

EDUCATE - CONNECT - INSPIRE

**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**

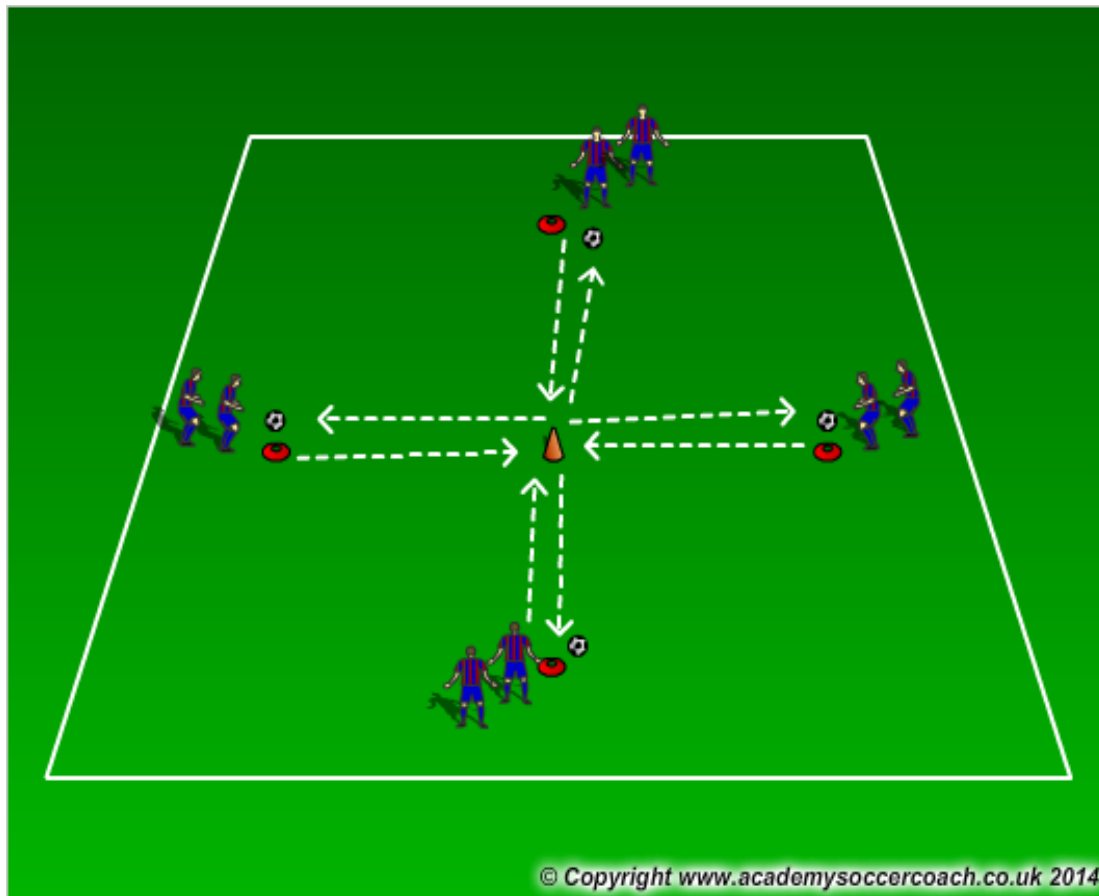


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Session Two: Dribbling: COD Turns/1 vs 1's



