




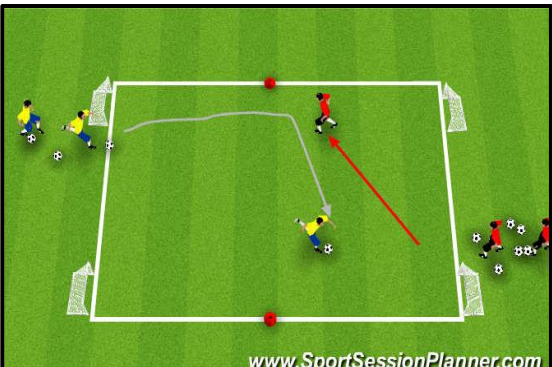

# 2013 - U12 - Fall Lesson Plan - Week 2



## Module 1: Dribbling

## Topic: Running with the Ball

**Objective: To improve the player's ability to dribble and run with the soccer ball**

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b>Free dribble</b> In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. <b>Attacking moves:</b> scissors (circle/take,) Mathews (inside/outside,) fake and take, <b>Turning moves:</b> inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg.) <b>Variations:</b> Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.</p>		<ul style="list-style-type: none"> <li>• How do we dribble fast over distance?</li> <li>• Which part of the foot should we use to change direction?</li> <li>• What should we check before we turn?</li> <li>• How quickly should we accelerate after changing directions?</li> <li>• Why do we turn? Which way is best to turn?</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>1v1/2v2 to Four Goals:</b> In a 20Lx 15w / 25L x 20w yards grid. One team starts with the ball and tries to score in the opponents goals. If the ball goes out on your team's half, a new player comes on the field. The new player always brings a ball with them on the field.</p>		<ul style="list-style-type: none"> <li>• How do we get the defender to move out of the space we want to get into?</li> <li>• What moves to use that can help change directions quickly?</li> <li>• When to dribble?</li> <li>• What can we see behind the defender that tells us to attack him?</li> <li>• Which goal to score in? Why?</li> <li>• If we can't score where can we go?</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b>3v3/4v4 to Dribble Goals:</b> In a 30L x 45W yard grid, play a game with 6 goals. Players cannot pass the ball forward.</p>		<ul style="list-style-type: none"> <li>• How can we get the defenders to move?</li> <li>• Which turn can we use to change direction?</li> <li>• How can we keep the ball even near our own goal?</li> <li>• What's the danger with dribbling near our own end?</li> <li>• How can we attack when we cannot pass forward?</li> <li>• When do we look to attack players? Space?</li> </ul>
<p><b>Stage IV</b> <b>Conditioned</b> <b>Game</b></p>	<p><b>6v6 or 7v7:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to run with the ball</li> </ul>		