

# Weekly Activities - Ages 9 - 11

**Theme: S.A.F.E.<sup>SM</sup>**

**Session: Three**

**Daily Topic: Dribbling**

**Daily Activity Breakdown:**

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:25 Turns & Burns (creative one-on-one moves to beat your opponent)

0:25-0:45 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

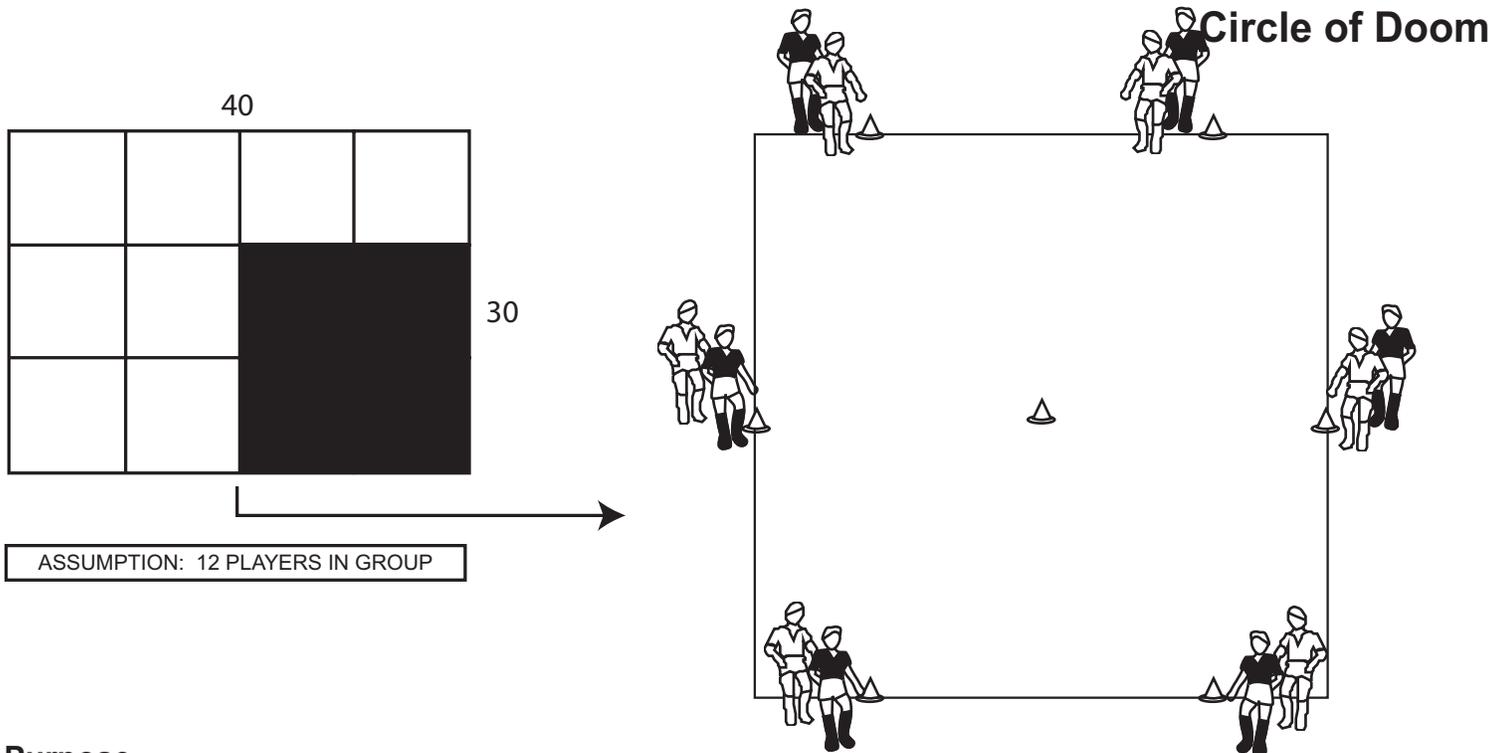
0:45-0:55 Net Buster (applications of the daily theme around a goal)

0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

# SOCCER-ROBICS - Movement & Speed



ASSUMPTION: 12 PLAYERS IN GROUP

## Purpose

To develop soccer speed and movement.

