

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: Four

Daily Topic: Dribbling

Daily Activity Breakdown:

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

0:10-0:20 Turns & Burns (creative one-on-one moves to beat your opponent)

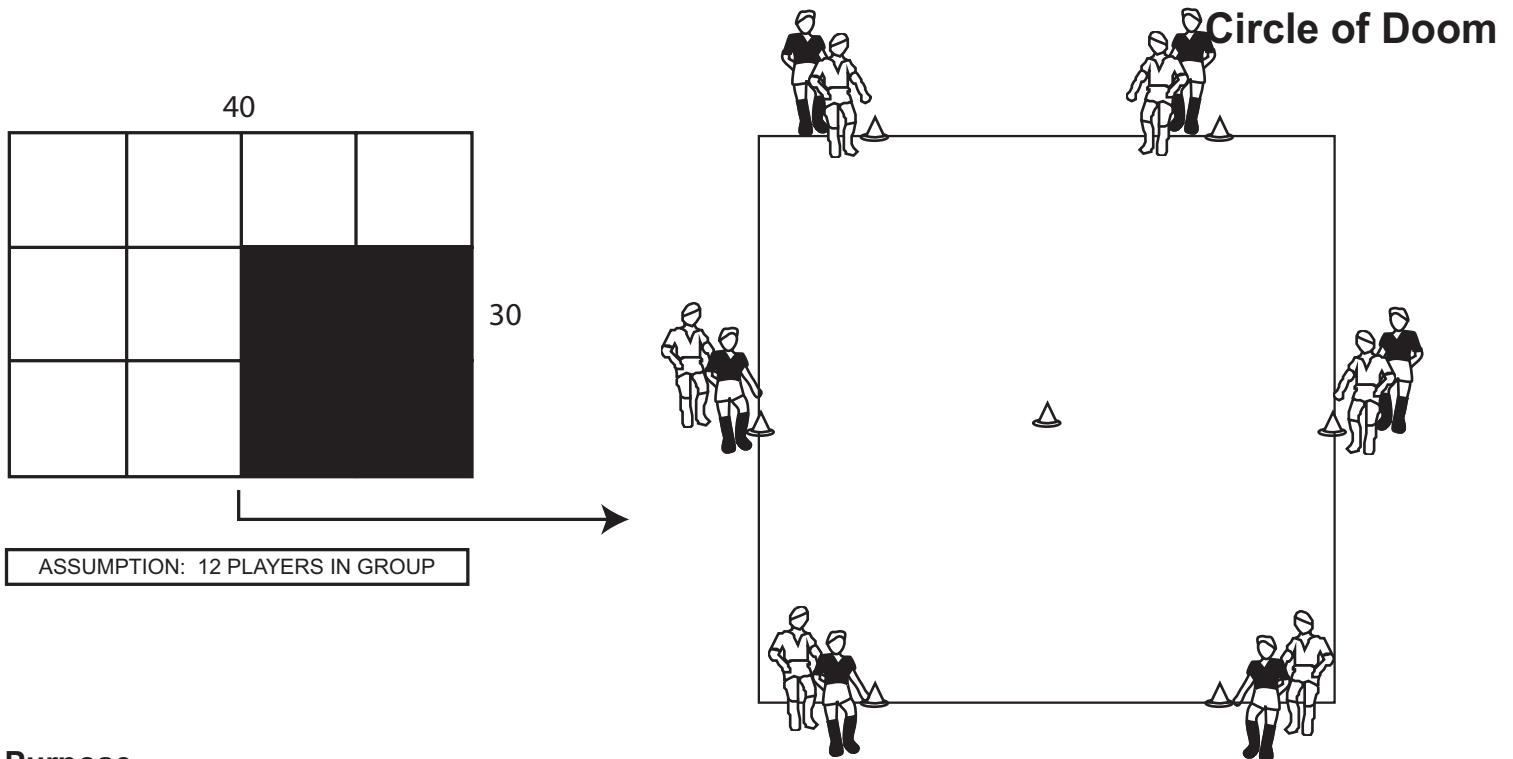
0:20-0:50 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

0:50-1:00 Break (competitions/quizzes)

