**Topic: Dribbling for Penetration**

**Objective: To improve player’s confidence, their dribbling ability and the recognition of when to take opponents on**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Technical Warm up** |  |  | **Organization** | | | |  |  |  | **Coaching Pts.** | | | |  |  |
|  | **Technical Box:** | | | |  |  |  |  |  Keep the ball close | | | |  |  |  |
|  | All | players dribbling in | | | a | defined space. | | |  Use all surfaces of the foot | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Players should use all surfaces of their feet. | | | | | | | | o Inside/outside | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Coach:** Prompt players to work on change | | | | | | | | o Sole | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | of direction, scissors, fake left/go right, step | | | | | | | | o Laces | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | over and turn, pull back, | | | | half-turn, sole of | | | |  Keep | your | head up | | and | use |  |
|  |  |  |  |  |  |  |  |  |  |
|  | the | foot rolls | | when he | claps, | | “change”, | | peripheral vision | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | “turn”, etc. | | |  |  |  |  |  |  Change of direction and | | | | | burst |  |
|  | **Version 2:** Walk around and put pressure on | | | | | | | |  |
|  | of speed | |  |  |  |  |  |
|  | the players. | | |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  Be creative – try something new | | | | | |  |
|  | **Version 3:** Players will try to knock each | | | | | | | |  |
|  |  |  |  |  |  |  |  |
|  | other’s | | soccer | balls out | of | the | grid while | |  | **Time: *10 minutes*** | | | | |  |
|  | maintaining possession of their own. | | | | | | |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Small Sided Game** |  |  | **Organization** | | | |  |  |  | **Coaching Pts.** | | | |  |  |
|  |  |  |  |  |  |  |  |  |  Keep the ball close to you | | | | | |  |
|  | **1v1 to End Lines:** | | | |  |  |  |  | under control | | | |  |  |  |
|  |  |  |  |  |  Execute a feint to unbalance | | | | | |  |
|  | In a grid 10x15 yards with end lines. Two | | | | | | | |  |
|  | the defender and dribble past | | | | | |  |
|  | players | | try | to score | by beating | | | the |  |
|  | them with a burst of speed | | | | | |  |
|  | defender and dribbling over 10 yard line | | | | | | | |  |
|  |  Use the outside of the foot or | | | | | |  |
|  | opposite to them. Players keep score. | | | | | | |  |  |
|  |  | laces | when | | dribbling | | for |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | | | | | | | | speed with furthest foot form | | | | | |  |
|  | the defender | | |  |  |  |  |
|  |  | | | | | | | |  |  |  |  |
|  |  Encourage | |  | players | to | be |  |
|  |  | | | |  |  |  |  |  |  |
|  |  |  |  |  | creative with the ball at their | | | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | feet |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | **Time: *15 minutes*** | | | |  |
| **Exp. Small Sided Game** |  |  | **Organization** | | | |  |  |  | **Coaching Pts.** | | | |  |  |
|  | **3v3 to End Zones:** | | | | |  |  |  |  Work together to score | | | | |  |  |
|  |  |  |  |  Verbal & visual | | | |  |  |  |
|  | Two teams play in a defined space with | | | | | | | |  |  |  |
|  | communication | | | |  |  |  |
|  | each | | team | attacking | | an | end-zone | |  |  |  |
|  |  Use support players to make | | | | | |  |
|  | defended by the opponent. | | | | | Teams score | | |  |
|  | attacking decisions | | | |  |  |  |
|  | points | | when | a player | dribbles into | | | the |  |  |  |
|  |  Encourage | |  | players | to | be |  |
|  | End-Zone. | | |  |  |  |  |  |  |  |
|  |  |  |  |  |  | creative and take risks near | | | | | |  |
|  | Coach: Encourage players to recognize | | | | | | | |  |
|  | the end zone. | | |  |  |  |  |
|  | opportunities to burst into space under | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  | control. | | |  |  |  |  |  |  |  | **Time: *15 minutes*** | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Game** |  |  | **Organization** | | | |  |  |  | **Coaching Pts.** | | | |  |  |
| **3v3 or 4v4** | 3v3 in your area of 4v4 againt team | | | | | | |  |  All of the above | | | |  |  |  |
| Next to yoou | | | |  |  |  |  |  |  |  | **Time: *20 minutes*** | | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **COOL DOWN** |  | Activities to reduce heart rate**,** static stretching & review session **.** | | | | | | | | | | | | |  |