## Organization

Set up a circle of cones in a 20 x 20 yard area with a pair of players at each cone. Have the players piggy back each other.

## Game Objective

1. Player jumps off partner's back, runs around the circle and back on partner's back.
2. Partner jumps off, crawls through legs, sprints to middle cone, touches it and goes back through partner's legs and back on piggy back.
3. Jockey must try to stay on horse by climbing around the partner and back where they started.
4. Horse and Jockey run to middle cone and back. Change over and do it again. First team wins.

## Progressions

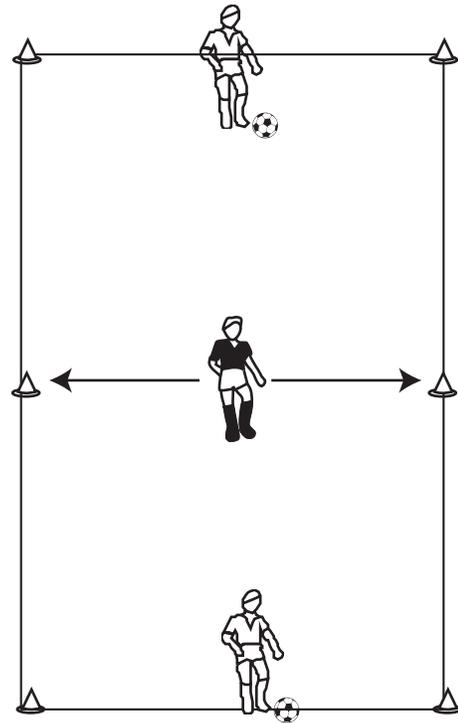
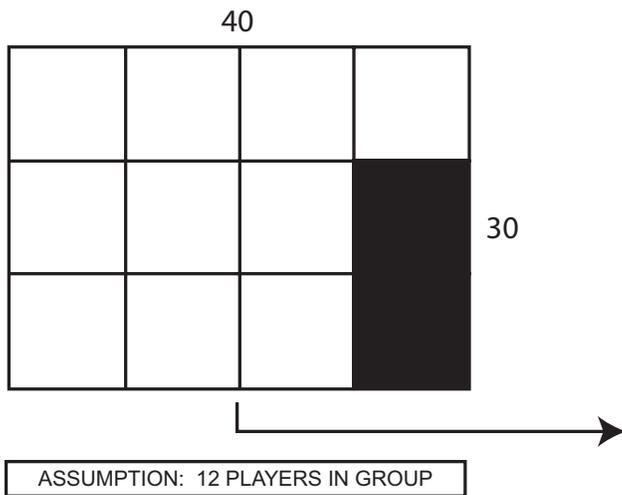
Introduce a ball for each of #1 and #2, above. These are all races.

## Key Coaching Points

1. Try to use both feet when dribbling to keep on line.
2. When turning, get low—bend your knees to get your center of gravity low.
3. Keep your head still when running.
4. Lift your knees and move your arms backwards and forwards, not across your body.

# URNS & BURNS - Dribbling & Turns

## Stealth Dribble



### Purpose

To develop moves to beat a player.

### Organization

Set up a 10 x 20 yard area. Station 1 player on each end line and a lone defender in the middle of the area. Repeat in 3 other areas for a total of 12 players. The light players each have a ball.

### Game Objective

The object of the game is for the light players to get over the middle line without losing the ball to the dark player. The dark player can only move along the line between the cones. If the defender wins the ball, then the attacking player and defender change places and roles. Keep score of how many times a player can get over the line without losing the ball.

