

Topic: Dribbling to Penetrate (forward to beat an opponent)

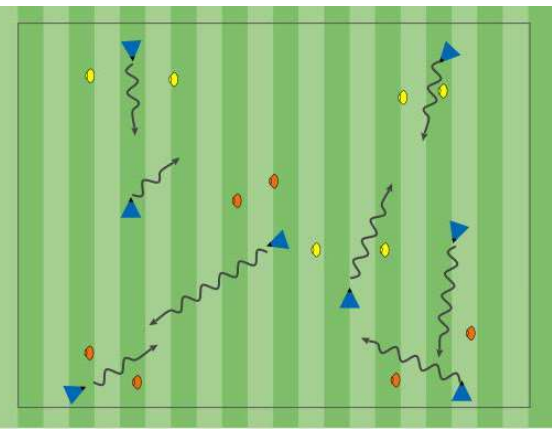
Objective: To dribble while keep the ball away from your opponent on an individual scale

Player Actions: dribble, defend



Initial Play Phase - 10-12 minutes

This is an important phase to get the players in the mode for training.



Objective: To dribble - to find space in tight areas

Organization:

In your half, dribble through as many gates as possible with a small time limit (minute or so)

"what part of the feet can we dribble with" - Have them explore all parts of both feet.

Add after a few minutes - must go through opposite color gates each time.

Could add an opponent that tries to steal as well, they would then have to steal from someone else to add points up

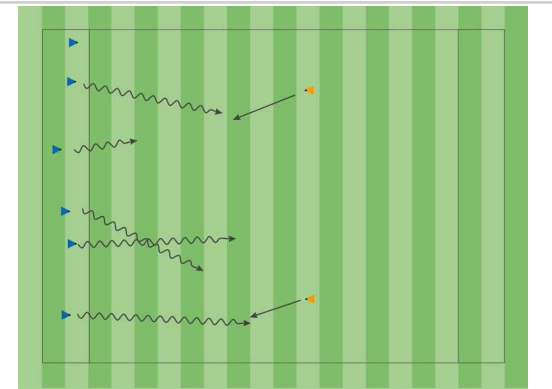
Coaching Points/Guided Questions

What part of the foot can we dribble with?

In space - use laces (pinky toe)

In tight spaces - inside, outside and bottom

Can you find your next gate before scoring on your first? If you can where should your touch through the gate go? Toward the next gate.



Objective: Dribbling to penetrate - beat defenders into a space

Organization:

On your half, a small endzone at each end

Two players are it, without a ball

On "go" players try to dribble to the other end without getting their ball stolen

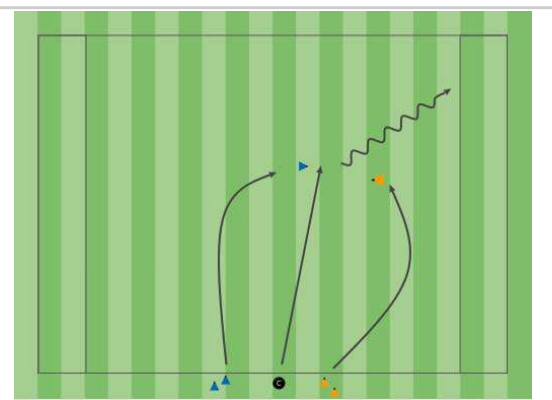
If they get their ball stolen, they become it. Once last player is in and wins, start with two more.

Coaching Points/Guided Questions

Which part of the foot where?

Can you take a bigger touch between the two players but still keep control?

Find space if you find yourself getting targeted by one defender



Objective: To keep your ball

Organization:

Same area as before, 1v1 dribble to beat someone

Coach plays ball in, 1v1 to endzone. As soon as a player dribbles to score or ball goes out, play a new ball with two new players

Coaching Points/Guided Questions

Can you find the space?

Can you dribble into it quickly?

Sprint once you have beat player.

Must be under control to stop it in endzone

Final Phase

Play 3v3 or 4v4 to two goals

4v4 9v9 11v11

Moment: Win we have the ball



How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next