



Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 3

Topic: 1v1's and 2v1's

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (14 Touches):</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. 1. Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) 2. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) • Repeat starting with inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.) 3. Laces of right foot, push the ball forward twice then draw a circle around the ball with the right big toe. • Repeat with the laces of the left foot. 		<ul style="list-style-type: none"> Technique of Dribbling: 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
Activity 1	<p>1v1 to 2 goals and a counter goal:</p> <ul style="list-style-type: none"> In a 15Wx25L yard grid play 1v1. Make two teams as shown in the graphic A dribbler enters the grid to score by dribbling through one of the two red goals protected by the defender As soon as the dribbler scores, he/she becomes the defender and the next dribbler comes in When the defender gets the ball, he/she score dribbling through the counter goal 		<ul style="list-style-type: none"> Technique of Dribbling Principles of play <ul style="list-style-type: none"> Penetration Improvisation
Activity 2	<p>2v1 to 2 goals and a counter goal:</p> <ul style="list-style-type: none"> In a 15Wx25L yards grid play 2v1. Make two teams as shown in the graphic A dribbler and his partner enters the grid to score by dribbling through one of the two red goals protected by the defender The players who dribbles the ball through the goal becomes the defender and a new attacking team comes in When the defender gets the ball, he/she scores by dribbling through the counter goal 		<ul style="list-style-type: none"> Technique of Dribbling Techniques of Passing: Accuracy, Pace, Weight, Position of the non kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure Principles of play <ul style="list-style-type: none"> Penetration Support Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game Coach will determine if goal keepers will be used. 		<ul style="list-style-type: none"> Technique: dribbling, passing and receiving Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

Lock