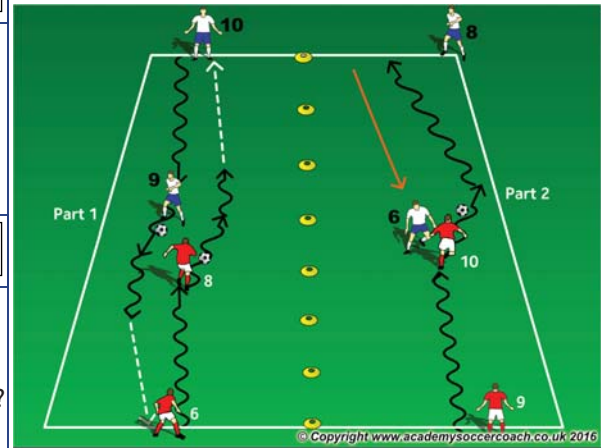
Med-High

Area: 30Wx 40L yard grid divided into 2, 15 yard wide channels.

Part 1. A player from each endline dribbles toward each other in the channel, performs a move to right side, accelerates past and passes to next player (repeat). Same as before now perform a move to left.

Part 2. Play a 1v1 game in the channel to the end-lines.

**Warm-up / Orientation** Dribbling Lanes



**Coaching Points**

Activity Time

2 min

Rest

30 sec

Intervals

6

**•What? Technique** - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction/pace, use of turns, moves, feints.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why?

**Orientation** 4 v 3 to Goal w/Counter Goals



**Organization**

Duration

25 min

Intensity

Med-High

Area: 50Wx40L yard area with a big goal and 2 counter goals

Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5

Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.

Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

**Coaching Points**

Activity Time

45 sec

Rest

45 sec

Intervals

15+

**•What? Technique** - Dribbling to penetrate & beat an opponent, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction/pace, acceleration past defender.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Create 1v1: Who? Where?

**Organization**

Duration

25 min

Intensity

Medium

Area: 50Wx60L yard with 2 big goals

Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11

Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8

Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling behind an opponent is 10pts, all other goals are 1pt.

**Coaching Points**

Activity Time

11 min

Rest

3 min

Intervals

2

**•What? Technique** - Dribbling to penetrate. Receiving to go forward.

**•Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why? Create 1v1: Who? Where? Why?

**Learning** 7 v 7 to Goal



**Implementation**

**9v9**

Duration

28 mins

Formation

R GK-3-3-2 v W GK-4-3-1

Activity Time

11 mins

Rest

3 mins

Intervals

2

**Organization**

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

**Coaching Points**

Technical execution - Team Tactical Attacking Principles, 5W's, Speed of Play