




Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 2

Topic: 1v1's and 2v2's

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches):</p> <ul style="list-style-type: none"> • Each player with a soccer ball. • All patterns will be completed with both feet. <ol style="list-style-type: none"> 1. Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) 2. Push the ball twice with the laces then draw a circle around the ball with the big toe. 3. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) 4. Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.) 5. Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left. 6. Now repeat with left foot. 		<ul style="list-style-type: none"> • Technique: dribbling • Principles of play <ul style="list-style-type: none"> o Improvisation
Activity 1	<p>1v1 to 2 small 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 by dribbling through the counter goal 		<ul style="list-style-type: none"> • Technique: dribbling • Principles of play <ul style="list-style-type: none"> o Penetration o Improvisation
Activity 2	<p>2v2 to 2 small goals and counter goal:</p> <ul style="list-style-type: none"> • In a 15Wx25L yard grid play 2v2. 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 • As soon as the attacking team scores, they become the defenders and the attacking team comes in • When the defenders gets the ball, they score by dribbling through the counter goal 		<ul style="list-style-type: none"> • Technique: dribbling, passing and receiving • Principles of play <ul style="list-style-type: none"> o Penetration o Support o Mobility o Width o Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5:</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, receiving and shooting • Principles of play <ul style="list-style-type: none"> o Penetration o Support o Mobility o Width o Improvisation

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