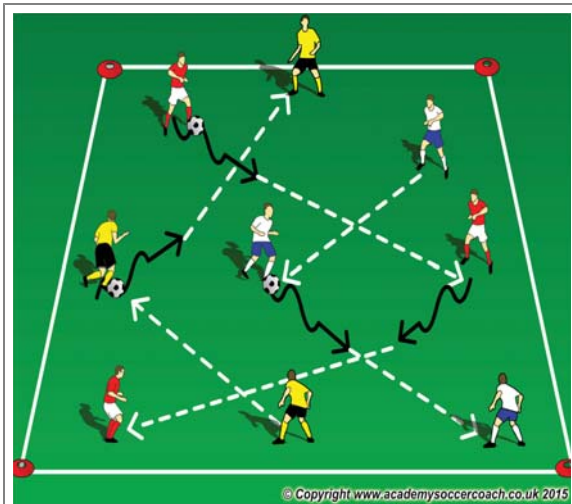


Season Fall 2015 Team/Age Group U12 Week 4

Topic Dribbling to set up a pass

Objectives 5W's

To improve the ability of the team to recognize when to dribble to set up a pass:
 Who: #2, #3 or #6, #8, #10 or #7, #9, #11 - What: Passing off of the dribble - Where: In central and flank areas of the field - When: In possession of the ball
 Why: To penetrate the opponent's defense when on the attack

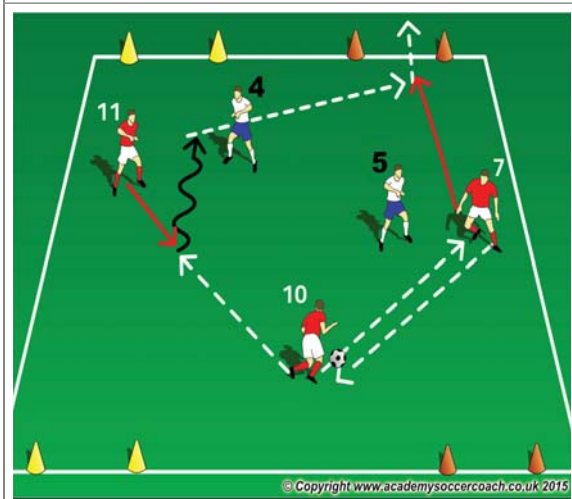


1. WARM UP					
Duration:	10 min	Intensity:	Low	Intervals:	3
Activity Time:	3 min	Recovery Time:	30 sec		

ORGANIZATION - (Physical Environment / Equipment / Players)
COLOR DRIBBLING AND PASSING:
 In a 25Wx30L yard grid, Groups of 3 players each group with a soccer ball. Passing and moving together. The ball or players can not stop moving. Variation: Take 5 touches and then pass to teammate. Variation 2: Add another soccer ball. Variation 3: After taking 5 touches, pass to a different color team.

COACHING POINTS / KEY CONCEPTS

- Technique: Dribbling: surface, change of pace, change of direction
- Passing: Accuracy and Pace - Receiving: First touch, surface selection, direction and distance
- Tactical: Penetration: Where is 1st touch Mobility: Acceleration and direction.

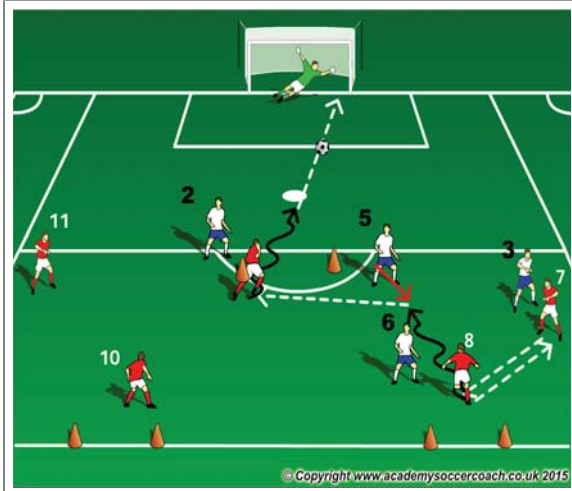


2. SMALL SIDED ACTIVITY					
Duration:	15 min	Intensity:	Med	Intervals:	3
Activity Time:	4 min	Recovery Time:	1 min		

ORGANIZATION - (Physical Environment / Equipment / Players)
3V2 TO 4 GOALS:
 In a 20Wx30L yard grid, set up 2 goals on each end line. The red team will play with 3 players (#7, #11 and #10) and score by dribbling through a goal or passing through a goal to a teammate, the white team scores by passing or dribbling through the goal.
 Variation: Progress to 3v3

COACHING POINTS / KEY CONCEPTS

- Technique: Dribbling: surface, change of pace, change of direction - Passing: Accuracy and Pace - Receiving: First touch, surface selection, direction and distance
- Tactical: Penetration: When?, Who to combine - Support: Angles and Distance - Width: Who? When? and Where? - Mobility: Acceleration and direction.



3. EXPANDED ACTIVITY					
Duration:	20 min	Intensity:	High	Intervals:	2
Activity Time:	8 min	Recovery Time:	2 min		

ORGANIZATION - (Physical Environment / Equipment / Players)
5V5 TO GOAL/ COUNTER GOALS:
 In a 40Wx30L grid play 5v5. Red Team (Target Team) will play a 2-3 formation (#7, #8, #9, #10, #11) and the White team will play a GK-3-1. (#1, #2, #3, #5, #6) Red's will attempt to score on goal, the white team can dribble or pass through counter goals.

COACHING POINTS / KEY CONCEPTS

- Techniques – Dribbling, Passing and Receiving
- Tactically – Penetration, Support, Width, Mobility, and Improvisation
- Speed of Play

4. GAME	7v7	Duration:	25 min	Intensity:	High	Activity Time:	11 min	Intervals:	2	Recovery Time:	3 min
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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 #2, #3 or #6, #8, #10 or #7, #9, #11 - Speed of Play and Execution