



Topic

DRIBBLING OF THE #'s 7 & 11

Objectives (5 W's)

Who: #7 & #11

What: Dribbling & Running with the ball to Penetrate

Where: In the flanks of the attacking half

When: When in possession of the ball & there is space to attack behind the defense

Why: Create more scoring chances when close to goal

Organization

Duration

12 mins

Intensity

Medium

Area: 40Wx50L yard field, a 4 yard gate by each sideline in the attacking half, 1 big goal. Target team (Red): #'s 7, 8, 10, 11 – Opposition team (White): #1. Everyone on the red team needs at least 1 touch on the ball. The #7 or #11 have to be the final player to receive the ball. Once he/she receives it, they dribble through their gate toward the goal and strike the ball into the gk's (#1) hands.

Coaching Points

Activity Time

3 mins

Rest

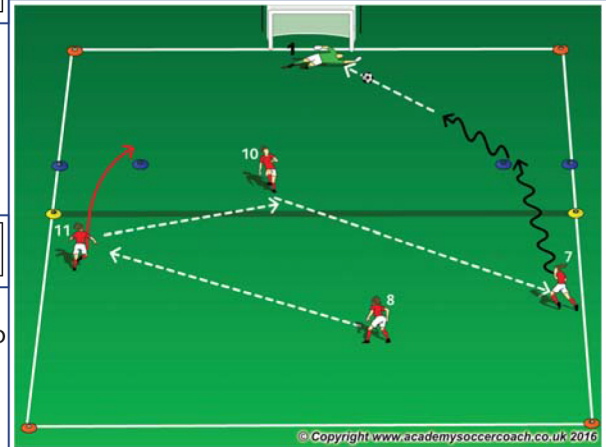
1 min

Intervals

3

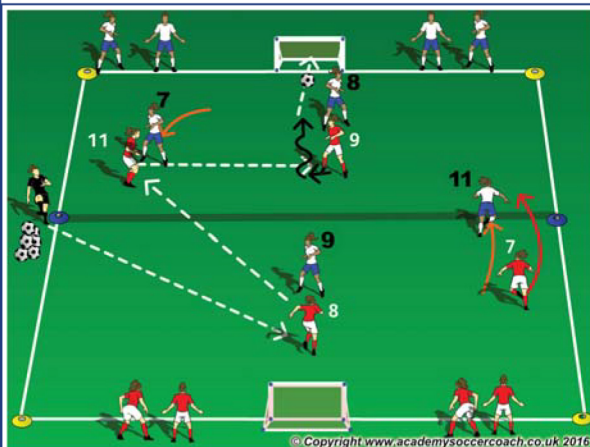
What? Technique - Dribbling/Running with the ball. Get in line with the flight of the ball. Head Still and eyes on the ball. Receiving. Surface of the foot and the ball to move forward. Preparation touch to play forward (distance). Change of pace.

Warm-up / Orientation 4v1 to Goal (Patterns)



Orientation

4v4 to small goals



Organization

Duration

15 mins

Intensity

Med-High

Area: 40Wx50L yard field with two small goals. Target team (Red): #'s 7, 8, 9 & 11 – Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Score in the opponent's goal. If #7 and #11 dribble down the wing and score the goals is worth 10 points. Any other goal is 1 point.

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

What? Technique - Dribbling to beat an opponent: Different moves to get around an opponent. Accelerate once past the opponent. Receiving: surface of the foot and the ball to move forward. Turning and preparation touch to play forward.

Team Tactical Attacking Principles - Spread out: Who? When? Triangulate: Who? Where? Create Diagonal Passing Lines: Who? When? Where? Why?

Organization

Duration

18 mins

Intensity

Low

Area: 50Wx60L yard field, big goal both ends. Target team (Red): #'s 1, 5, 7, 8, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 6, 8, 9, 10. Both teams attack and defend 1 big goal. All rules of soccer apply. Goals or assists by #7 or #11, add bonus (coaches choice).

Coaching Points

Activity Time

8 Mins

Rest

1 min

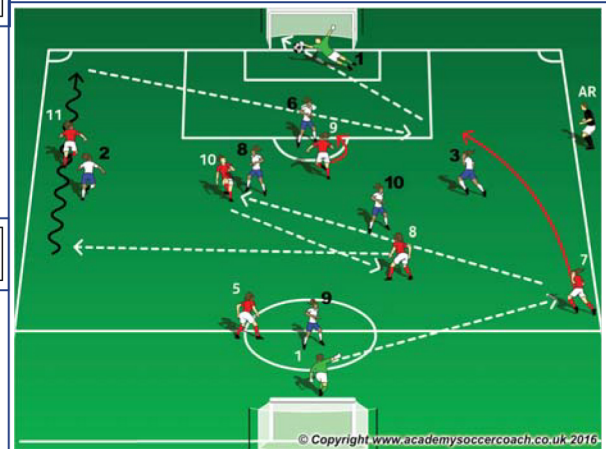
Intervals

2

What? Technique - Dribbling. Passing. Receiving. Shooting.

Team Tactical Attacking Principles - Play Forward or Hold the Ball: Who? Where? When? Create 2v1 or 1v1 : Who? Where? When? Triangulate: Who? Where? When? Vary the Runs to Get Behind or Between the Defense: Who? When? Where?

Learning 7v7 to Goal



Implementation

9v9

Duration

30 mins

Formation

R GK-3-3-2 v W GK-4-3-1

Activity Time

13 mins

Rest

2 mins

Intervals

2

Organization

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution, Team Tactical Attacking Principles (5 W's), Speed of play