### Progressions

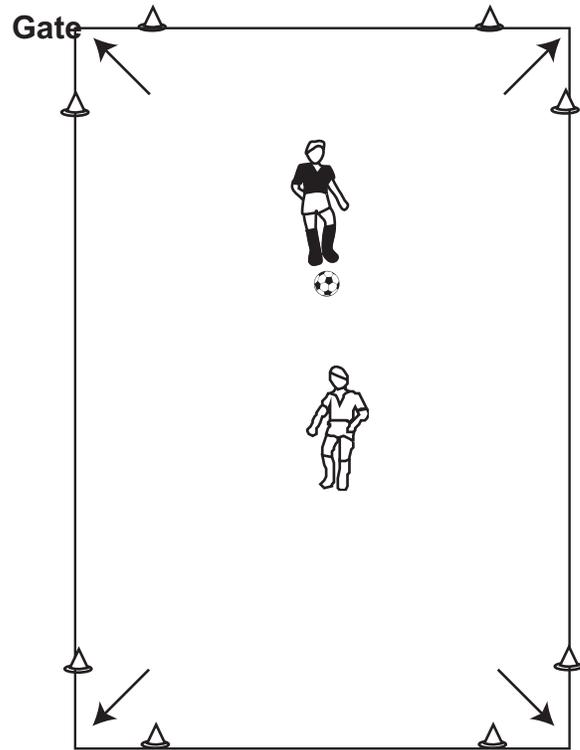
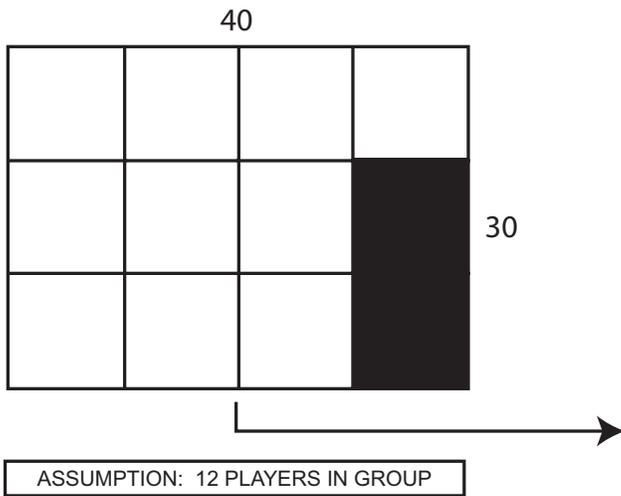
1. The defender can now move off his line.

### Key Coaching Points

1. Look for an opportunity to get over the line while the defender is tackling the other dribbler.
2. Use a scissors and inside out move to beat the defender.

# URNS & BURNS - Dribbling & Turns

## Juke & Jive



### Purpose

To develop the scissors move and Matthews fake.

### Organization

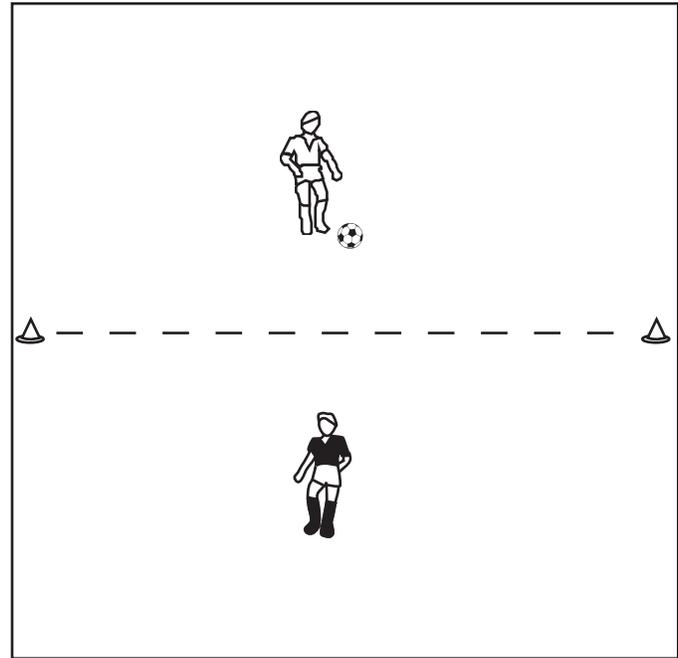
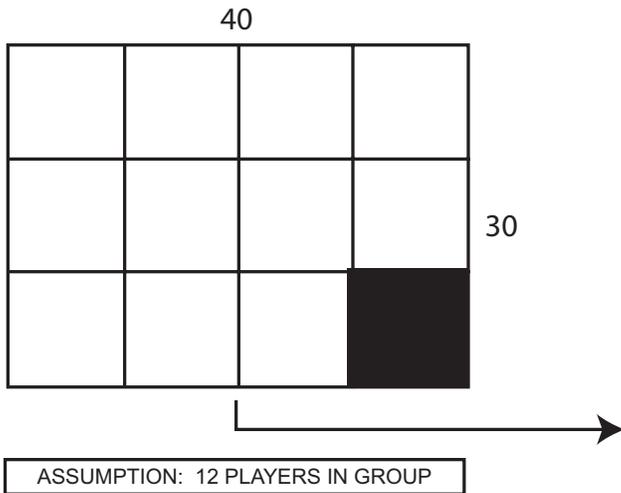
Set out a 10 x 20 area. 1 pair per area. Station goals angled into the field in the corners of the area as shown in the diagram. Repeat in 5 other areas for a total of 12 players.