1:00-1:15 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



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

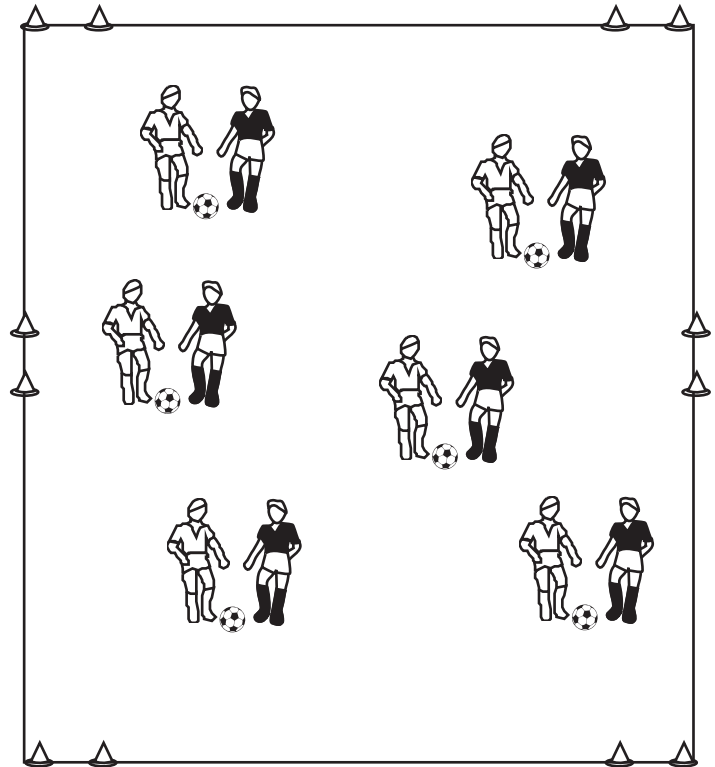
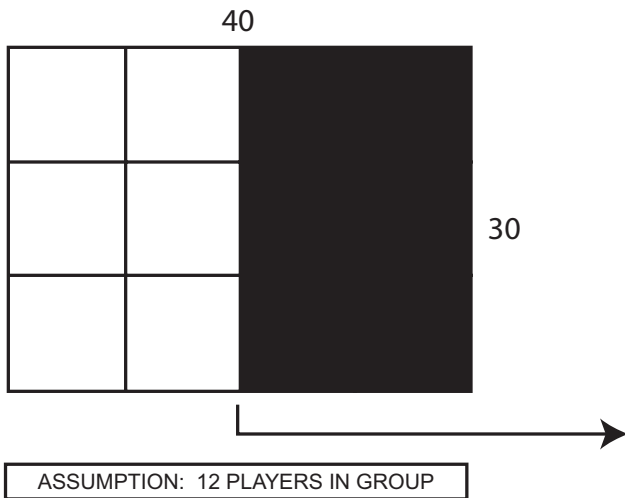
Introduce a ball for each of #1 and #2, above. These are all races.

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

Detchen's Game



Purpose

To develop dribbling and turning skills.

Organization

Set out a 20 x 30 yard area. 6 pairs, 1 ball per pair. Players are stationed randomly within the area. Set up 6 small gates, 2 cones 2 yards apart around the outside of the area.

Game Objective

Light player starts with the ball. The object of the game is to dribble through as many gates as possible in an allocated time period. The defender (dark player) must attempt to dispossess the player in possession. If a player dribbles through a gate and stops the ball, score 3 points. Every turn or fake demonstrated scores 1 point. First player to 10 points wins. Once a goal is scored, the defender gets the ball. Players cannot go to the same goal twice in succession.