WARM-UP: TURNS FROM THE CENTER



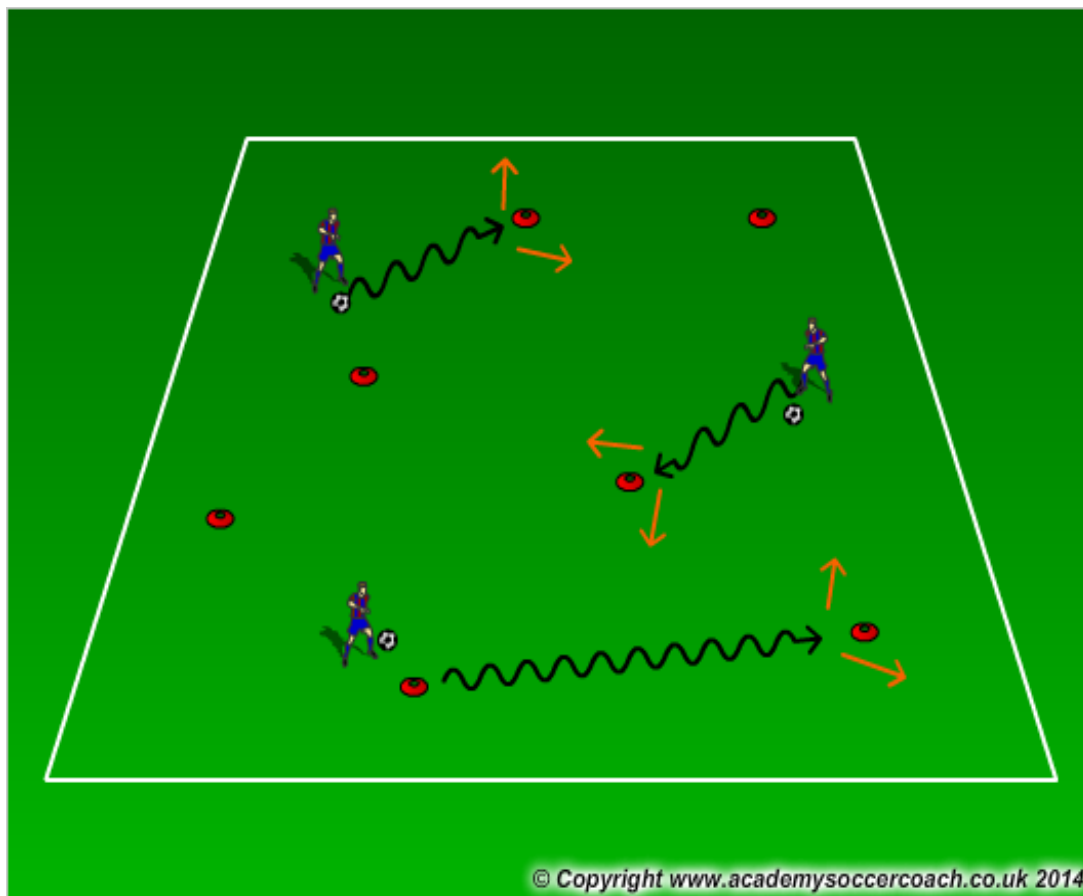
Set-up: 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

Description: First player from each line dribbles into the center cone, performs a turn and then dribbles back to the next player in the line. All players at the front of the line dribble at the same time. Vary turns, touch conditions and add competition.

Coaching Points: Quick, small touches into the middle. Turn in as few touches as possible. Add change of speed after the turn. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

Moves Covered: Turns with the inside, outside and sole of the foot.