### Game Objective

The ball carrier attempts to score goals by dribbling the ball through the goal = 2 points, or over the end line = 1 point, or through a goal after using a move = 5 points!

### Key Coaching Points

1. Make sure the fake fools the player.
2. It is better to go slow then speed away after a good fake.
3. If the defender recovers, then use another fake to "sell them" again!
4. Try putting both moves together.



### Purpose

To develop deception and feints.

### Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Light player starts with the ball. Neither player is allowed to cross the imaginary line. The light player attempts to dribble to either of the discs before the dark defender touches the very same disc. Repeat practices with the Dark player in possession.

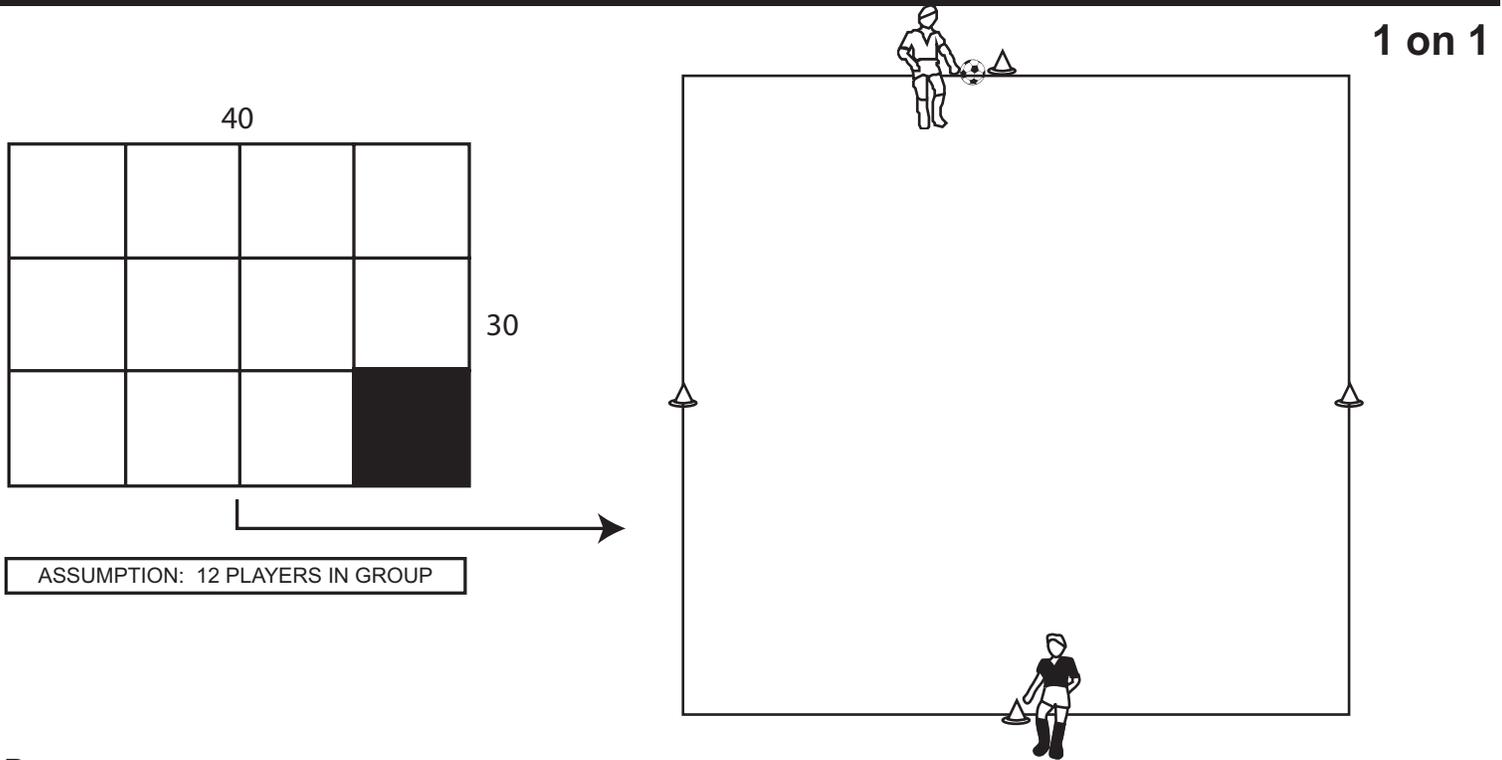
### Progressions

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

