


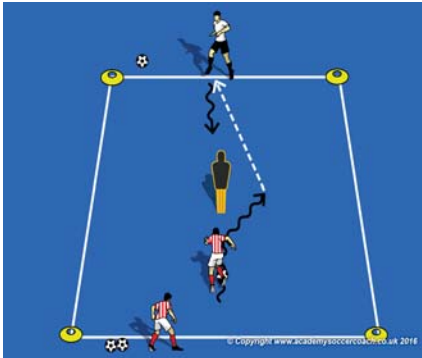
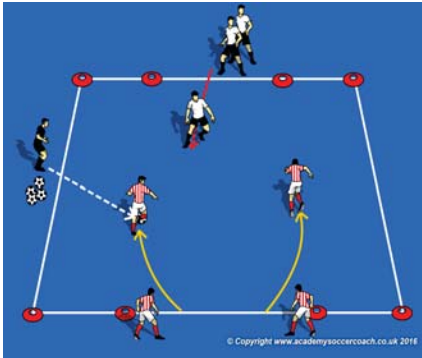


# Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 5

Topic: When to Dribble and When to Pass

| Stage                    | Activity Description  | Diagram  | Coaching Points  |
|--------------------------|---|--|--|
| <b>Technical Warm-up</b> | <p>Diamond Dribbling (10 Touches):<br/>Place 4 cones in a diamond shape about 2 yards apart from each other.</p> <ul style="list-style-type: none"> <li>• Each player with a soccer ball.</li> <li>• 1st pattern: push the ball to the next cone with the outside of their foot and stop it with the inside (1 touch to push and 1 touch to stop). Now switch directions.</li> <li>• 2nd pattern: little touch from right foot to left, little touch from left foot to right, big roll with right foot across the body and to the next cone.</li> <li>• Repeat starting with the left foot.</li> <li>• Start by drawing a circle around the ball with your left big toe then push the ball with the outside of the right foot to the next cone.</li> <li>• Repeat starting with a circle with the right big toe.</li> </ul> |    | <ul style="list-style-type: none"> <li>• 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>Dribble, Pass &amp; Receive:<br/>10 yards from outside to central cone,</p> <ul style="list-style-type: none"> <li>• Groups of 3. Each player attacks the mannequin (substitute coach or cone) in the middle, connects a pass to the far side, and follows the pass to the far side</li> <li>• Upon receiving a pass, the player again takes on the mannequin in the middle</li> <li>• Dribble straight at the mannequin. Have a move in mind prior to starting your dribble</li> <li>• The Moves are the Inside Step Take, Circle Take or Fake Circle Take.</li> </ul>  |   | <ul style="list-style-type: none"> <li>• Technique of Dribbling</li> <li>• Technique of Passing: Accuracy, Pace, Weight, Position of the non kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through.</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</li> </ul> |
| <b>Activity 2</b>        | <p>2v1 or 2v2 to 4 Goals:<br/>In a 15Wx20L yard grid with 2 goals on each end line (at least 2 fields will be needed)</p> <ul style="list-style-type: none"> <li>• Coach plays the ball into one team. 2 players from that side attack against 1 or 2 from the other side.</li> <li>• Before playing the ball in, the coaches determines if it will be 2v2 or 2v1.</li> <li>• Players will play for 2-3 balls depending on the numbers of participants, or one goal.</li> <li>• If a player can perform a move before scoring, 10 bonus points.</li> </ul>  |  | <ul style="list-style-type: none"> <li>• Technique of Dribbling, Passing &amp; Receiving</li> <li>• Principles of play: <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Improvisation</li> </ul> </li> </ul>  |
| <b>Conditioned Game</b>  | <p>3v3, 4v4 or 5v5 to Goal:<br/>• In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game<br/>• Coach will determine if goal keepers will be used.</p>   |  | <ul style="list-style-type: none"> <li>• Technique of Dribbling, Passing &amp; Receiving</li> <li>• Principles of play: <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>   |

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