

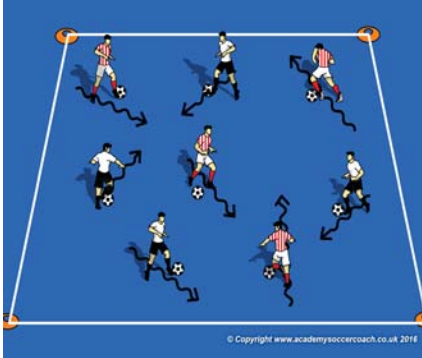
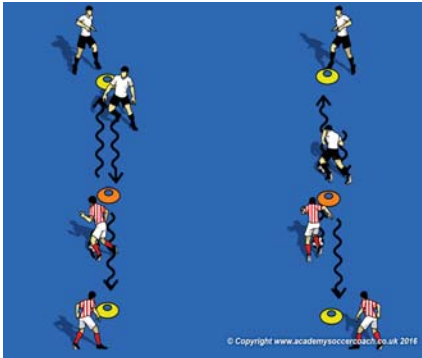
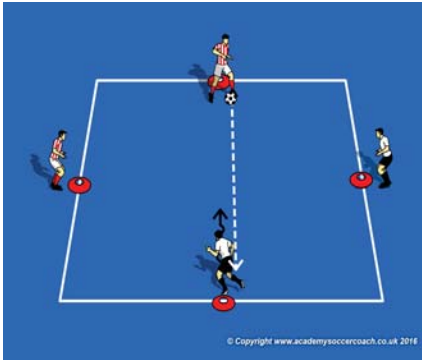


# Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 1

Topic: Dribbling to beat an opponent

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<p>Pattern Dribble (10 Touches:)</p> <ul style="list-style-type: none"> <li>Each player with a soccer ball.</li> <li>All patterns will be completed with both feet.</li> <li>1. Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.)</li> <li>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.)</li> <li>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.)</li> </ul>		<ul style="list-style-type: none"> <li>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, Balance and Acceleration (Change of Pace)</li> </ul>
<b>Activity 1</b>	<p>Ball Mastery: 10 yards from outside to central cone and back</p> <ol style="list-style-type: none"> <li>Inside-Outside (same foot)</li> <li>Inside-Outside-Inside-Outside (pattern 1 from above)</li> <li>Inside-Inside-Roll (pattern 2 from above)</li> <li>Laces-Laces-Circle (pattern 3 from above)</li> </ol>		<ul style="list-style-type: none"> <li>Technique of Dribbling</li> </ul>
<b>Activity 2</b>	<p>1v1 Compass: 15 yard box</p> <ul style="list-style-type: none"> <li>Red Player will pass to the White player</li> <li>Player with the ball will take on the passer and go beyond the cone for a point.</li> <li>1v1 rounds will alternate a (north to south then west to east)</li> <li>Service alternates each round (Red serves White then White serves Red)</li> </ul>		<ul style="list-style-type: none"> <li>Technique of Dribbling</li> <li>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. (Review the technique of passing if it is having a negative impact on the start of the activity)</li> <li>Principles of play               <ul style="list-style-type: none"> <li>Penetration</li> <li>Improvisation</li> </ul> </li> </ul>
<b>Conditioned Game</b>	<p>3v3, 4v4 or 5v5: 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 goalkeepers will be used.</p>		<ul style="list-style-type: none"> <li>Technique of Dribbling and Receiving</li> <li>Principles of play               <ul style="list-style-type: none"> <li>Penetration</li> <li>Support</li> <li>Mobility</li> <li>Width</li> <li>Improvisation</li> </ul> </li> </ul>

Lock