Progressions

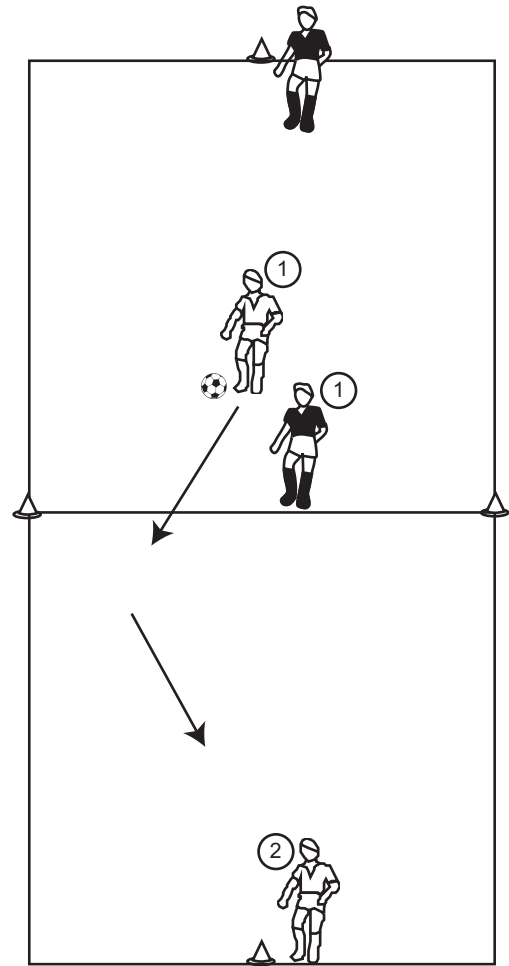
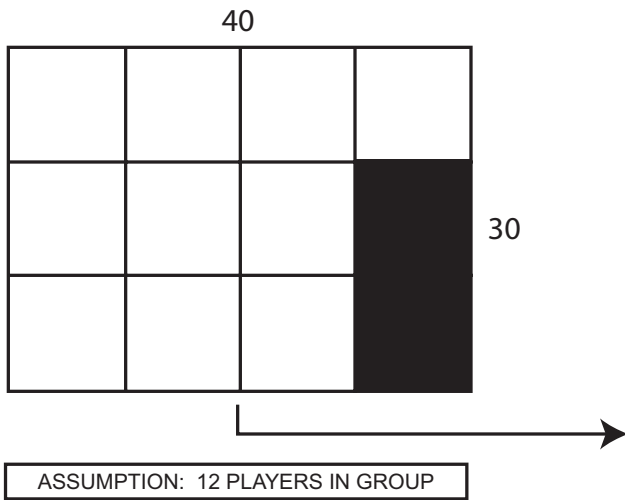
1. Develop into 2 teams with 1 ball.
2. 2 teams, but 2 balls in play.

Key Coaching Points

1. When the defender gets alongside you, turn and go in a different direction.
2. Make space, then explode away.
3. Shield the ball and move into space away from the defender.
4. Try to look beyond the ball.

SKILLZBUILDER - Dribbling

1 v 1 To Targets



Purpose

To develop beating an opponent.

Organization

Set out a 10 x 20 yard area. Two teams of two. One ball per group. Create an imaginary halfway line using discs. Repeat in two other areas for a total of 12 players.

Game Objective

Light player #1 is in possession of the ball. He must beat his defender (dark player #1) and get across the imaginary halfway line at the 10 yard marker. Once in the other half he can pass to his teammate who is standing in the center of the endline. If the dark defender wins the ball, he immediately attacks the opposing half.

