



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 2

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"> 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>Ball Mastery I:</p> <p>10 yards from outside to central cone. Players will dribble to the central cone and back</p> <ol style="list-style-type: none"> 1. Inside of the foot taps-on the spot 2. Inside of the foot taps forwards 3. Inside of the foot taps forwards and backwards 4. Inside of the foot taps forward in a zigzag 5. Sole taps on the spot 6. Sole taps going forwards and backwards 		<ul style="list-style-type: none"> • Technique: dribbling • Principles of play <ul style="list-style-type: none"> o Improvisation
Activity 2	<p>Moves and 1v1's:</p> <p>10 yards from outside to central cone. Players dribble beyond the cone and pas the ball to the next players</p> <ol style="list-style-type: none"> 1. Dribble up to the middle cone and perform a Fake Take 2. Dribble up to the middle cone and perform a Circle Take 3. Pick up middle cone, play a live 1v1 game. Point is scored when stopping the ball on opposite cone. 		<ul style="list-style-type: none"> • Technique: dribbling, passing and receiving • Technique of receiving • Principles of play <ul style="list-style-type: none"> o Penetration 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 and receiving • Principles of play <ul style="list-style-type: none"> o Penetration o Support o Mobility o Width o Improvisation 	

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