



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 4

Topic: Dribbling to beat an opponent

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"> Touch the ball with the outside of the foot then inside of the foot. (Favorite foot first!) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or Toe Roll) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or Toe Roll) 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 Now repeat starting with left foot. 		<ul style="list-style-type: none"> Technique: dribbling Principles of play <ul style="list-style-type: none"> Improvisation
Activity 1	<p>Ball Mastery II: 10 yards from outside to central cone and back</p> <ol style="list-style-type: none"> Inside, Outside (same foot) Inside, Inside, Outside, Outside (same foot) Outside and Inside with both feet Laces, Outside, Inside, Switch Feet, Repeat 		<ul style="list-style-type: none"> Technique: dribbling Principles of play <ul style="list-style-type: none"> Improvisation
Activity 2	<p>1v1 Compass: 15 yard box</p> <ul style="list-style-type: none"> Red Player will pass to Yellow player Player with the ball will take on the passer and go beyond the cone for a point. 1v1 rounds will alternate 		<ul style="list-style-type: none"> Technique : dribbling, passing and receiving Technique of receiving Principles of play <ul style="list-style-type: none"> Penetration Improvisation
Conditioned Game	<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"> Technique: dribbling, passing and receiving Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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