DRIBBLING: MOVES TO A CONE/TARGET

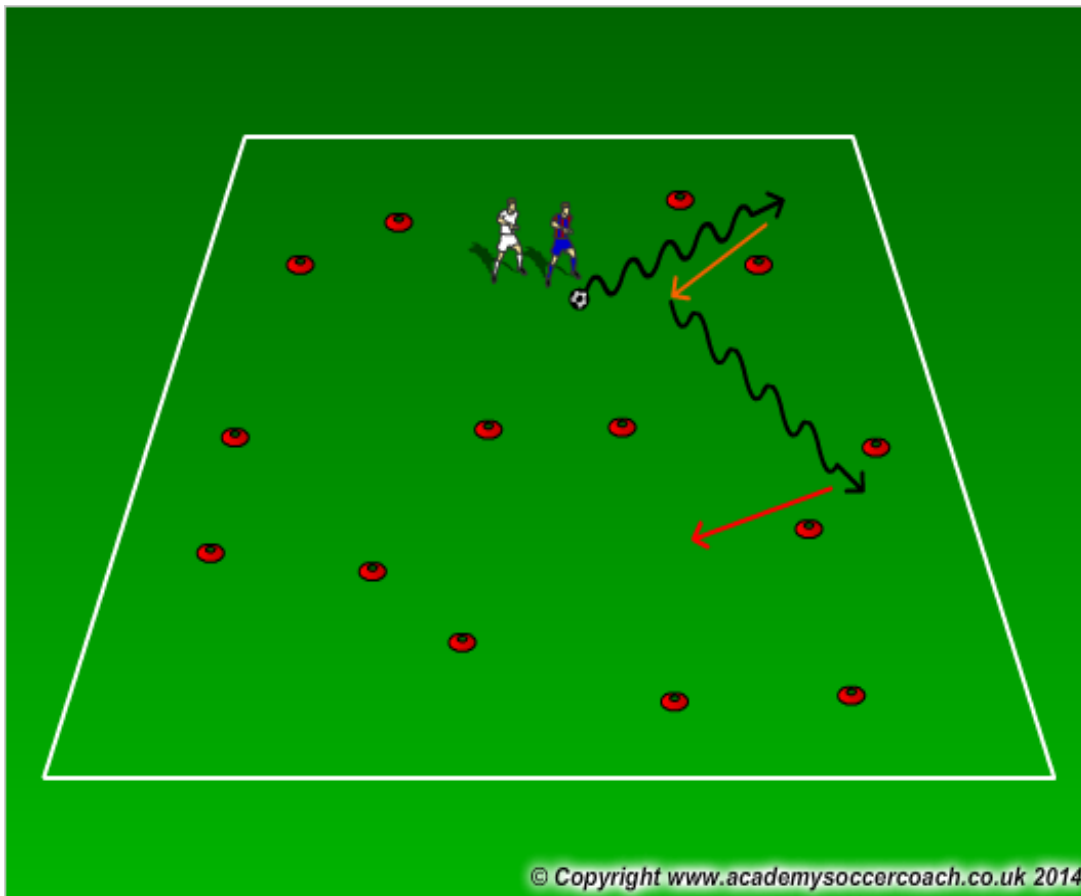


Set-up: Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.
Moves: Inside Cut, Outside cut, stop-turn

Coaching Points: Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

1 VS 1's: GATES

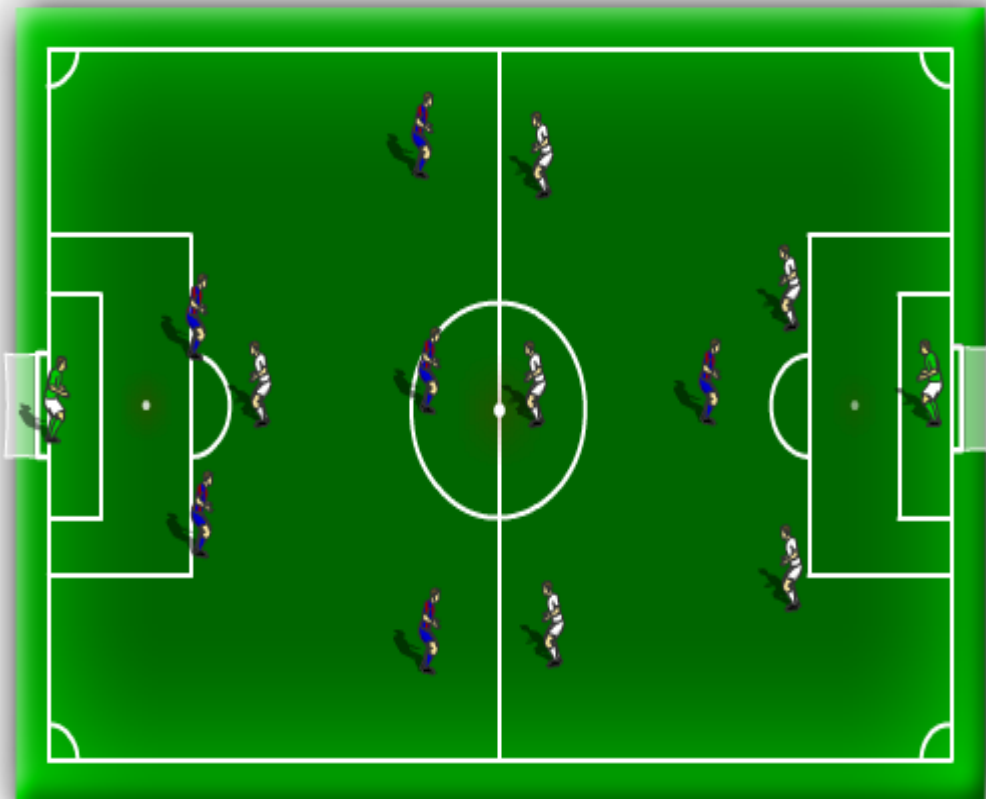


Set-up: Area same as above. Players in pairs with 1 ball per pair.

Description: Player 1 has the ball and attempts to dribble around the area, moving through the different gates. Player 2 tries to stop them and win possession. Once possession is lost, ball goes back to Player 1. Perform 1-2 minute rotations.

Coaching Points: Player 1 (attacker) uses body to shield the ball and dribbles for the open gates. If defender comes in from the side or gets in front of you, use a move to change direction. To increase difficulty, Player 1 has to perform a turn through the gate(s). Add points to make the activity more competitive or change partners with each rotation.

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Moves: Add points/goals for successful turns within the game.