



MASS YOUTH SOCCER SESSION PLAN

Topic

DRIBBLING TO BEAT AN OPPONENT

Objectives (5 W's)

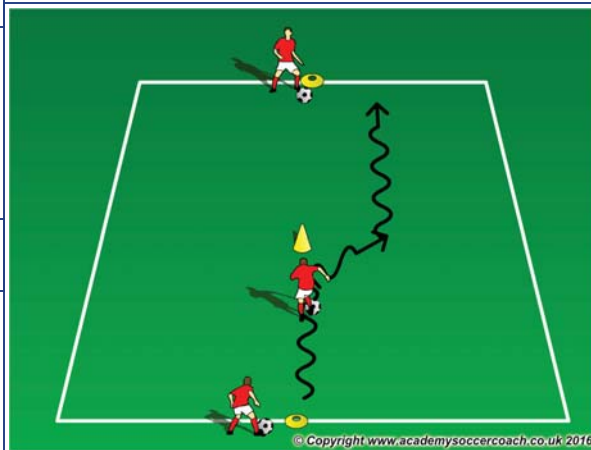
Who: Strikers and Midfielders
What: Dribbling, Receiving, Playing forward when possible, Create a 1v1
Where: In the attacking half
When: Confronted by one defender in the midfield or near the goal
Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration Intensity

- Area: In 10Wx15L yard grid with 3 cones about 7 yards apart
- Place 2 players with a ball each at one cone and player at the opposite cone with a ball. On coach's command players will perform the moves below:
 - ~Interval 1: Fake and Take
 - ~Interval 2: Circle and Take
 - ~Interval 3: Double Fake and Take
 - ~Interval 4: Double Circle and Take

Warm-up / Orientation Dribble the Cone



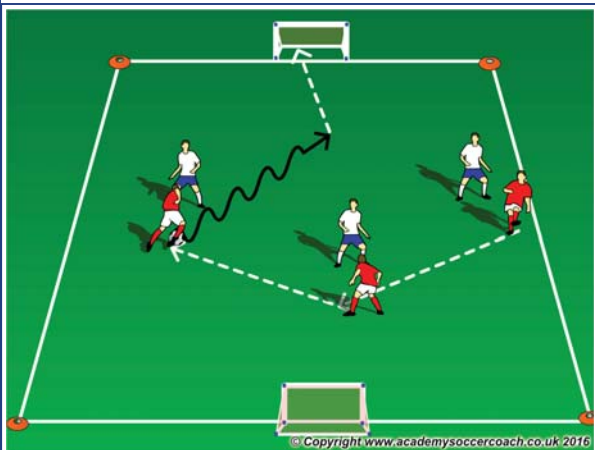
Coaching Points

Activity Time Rest Intervals

What? Technique of Dribbling to Beat an Opponent

- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent (cone) quickly

Orientation 3v3 Dribble into the Scoring Zone



Organization

Duration Intensity

- Area: 20Wx30L yard field with two small goals
- Play to score in the opponent's goal.
- Points: If a player dribbles an opponent and scores is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

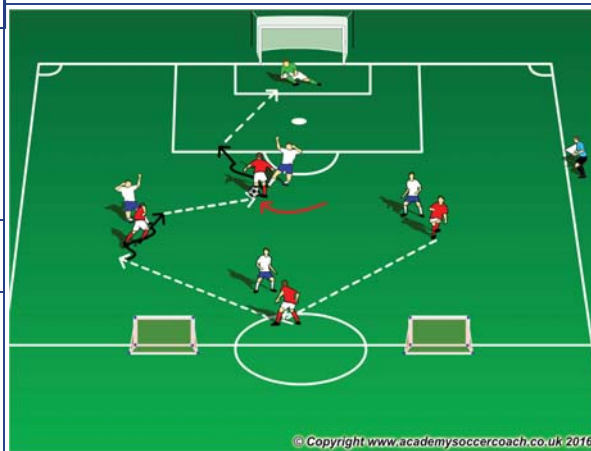
- What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why?

Organization

Duration Intensity

- Area: 40Wx30L yard field with a regular goal and 2 counter goals
- Red team scores in the regular goal and the White team scores in either of the 2 counter goals. All laws apply.

Learning 4v5 to a Goals and Counter Goals



Coaching Points

Activity Time Rest Intervals

- What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why? - Triangulate: Who? Where? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play