

Free Dribble (Focus: Technique) 20x20 yd. grid

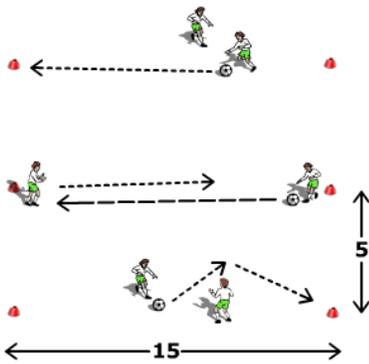
- In your grid, place about three or four small gates (two cones, two yards apart) around facing different directions.
- Every player has a ball and dribbles inside the grid trying to touch the ball with every step.
- At any point, the coach can yell out a dribbling move, and the players have to perform that move and then sprint with their ball through one of the gates. Once through, they go back to dribbling at a jogging pace.

Progression:

- Add a specific foot that they must use to do the move with. For example “scissors, with your left foot!”
- Ask the players if they know any dribbling moves to beat an opponent with. If it’s a good one, have the player demonstrate it to the group, name it, and add that move into the game.

Coaching Points:

- Original moves are: [Feint](#) and [Scissors](#). Get specific about how it looks!
- Encourage players to always be moving. (10 minutes)



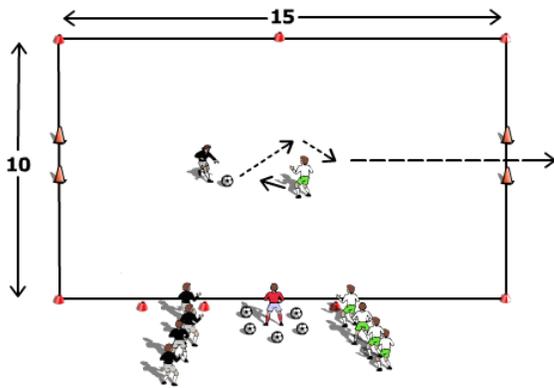
1v1 Ladder (Technique) Unlimited Space – Same game as last week

- Make two lines of cones, using the spacing shown. Make sure there is one cone per player.
- Have players in pairs, one ball per pair. One player stands over one cone with the ball, while the other stands over the cone facing them.
- When the coach says ‘go,’ the players with the ball starts dribbling towards their opponent. The object of the game is to touch the ball to your opponent’s cone.
- If the defender wins the ball, they immediately dribble to the attacker’s cone to try and score.
- The game continues for 45 seconds. After this, move all players to play someone else (you can do this by having one side of the cones stay put, and the other side move down one cone).

Coaching Points:

- Players need to attempt the dribbling moves we’ve been learning. Try your own as well.
- When a player gets past their defender, they need to change their speed (get fast!)
- Players need to be emphasized on deception in order for the dribbling move to be successful.
- The first touch after getting past the defender needs to be behind them to cut off their angle.

(10-15 minutes)

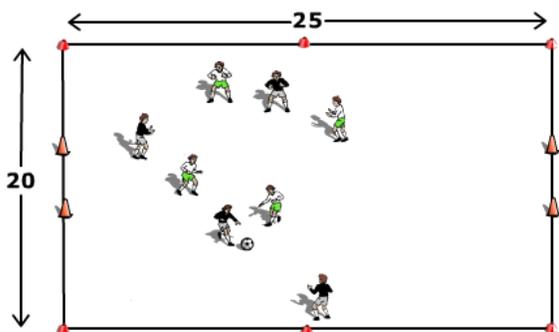


Get Out of Here! (Technique) 10x15 yd. grid

- Make a field as shown. Place a two yard goal on each endline.
- Divide your team into two groups, one standing on either side of the coach.
- All the balls are at the coach’s feet.
- When the coach kicks a ball into the field, the first person from each line runs out and tries to score on their opponent’s goal.
- If a goal is scored, or the ball goes out of bounds, the coach yells ‘Get out of here!’ and the two players have to get off the field immediately and get to the back of their lines while a new ball is played in quickly for the next two.
- Keep score.

Coaching Points:

- Encourage players to take the 1v1 situations and try and beat the defender with a dribbling move.
- Once a move works, the attacker’s first touch with the ball needs to be behind the defender.
- This game needs to move FAST! Don’t let the kids in your lines wait too long! (10-15 minutes)



Scrimmage (Holistic) Expand to a 20X25 yd. grid

- Play 4v4 or 5v5 depending on numbers. Make additional fields as necessary.
- Make 2 yd. goals at each end.
- Don’t coach, but get excited when you see a dribbling move to beat an opponent, even if it doesn’t work. We want the players to take risks!

(15-20 minutes)

All diagrams by soccerspecific.com

Bring your players together as a group. Who can show me the different dribbling moves we worked on today? What about our new ones? Why is deception so important? (because otherwise the defender won’t be fooled! Dribbling moves are to make the defender think you’re going one way, when you’re actually going the other). Why is it important to take your first touch behind the defender when you beat them? (so it’s harder for them to catch up to you). Have a team cheer!