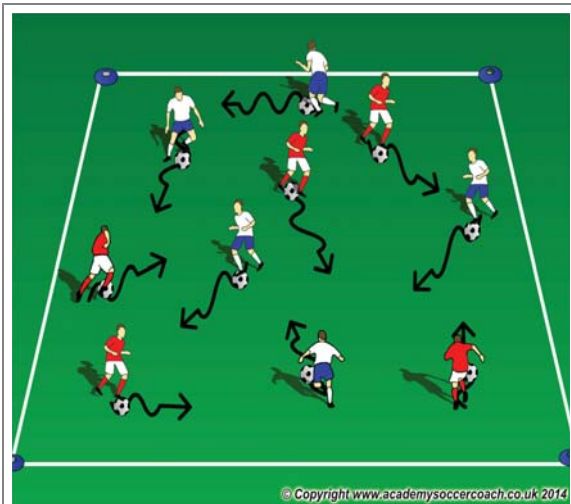


Season Fall 2015 Team/Age Group U12 Week 3

Topic Dribbling to Penetrate - Running with the ball / Beating an Opponent

Objectives 5W's

To improve a player's ability to penetrate the defense by dribbling:  
 Who: #7, #8, #9, #10, #11 - What: Running with the ball - Where: Attacking half - When: In possession of the ball - Why: To penetrate the opponent's defensive and midfield lines



### 1. WARM UP

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

#### FREE DRIBBLE:

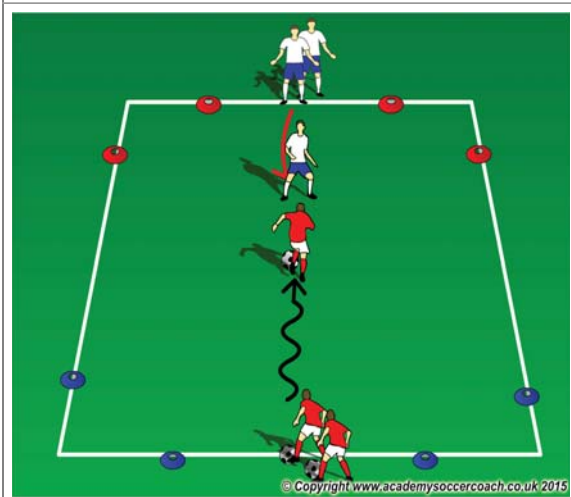
In a 30Wx40L yard grid have all players with a soccer ball each dribbling. Coach is calling out or showing moves for the players to perform.

Attacking moves: scissors (circle/take), Matthews (inside/outside,) fake and take, Turning moves: inside cut, outside hook, pull back, Cruyff (inside cut behind standing leg)

Variation: Players must split as many players as they can by dribbling between gaps in 1 minute

#### COACHING POINTS / KEY CONCEPTS

- Technique - Dribbling: Keep ball close, Use the laces to go forward, Use the inside/outside of the foot and the sole to change direction, Keep your head up, change direction and speed



### 2. SMALL SIDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

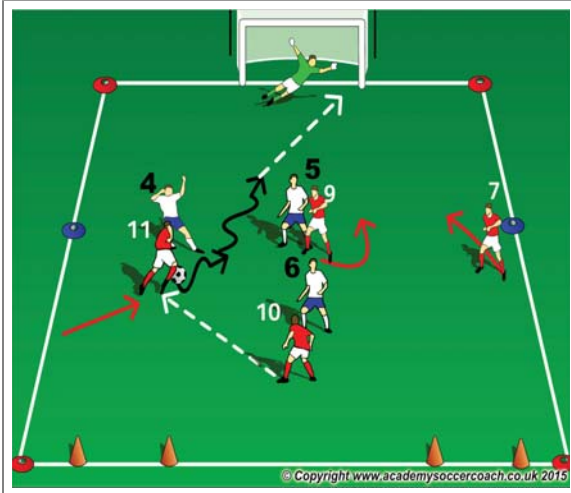
#### 1v1 TO CORNER GOALS:

In a 15Wx20L yard grid place 4 goals diagonally in the corners. 3-4 players set up in opposite end lines, one end line with soccer balls. 1st dribbler comes out and attacks either of the two goals on the opposite end-line, playing against 1 defender. Once a goal is scored or ball played out, players switch lines and next 2 players are up.

- Variation: Progress to 2v1 and 2v2

#### COACHING POINTS / KEY CONCEPTS

- Technique - Dribbling: surface, change of pace, change of direction, size of touch
- Tactical - Penetration: Where? When? Why? - Improvisation: What? Where, When?



### 3. EXPANDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

#### 4v3 TO GOAL AND 2 COUNTER GOALS:

In a 30Wx40L yard grid, set up 1 big goal and 2 counter goals. The Red (#7, #11, #9 and #10) team attacks the big goal, blue team (GK, #4, #5, #6) attack two counter goals and can score by passing or dribbling.

#### COACHING POINTS / KEY CONCEPTS

- Technique - Dribbling
- Tactical - Penetration, Support, Width, Mobility, and Improvisation
- Speed of Play

4. GAME **7v7** Duration:  Intensity:  Activity Time:  Intervals:  Recovery Time:

#### ORGANIZATION

- On a 70Lx40W field, the Red team (Target Team) will play a 1-2-3-1 and the White team will play 1-3-1-2
- Play the game encouraging players to recognize when to dribble an opponent or when to run with the ball.

#### COACHING POINTS / KEY CONCEPTS

Roles and responsibilities of the #7, #8, #9, #10, #11 - Speed of Play and Execution