

Week 2: Dribbling Moves

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Community Soccer U-12 Girls


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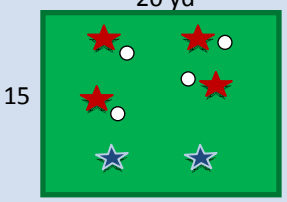
Coaching Points

- Change of speed after your move
- Change of direction after your move
- "Sell" your move
- Pick an appropriate move

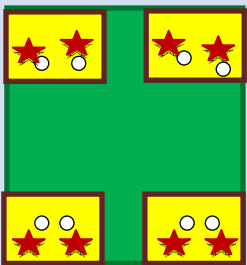
7:15—7:25 p.m.

1. Warm Up: Dribbling Moves	Ali will have all the players dribble in an area. While players are dribbling trainers/coaches will walk around and try to defend a player (somewhat passive defending -- can poke ball away if it's not in control). The player must make a move around the trainer/coach.		Moves such as: fake take, scissors, pull back, or step over will be demonstrated to players before activity starts. Coaching points: <ul style="list-style-type: none"> • try to get your head up • dribble into open space but attack the trainer/coach at speed then do your move • focus on doing the move correctly
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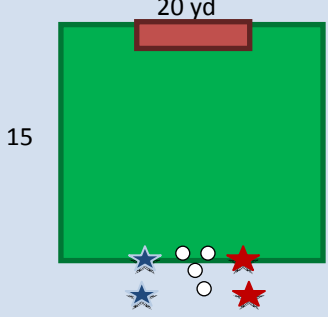
7:30—7:40 p.m.

2. Knock Out	<ul style="list-style-type: none"> • Everyone has a ball except one or two players. • The players without balls are trying to kick the other players' balls out of the grid. • The players a ball are dribbling around designated area trying to keep their ball in the grid. • If a ball gets kicked out of the grid, that player tries to kick other balls out of the grid. • Play a few rounds. 		Coaching points: <ul style="list-style-type: none"> • change of speed = speed up to get away from defender and slow down once you get into open space • keep the ball under control/close to your foot
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7:40—7:50 p.m.

3. Rob the Nest	<ul style="list-style-type: none"> • Everyone needs a partner. • Every team of 2 needs a 5x5 grid and 2 balls in their grid (nest). • When coach says "go" both partners can run to another 'nest' (or one can stay to protect the 'nest' but cannot use hands) and dribble back- one ball at a time. • Play for 3 minutes and see which group has the most balls. • Play a few rounds. 		Coaching points: <ul style="list-style-type: none"> • change of pace when you are dribbling the ball back • Go to different nests • Players should practice their moves to get back to their nests
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7:50—8 p.m.

4. Get Outta There	<ul style="list-style-type: none"> • Make two even teams. • In a 15x10 grid both teams will line up on the same side. • Coach will always play out a ball and one player from each team runs to win the ball. • Play 1 v 1 until the ball goes out of bounds of someone DRIBBLES through the goal to score a point. • Teams need to keep track of their points. • Once ball leaves the grid or a goal is scored coach will say 'get outta there' and two players (one from each team) will come on the field. 		Coaching Points: <ul style="list-style-type: none"> • try a move to beat a defender • keep ball in control when dribbling to goal
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8— 8:15 p.m.

5. 4v4/5v5 Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play again same color team, or switch & play a different color team.		<ul style="list-style-type: none"> • Execute what we did in training during the scrimmage • Ask the trainers questions about game-time tactics.
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Homework: Who can keep the ball in the air longest using only their feet? Want to improve each week. **Week 3's goal = 10 juggles**