Progressions

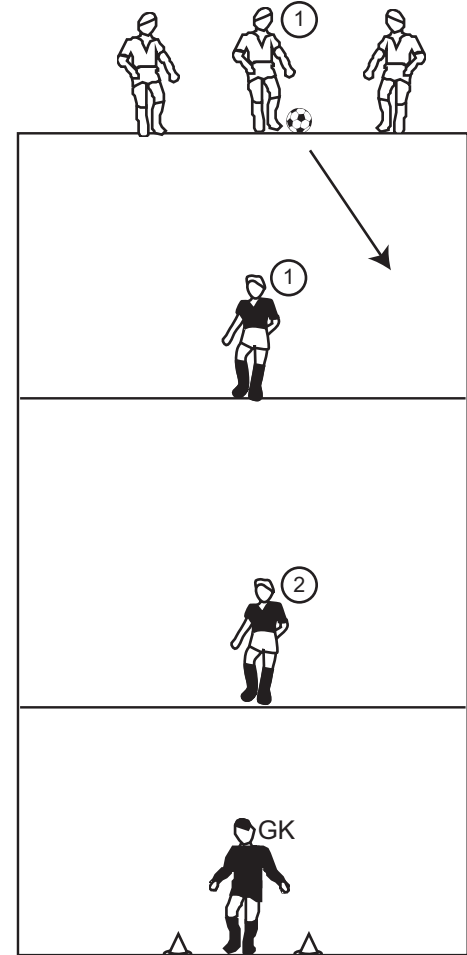
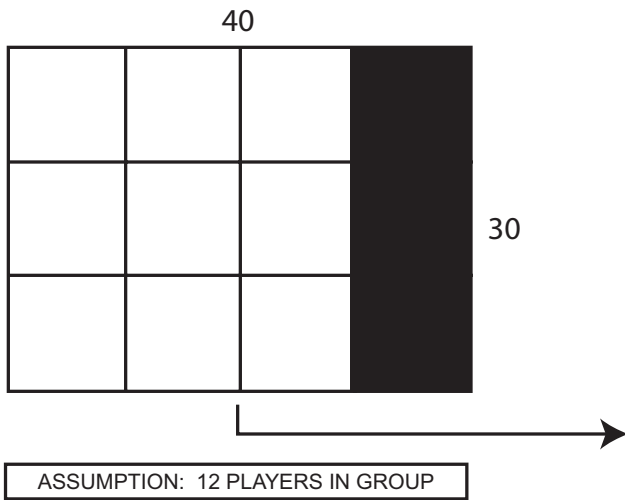
Allow the endline players to move up and down the endline to receive the ball. Now you can pass the ball from inside your own 1/2 also.

Key Coaching Points

1. Attack the space to the sides of the defenders.
2. Use your change of pace and change of direction to out play your opponent.
3. Once you make space, then play the ball forward.
4. Can you swerve the pass around the defender?

SKILLZBUILDER - Dribbling

Run The Gauntlet



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of six. One ball per group. Position light players (attackers) and dark players (defenders) as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

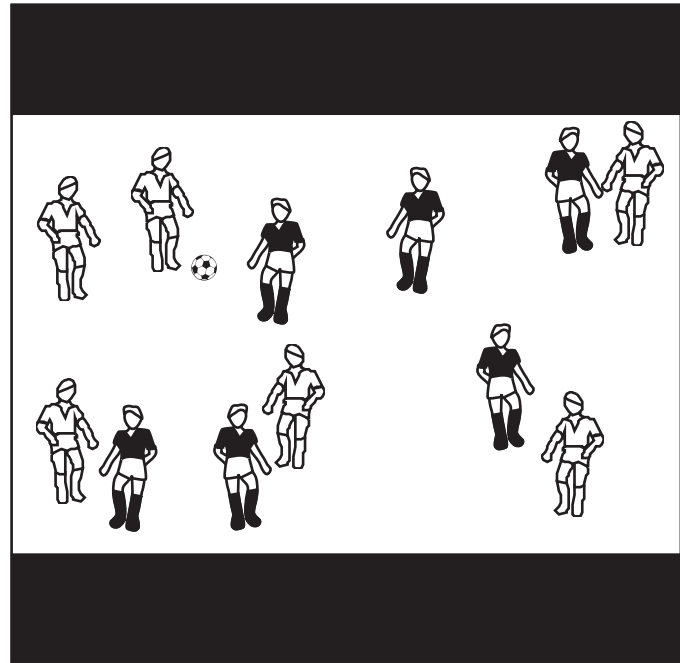
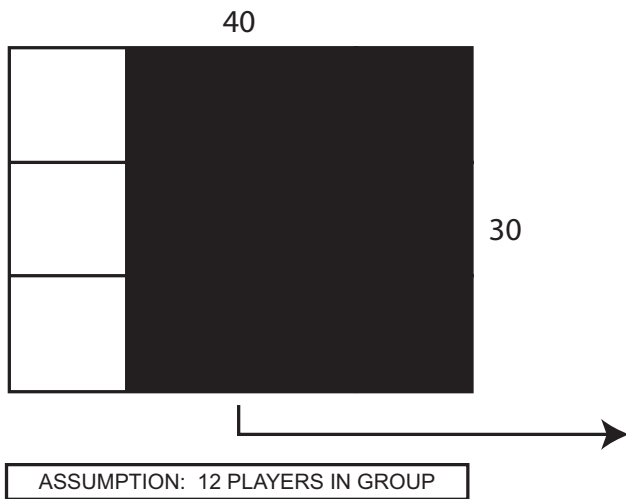
Light player #1 is in possession of the ball. Light player #1 must beat the dark player defenders #1 and #2, who each defend their line. When they advance into the goal scoring area beyond the final defender they must shoot on goal. Rotate positions. When the attacker enters the final 20, the goalkeeper can come off his line. The defender cannot move off his line.

