

# Week 1: Dribbling & Shielding

August 29, 2011

Cutters Community Soccer U-14 Coed

Coordinator: Phalo Pietersen

E-mail: phalofbcl@hotmail.com

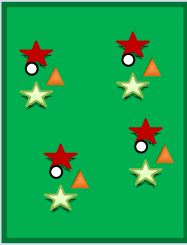
## Coaching Points

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

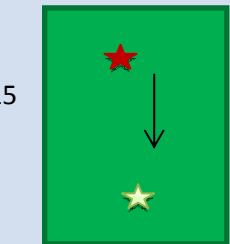
7:15 - 7:25 p.m.

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

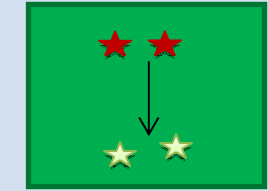
7:30-7:40 p.m.

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

7:40-7:50 p.m.

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

7:50-8 p.m.

<b>4. 2 v 2 dribbling</b>	<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"><li>• To score, dribble and stop on end line (like above activity).</li><li>• Each round, players switch teammates.</li></ul>	<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"><li>• Encourage players to dribble with speed and take players on</li><li>• Head up</li><li>• Dribble into open space</li></ul>
---------------------------	---	--	---

8 – 8:15 p.m.

<b>5. Scrimmage</b>	<p>Divide group into even teams (no subs) and play on the width of each field. Play against your own team this week, to get to know the players better.</p>	<ul style="list-style-type: none"><li>• Reinforce lessons from training during the scrimmage.</li><li>• Use this time to ask trainers questions about game tactics, if needed.</li></ul>
---------------------	---	--

**Homework:** Practice your dribbling moves this week. Be prepared to show the coaches and trainers your favorite move next week!