### Key Coaching Points

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.

# SKILLZBUILDER - Dribbling



## Purpose

To develop deception, feints and beating an opponent.

## Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Position 1 player on each end line. An imaginary line is made in the middle of the area by 2 discs. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Light player starts with the ball and passes it in to the dark player. As soon as the dark player touches the ball, the light player can try to win the ball. The dark player tries to dribble to any of the 3 spare cones in the grid. The dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the light player defender to the disc at the top of the diagram. Repeat the practice with the light player in possession.

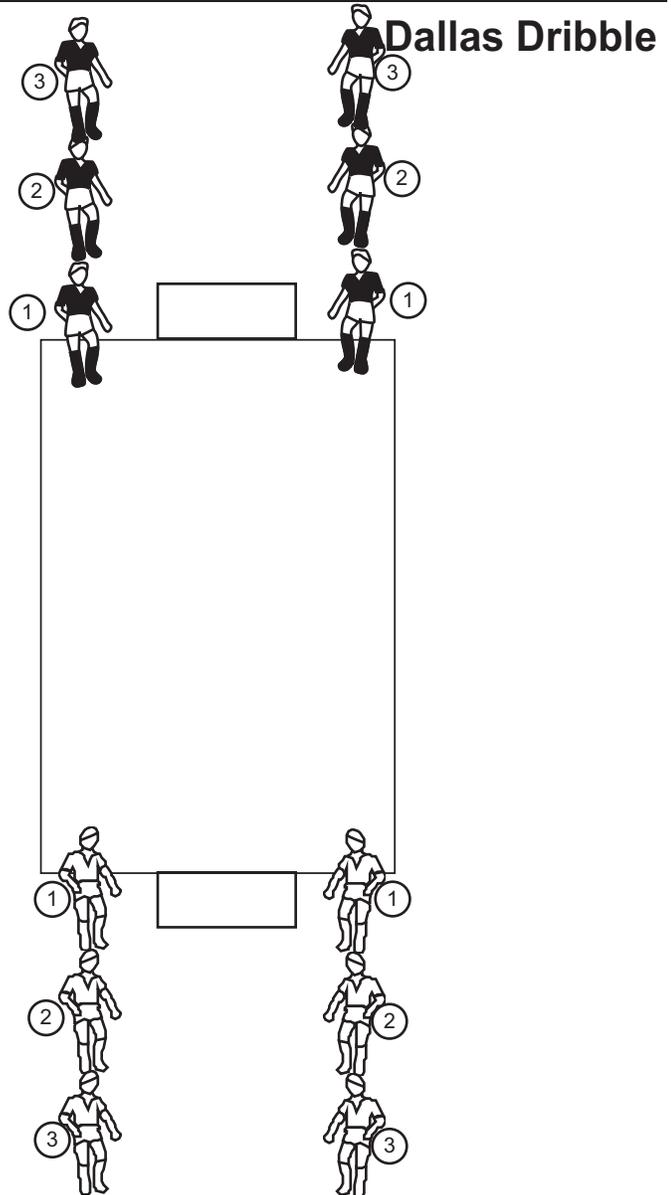
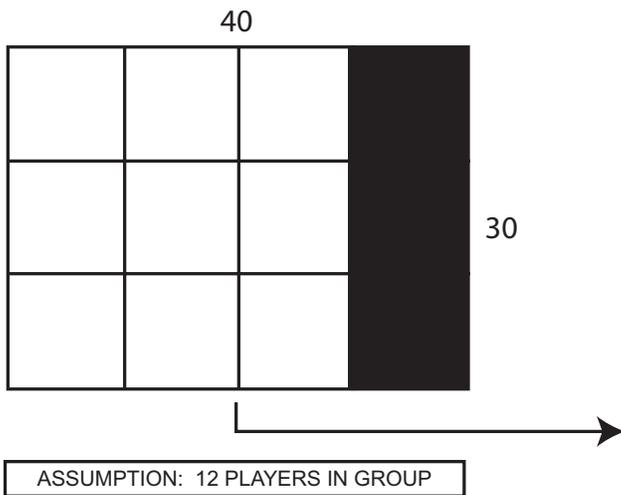
## Progressions

