




## Eagan Rec. Soccer

<b>Age Group</b>	<b>5<sup>th</sup> – 8<sup>th</sup> Grade</b>
<b>Theme</b>	<b>Dribbling and Taking-On Players</b>
<b>Time</b>	<b>40 minutes of training / 20 minute scrimmage</b>

<b>Activity/Drill</b>	<b>Notes and Coaching Points</b>
	<p><b>Dribbling, Knock-Out and Juggling</b></p> <p>1. All players begin with a soccer ball dribbling in the space - touching the ball every step. 2. Restrict players to dribble with right foot, left foot, sole, inside and outside of the foot. 3. Coach will yell a command and the players have to listen while they are dribbling. 4. Coach Commands: Turn, move, stop-go, switch balls, speed up, slow down, juggle and touches. 5. Once the players are warmed up play a game of knock-out. The players dribble in space and try to knock-out their teammates ball out of bounds. If your ball is knocked out of bounds you can re-enter the game by juggling 5 times without a bounce. See who can be the final player left with a ball.</p> <p><b>Question for the team:</b> What should you do after you complete a move or turn? How can you find open space?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Dribble the ball with small touches close to your body.</li> <li>• Pick your head up to see where open space is.</li> <li>• Change your speed after you complete a move or turn.</li> <li>• Goal: 15 juggles without a bounce on the ground</li> </ul>
	<p><b>1 vs 1 to Goal</b></p> <p>1. Two teams of 5-6 players – both lines need soccer balls.          2. Players begin at the same time – the player in the right line passes to the coach – makes an overlapping run and strikes the ball on goal. The player in the left line dribbles through the cones and turns through the gate and dribbles at the shooter 1 vs 1.          3. The players rotate lines and switch roles each time.          4. One line is working on laces striking and one line is working on 1 vs 1 attacking.          5. Continue the game at speed.</p> <p><b>Question for the team:</b> Do you think it is easier to defend a player who dribbles the ball slow or fast at the defender?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Encourage players to dribble at speed right at the defender</li> <li>• Encourage players to strike with their laces and land on their shooting foot</li> <li>• Have fun</li> </ul>
	<p><b>3 vs 3 to Goal</b></p> <p>1. Two teams of 6-8 players. 3 lines for each team with two players behind each cone. 2. Two lines at the bottom of the goal and one in the middle.          3. Coach has all of the soccer balls in the middle of the field and chooses which team to pass the ball into. You can pass into any player and the game continues 3 vs 3.          4. Keep the game competitive by changing who you pass the initial pass into.          5. Encourage your players to pass the ball and try to get it again.          6. Find open space and go to goal.</p> <p><b>Question for the team:</b> When is a good time to dribble?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Encourage players to dribble if they have space and/or they can beat a player 1 vs 1</li> <li>• Transition from offense to defense quickly.</li> <li>• Encourage players to pass and connect with their teammates to lose the defender on the field.</li> </ul>



### **Scrimmage / Game Play**

- 5 vs 5 or 7 vs 7 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – ball control and passing

### **Coaching Points**

- Have fun.
- Encourage players to dribble when they have space.
- Pick their head up on the dribble.