Progressions

1. Defenders can enter the area only when the attacker enters the square.
2. All 3 attackers combine. Defenders may now move around in the 10 x 10 yard area in which they are stationed.

Key Coaching Points

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. If the defender gets in a good position, then shield the ball until you can turn.



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an endzone 5 yards wide from each endline. Play 6 v 6. One ball per group.

Game Objective

The dark team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the endzone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

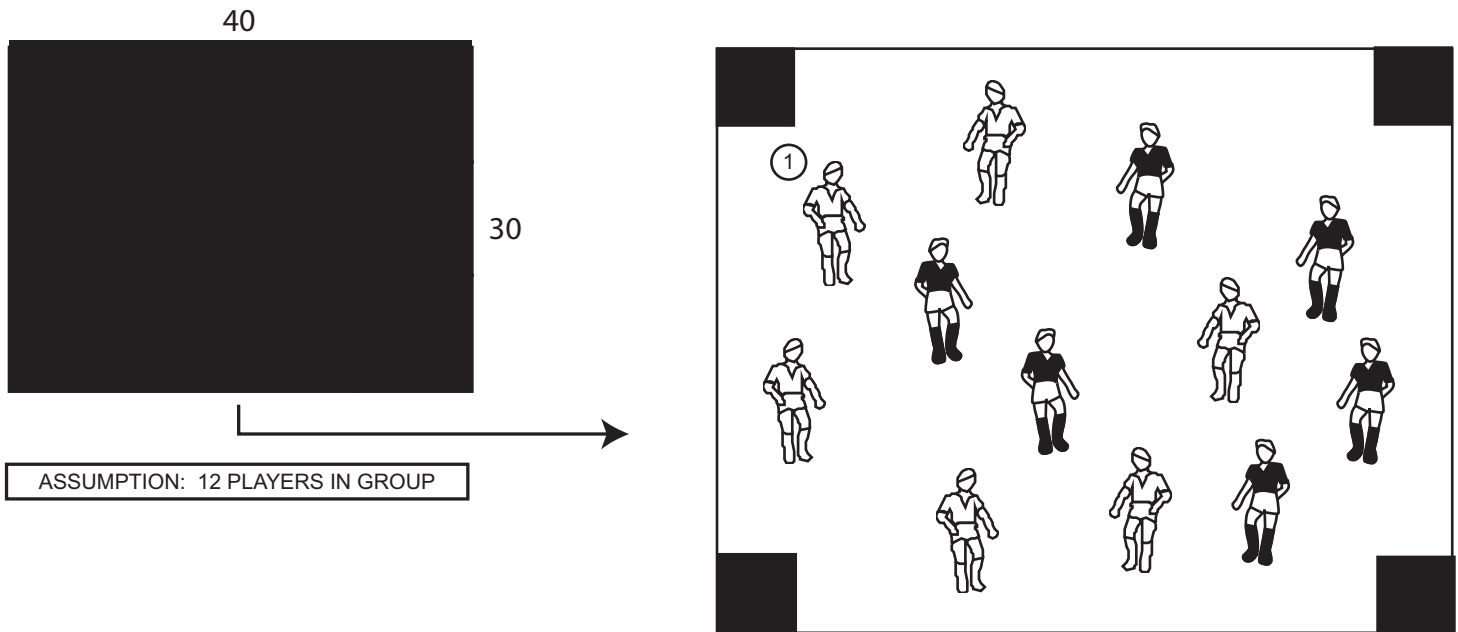
Make the endzones neutral such that either team can score in both endzones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.

