**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 **.** |  |