If the light player wins the ball, he becomes the attacker and tries to score.

## Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.

# NETBUSTER - Dribbling



## Purpose

To develop combination play leading to a shot on goal.

## Organization

Set out a 10 x 30 yard area. Divide the group into 2 teams and number them in pairs as shown in the above diagram.

## Game Objective

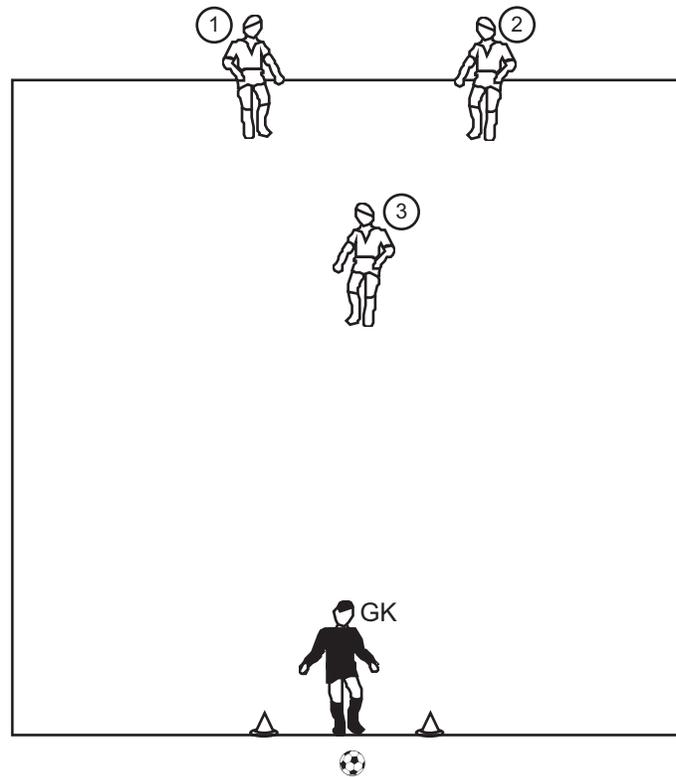
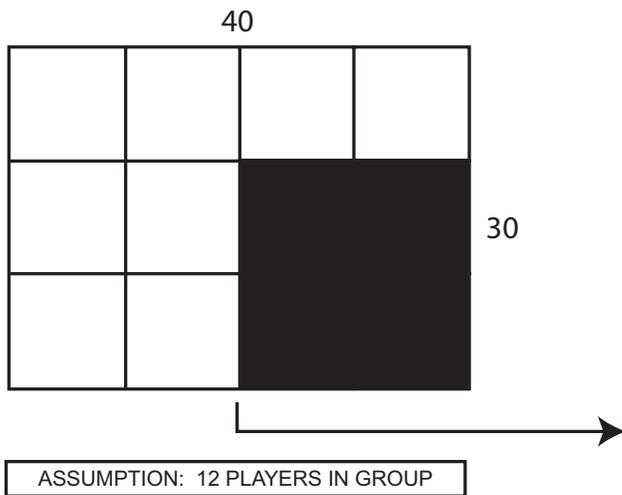
The coach calls out a number and serves the ball into the middle of the area. Players compete in a 2 v 2 in an attempt to score in the opposing goal. Defenders may play man to man defense or drop 1 of the players back to be a sweeper-keeper. The coach should encourage improvisation and creative play by the attackers.

## Key Coaching Points

1. Use a fake to make space for yourself, then shoot.
2. Follow in for any rebounds.
3. Be aggressive and take defenders on.

