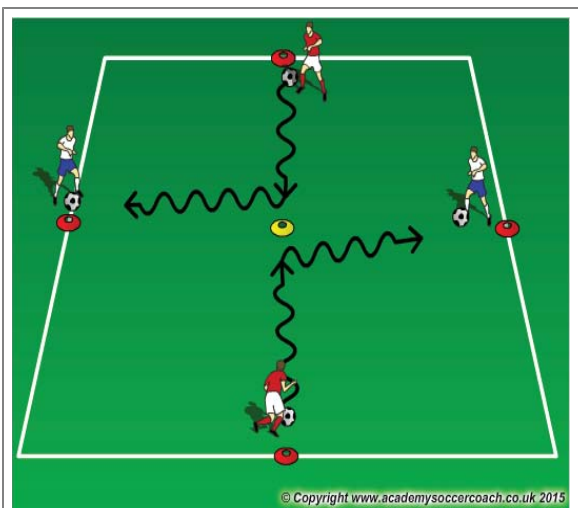


Season Fall 2015 Team/Age Group U10 Week 6

Topic Dribbling to Beat an Opponent

Objectives 5W's

To improve the ability of the player to beat an opponent when dribbling the ball
 WHO: Player in possession of the ball - WHAT: Technique of dribbling and turning - WHERE: Middle and attacking third of the field - WHEN: Confronted by an opponent - WHY: To create space and numbers up opportunities



1. WARM UP

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

ORGANIZATION - (Physical Environment / Equipment / Players)

5 CONE DRIBBLING MOVES:

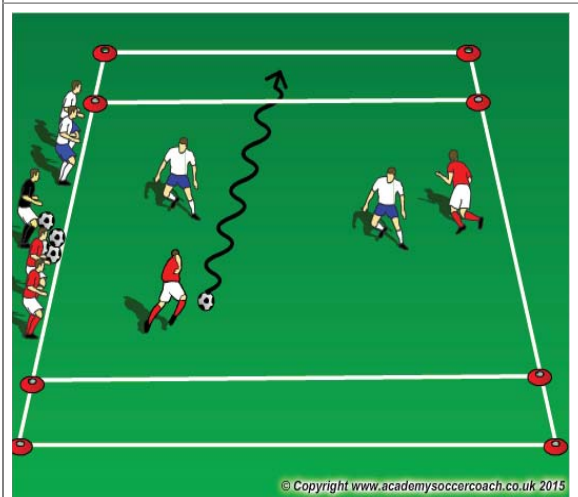
Set up 5 cones in the shape of a cross with the outer cones 10 yards from the center cone. Have the players dribble to the center cone and perform the following moves, turn, then dribble to the cone on the right and start again

- 1- Outside tap - Inside take
- 2- Fake and Take
- 3- Circle Take (Step-Over)
- 4- Roll in and Take

Change the move after every round, have players attempt all moves with both feet

COACHING POINTS / KEY CONCEPTS

- Technique of Dribbling: Toes Pointed down, head up, short sharp touches to move ball forward with laces.
- Technique of Turning/Changing Direction: To execute the turns use the inside of the foot, the outside of the foot or the bottom of the foot (the sole). Distance from the defender (middle cone) that players should start their move (depends on speed). Acceleration after the move or turn.



2. SMALL SIDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

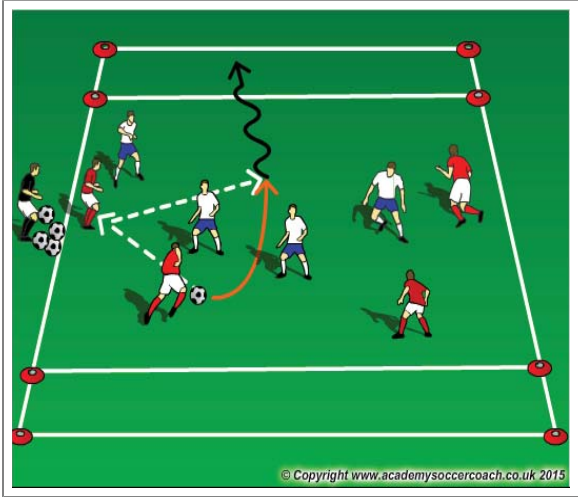
2v2 to END ZONES

In a 20W x20L playing area with 5 yard end zones set up at either end. Teams will try to score by dribbling the ball into the end zone and stopping the ball.

Play rounds of 45 seconds. If the ball leaves play, the coach can play a new ball in to keep players active.

COACHING POINTS / KEY CONCEPTS

- Technique of Dribbling: Use the laces to move ball forward. Fakes & Moves - Make move believable to get the defender off balance
- Tactics for Dribbling: Penetration - Where and when. Improvisation - What move to use



3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 to END ZONES:

In a 30Wx40L playing area with 5 yard end zones set up at either end. Teams of 4 compete to dribble and stop the soccer ball into opponent's end-zone.

Scoring:

Dribbling the ball into the end-zone and stopping it = 10 points

Dribbling the ball after performing one of the moves into the end-zone or by splitting 2 defenders = 100 points

COACHING POINTS / KEY CONCEPTS

- Techniques: Dribbling, Turning, Passing and Receiving
- Tactics: Penetration, Support, Width, Mobility, Improvisation and Speed of Play

4. GAME	6v6	Duration: <input type="text" value="25 min"/>	Intensity: <input type="text" value="Med"/>	Activity Time: <input type="text" value="11 min"/>	Intervals: <input type="text" value="2"/>	Recovery Time: <input type="text" value="3 min"/>
ORGANIZATION		40Wx60L field two teams will play with a specific formation each - Red Team: 1-2-3, Blue Team: 1-1-3-1				
COACHING POINTS / KEY CONCEPTS		Roles and Responsibilities of the players on the attacking team. Speed of play and execution				