

EDUCATE - CONNECT - INSPIRE



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



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Session Three: Dribbling: COD Fakes/1 vs 1's



DIAMOND WARM-UP: TURNS



Area:

20 x 20 Diamond with cones on the inside.

Description:

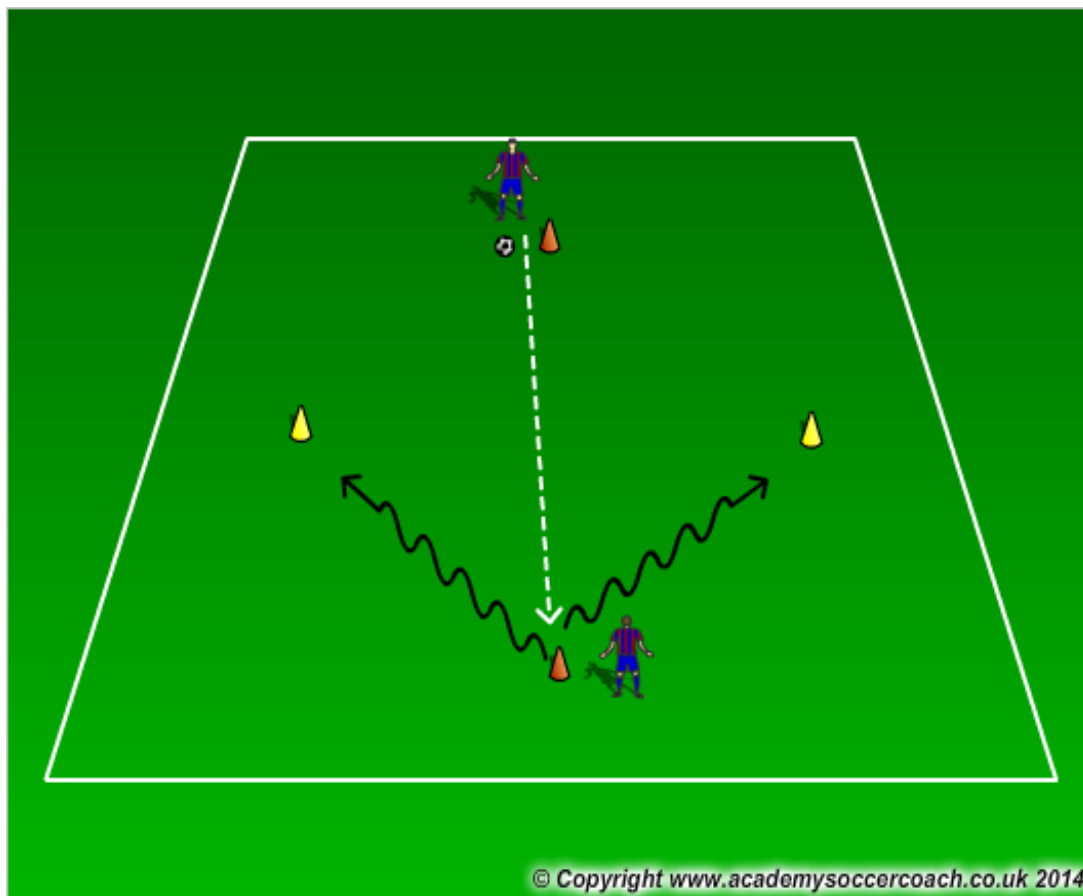
Players in 2's and 3's at outside cones. Players dribble into area and turn at the center cone. Perform passing variations:

- 1) Dribble, turn and pass to next player
- 2) Dribble, turn and play 1-2 to outside space with next player
- 3) Dribble, turn and play 1-2 around the outside cone with next player
- 4) Dribble, pass to center player, pass back and lay-off for next pass to outside player. Rotate center players with each passing combination.

Coaching Points:

Quality and speed of the pass
Preparation and first touch
Communication and movement before the pass

1 VS 1's: MOVES TO A SIDE CONE/TARGET



Set-up: Players 15-20 yards apart. Side cones (targets) approximately 10 yards either side (diamond formation). Players in pairs with 1 ball per pair.

Description: Player 1 passes to Player 2. Player 1 becomes a defender, Player 2 becomes an attacker. Player 2 attempts to dribble to one of the side cones (targets) utilizing the moves to change direction. Rotate positions after possession is lost.

Coaching Points: Attacker on the toes before receiving the ball. Positive first touch in the direction you want to dribble. Use the moves to change direction. Change speed after move(s) to create separation from the defender.

1 VS 1's: TO TARGET GOALS

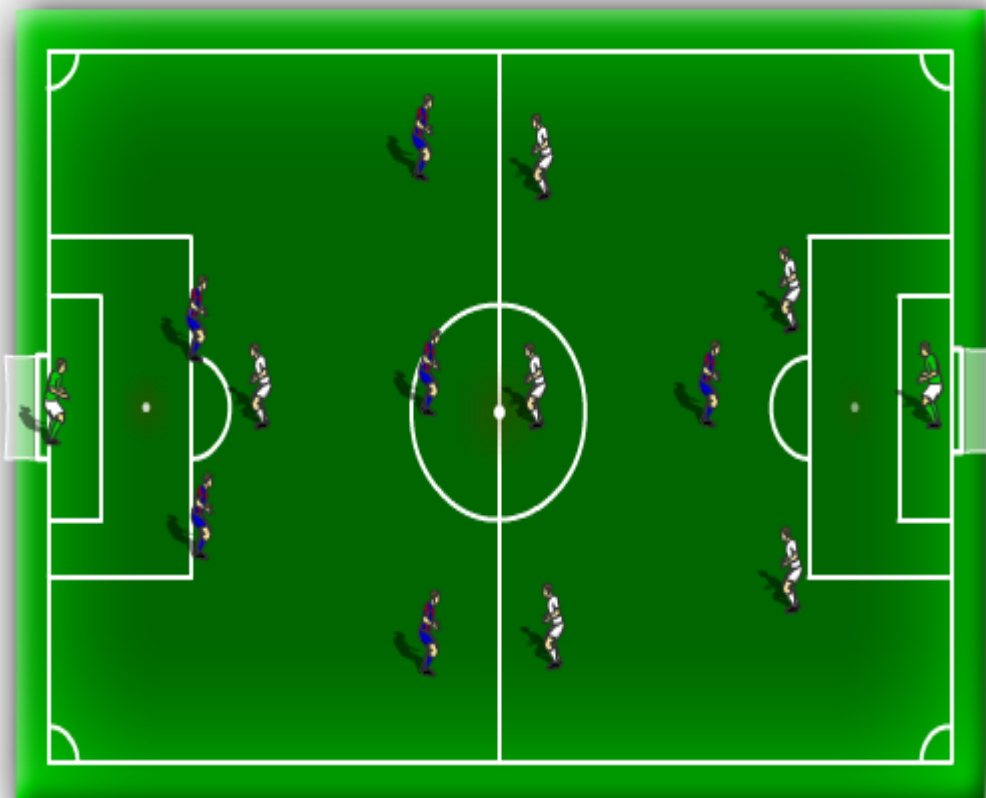


Set-up: Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

Activity: Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

Coaching Points: Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

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 fakes within the game.