BACKYARD SOCCER - Dribbling

Dallas Burn's Turn & Burn



Purpose

To develop support, running off the ball and dribbling.

Organization

Set out a 40 x 30 yard area. Create a 5 x 5 yard square in each corner of the grid. Play 6 v 6 within the confines of the area.

Game Objective

Light player #1 starts with the ball. The light team can attack any of the four squares. To score a goal you must dribble the ball into an offensive square. No defender is allowed in this area. Once you stop the ball in the area, the other team takes over and attacks the other 3 areas.

Progressions

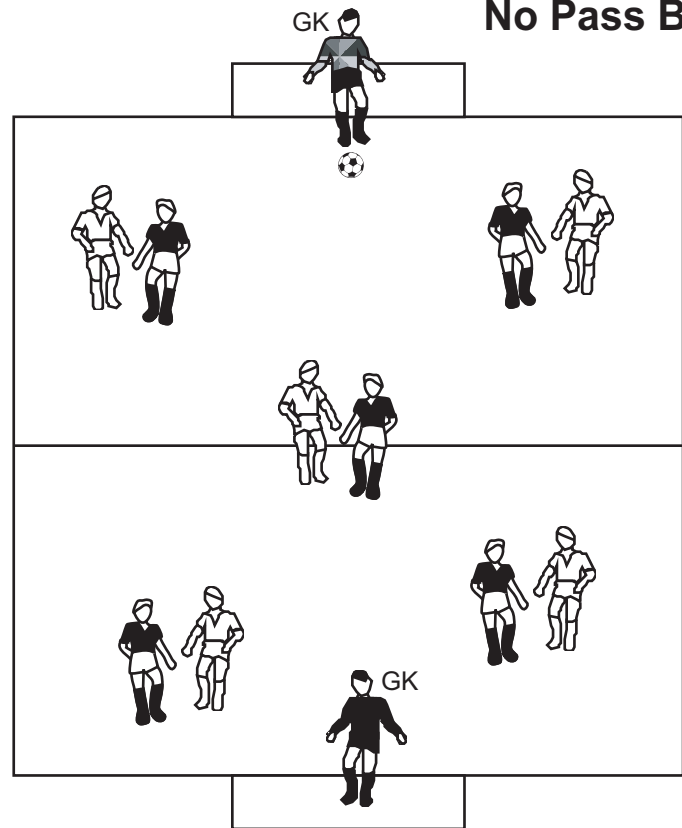
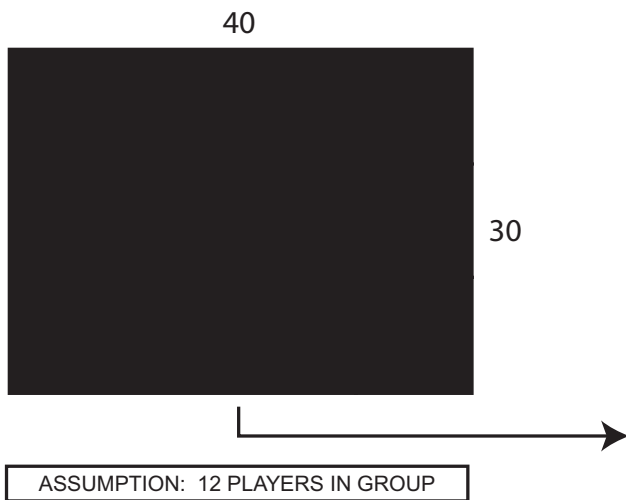
Change to goals on opposite diagonals (top right and bottom left of the diagram) thus encouraging players to switch the direction of play.

Key Coaching Points

1. Look at the spacing of players - are the passing distances allowing defenders time to recover?
2. Are the players away from the ball taking the initiative to create space?
3. When you get the chance to dribble the ball, you take it.
4. Are players turning to open up the field?
5. When to dribble and when to pass.

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.