# MASS YOUTH SOCCER SESSION PLAN

**Topic** DRIBBLING TO BEAT AN OPPONENT

**Objectives (5 W's)**

**Who:** Strikers and Midfielders
**What:** Dribbling, Receiving , Playing forward when possible, Create a 1v1
**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

## Organization

Duration: 12 mins | Intensity: Medium

- Area: In 10Wx15L yard grid with 3 cones about 7 yards apart
- Place 2 players with a ball each at one cone and player at the opposite cone with a ball. On coach's command players will perform the moves below:

~Interval 1: Fake and Take
~ Interval 2: Circle and Take
~Interval 3: Double Fake and Take
~ Interval 4: Double Circle and Take

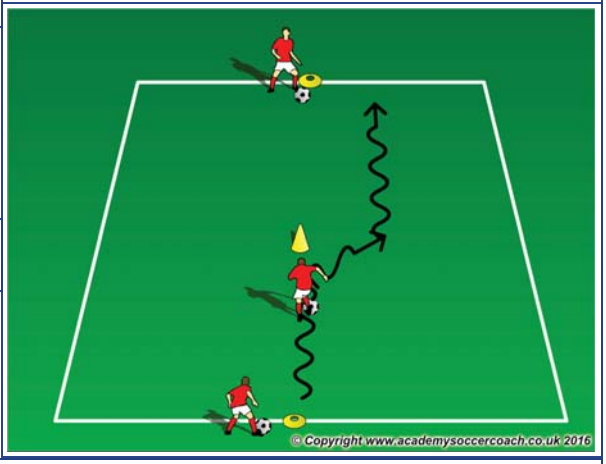
## Coaching Points

Activity Time: 2 mins | Rest: 1min | Intervals: 4

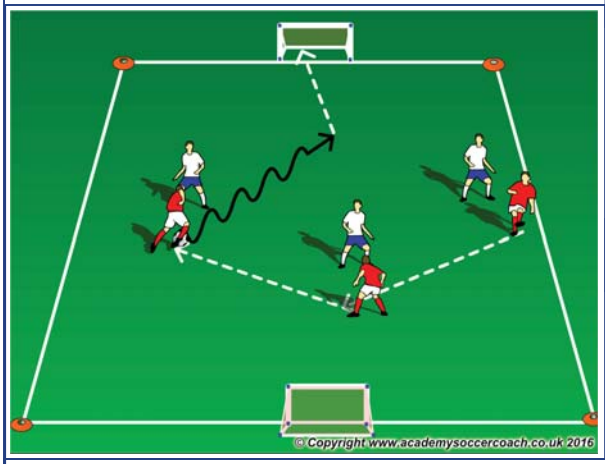
- **What? Technique of Dribbling to Beat an Opponent**

~ 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 (cone) quickly

## Warm-up / Orientation Dribble the Cone




## Orientation 3v3 Dribble into the Scoring Zone




## Organization

Duration: 15 mins | Intensity: Med-High

- Area: 20Wx30L yard field with two small goals
- Play to score in the opponent's goal.
- Points: If a players dribbles an opponents and scores is 10 points. Any other goal is 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
- **Team Tactical Attacking Principles -** Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why?

## Organization

Duration: 18 mins | Intensity: Medium

- Area: 40Wx30L yard field with a regular goal and 2 counter goals
- Red team scores in the regular goal and the White team scores in ether of the 2 counter goals. All laws apply.

## Coaching Points

Activity Time: 7 mins | Rest: 2 mins | 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: Accuracy

**Team Tactical Attacking Principles -** Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why? - Triangulate: Who? Where? Why?

## Learning 4v5 to a Goals and Counter Goals

## Implementation

**7v7** Duration: 25 mins | Formation: R GK-2-3-1 v W GK-3-2-1 | Activity Time: 10 mins | Rest: 2.5 m | Intervals: 2

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| **Organization** | In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders. |
| **Coaching Points** | Technical Execution, Team tactical attacking principles, 5W's, Speed of Play |