



MASS YOUTH SOCCER SESSION PLAN

Topic

DRIBBLING TO SET UP A PASS

Objectives (5 W's)

Who: Strikers and Midfielders

What: Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - **Where:** In the central and flank channels the attacking half

When: Dribbling at defenders near the opponent's box

Why: To improve penetration and create goal scoring opportunities

Organization

Duration

12 mins

Intensity

Medium

• Area: in a 15Wx20L with a cone in the middle of the grid. Set up the players as show in the diagram.

• **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate

• **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his team mate.

Coaching Points

Activity Time

2.5 mins

Rest

30 sec

Intervals

4

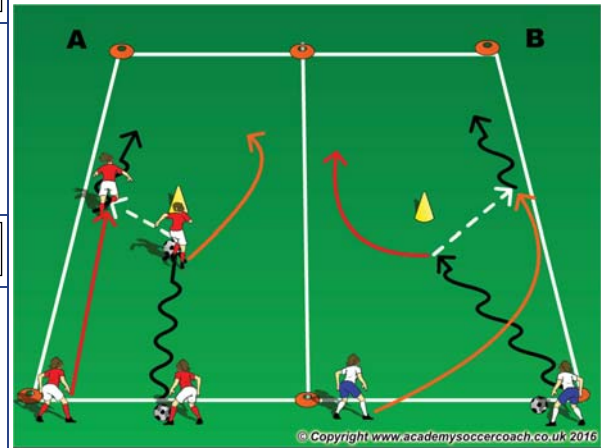
• **What? Technique of Dribbling to Set up a Pass:**

~ Keep the ball close, use the Laces to go forward, Inside/Outside/ sole to change direction

~ Commit the opponent (cone) prior to making the pass

~ Execute the pass with either the inside of the foot or the outside of the foot

Warm-up / Orientation Dribble - pass Patterns



Orientation

3v2 to Four Small Goals

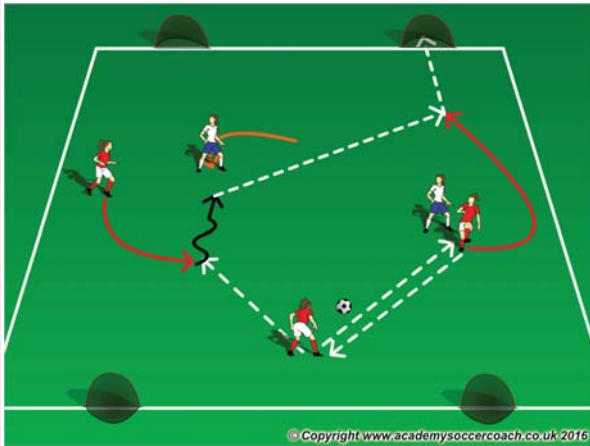
Organization

Duration

20 mins

Intensity

Med-High



• Area: 20Wx30L yard field with two small goals.

• Play to score in either opponent's goals.

• Points: If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

4

• **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance

• **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: When? Where?

Organization

Duration

25 mins

Intensity

Medium

• Area: 40Wx30L yard field with a regular goal a and 2 small counter goals

• Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time

10 mins

Rest

2.5 min

Intervals

2

• **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance

• **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: Where, When? Why? Create Diagonal Passing lanes: Where? Why?

Learning 5v5 to a Goal and 2 Counter Goals



Implementation

7v7

Duration

30 mins

Formation

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

Activity Time

12 mins

Rest

3 mins

Intervals

2

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