

Week 1: Dribbling & Shielding

March 28, 2011

Cutters Community Soccer U-14 Boys

Coordinator: Michael Nosofsky

E-mail: mnosofsk@gmail.com

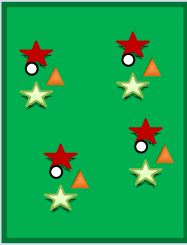
Coaching Points

- Dribbling with head up
- Use all surfaces of your foot
- Keep the ball close
- Position your body to protect the ball

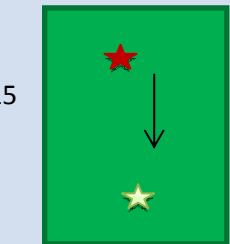
7:15 - 7:25 p.m.

1. Warm Up:	Michael will run the warm-up activity with the help of the age group trainers and volunteer coaches.		Michael will demonstrate the skills and coaching points for the day during warm up.
--------------------	--	--	---

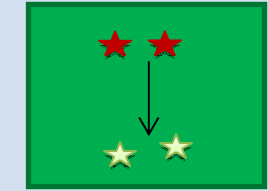
7:30-7:40 p.m.

2. 1 v 1 to cone	<ul style="list-style-type: none">• Players get into pairs with one ball and one cone.• Cones are spread around the field, so players have enough room to play.• One player is on offense for 30 seconds to 1 minute and tries to dribble the ball over the cone as many times as possible.• At the end of the time, switch roles.• After both partners have gone they should find a new partner to go against.		<p>When shielding, position body:</p> <ul style="list-style-type: none">• Between defending player and ball• Knees bent, arms out• Make contact with defending player <p>When attacking the cone:</p> <ul style="list-style-type: none">• Dribble with head up• Use different surfaces of the foot• Use “moves” (ball or body movement) to “fake out” your opponent.
-------------------------	---	---	--

7:40-7:50 p.m.

3. 1 v 1 ladder	<p>Players compete 1 vs. 1 to score points. Practice shielding techniques and dribbling.</p> <ul style="list-style-type: none">• Stop on line (foot on top of the ball) to score• 45-60 second games• Winner moves up one field, other player stays (losing player on top place field goes to the other end)• If tied, use Rock, paper, scissors to determine winner.	<p>12</p>  <p>15</p> <p>12 x 15 yard grid Have multiple fields side by side.</p>	<ul style="list-style-type: none">• The players should use all surfaces of the foot: Sole/inside/outside• Players position their bodies to protect (shield) the ball
------------------------	--	---	---

7:50-8 p.m.

4. 2 v 2 dribbling	<p>Divide players into two-player teams.</p> <p>Play is initiated with pass from one team to the other.</p> <ul style="list-style-type: none">• To score, dribble and stop on end line (like above activity).• Each round, players switch teammates.	<p>24</p>  <p>15</p> <p>15 x 24 yard grid (combine two grids from last activity)</p>	<ul style="list-style-type: none">• Encourage players to dribble with speed and take players on• Head up• Dribble into open space
---------------------------	---	--	---

8 – 8:15 p.m.

5. Scrimmage	<p>Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your “practice partner’s” team.</p>		<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics, if needed.
---------------------	--	--	--

Homework: Practice your dribbling moves this week. Be prepared to show Coach Michael your favorite move next week during warm up!