# BACKYARD SOCCER - Dribbling

## Metrostars 3 Goals & In



### Purpose

To develop shooting and finishing.

### Organization

Set out a 20 x 20 yard area. Groups of 4. 2 balls per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

### Game Objective

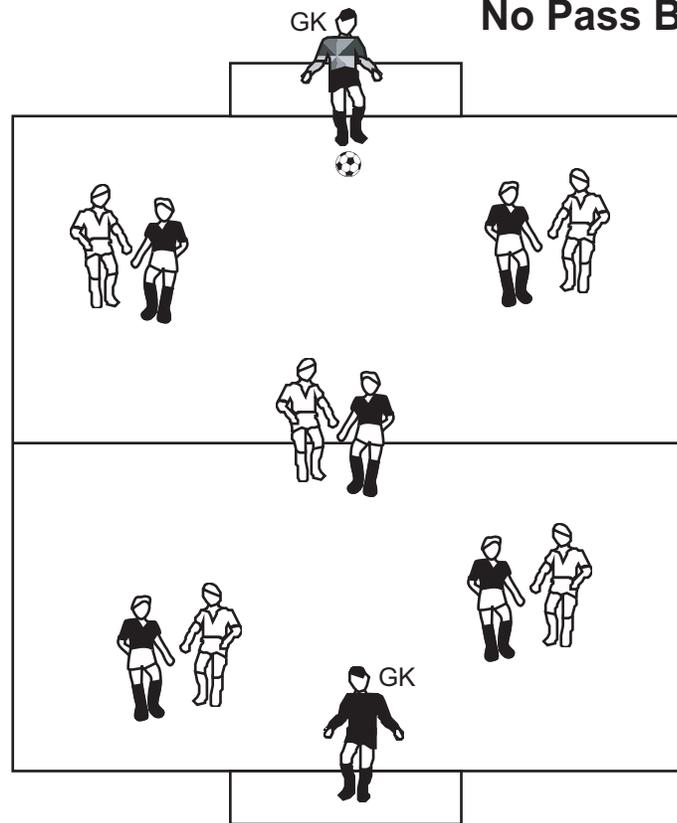
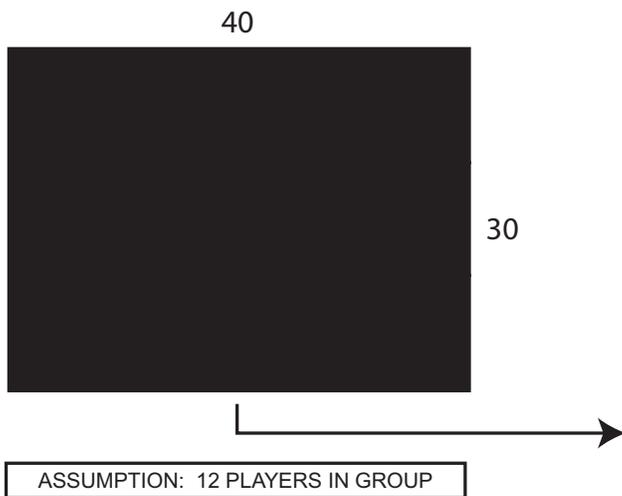
Light players 1, 2, 3 compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

### Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.

# MLS PLAYOFF - Dribbling

## No Pass Backs



### Purpose

To develop dribbling in attack.

### Organization

Set out a 40 x 30 yard area and mark out a halfway line. Play 5 v 5 + 1 goalkeeper in the total area. 1 ball per practice.

### Game Objective

The object of the game is for the team in possession to attack the opposing goal. Once in your opponents 1/2 of the field, you can only pass backwards.

Once in your opponent's 1/2, attack the space behind defenders to either shoot and score or cross backwards to an oncoming player.

### Progressions

1. Now introduce an end zone which, if you enter, you go 1v1 on the keeper. You can only get in that area by dribbling.
2. Now introduce 1/3's of the field—in the final 1/3, you must take a player on.
3. Open rules.

### Key Coaching Points

1. Move the ball into the opponent's half quickly with passing.
2. Once in the opponent's half, commit defenders by using fakes and turns.
3. Try to get the ball to the end line, then pull it backwards to oncoming strikers.