

Week 2: Dribbling Moves


April 4, 2011

Community Soccer U-12 Girls
Coordinator: Kristen Malmstrom
E-mail: KMalmstr@indiana.edu

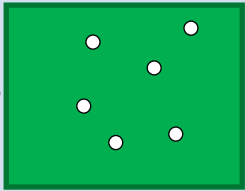
Coaching Points

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

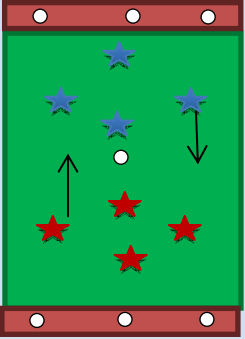
7:15 - 7:25 p.m.

1. Warm Up: Play by numbers	Kristen will have all the players dribble in an area. She will demonstrate a few new moves and have players perform the move when its number is called out.		Progressions: Try for all moves <ul style="list-style-type: none">○ Cut (#1)○ Fake (#2)○ Step-over (#3)○ V-Cut (#4)○ #5 they have to leave their ball and find a new one & immediately start dribbling
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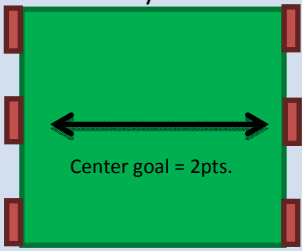
7:30-7:40 p.m.

2. Ball Stealing	<ul style="list-style-type: none">• Split the group into two teams.• The coach will distribute 5 or 6 balls in the space.• The teams play for possession of the balls and try to win the balls from the opposite team.• The team that has the most balls at the end of the 2-minute round wins.	<p>35yd</p> 	<ul style="list-style-type: none">• Play multiple rounds• Encourage players to try multiple moves to maintain ball possession
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7:40-7:50 p.m.

3. Bank Game	<ul style="list-style-type: none">• Split players into 2 fair teams• Place 3 balls in each end zone (red boxes in grid) and have one ball begin at midfield to start (total=7 balls)• The team that places the 'starting' ball in the opponent's end zone 'bank', gets to take a ball from their end zone and try to score.• If the defending team wins the ball, they try to make a 'deposit' in the opposite end zone 'bank'• The team with the fewest balls remaining in their defensive end zone wins.	<p>35yd</p> 	<ul style="list-style-type: none">• Players should practice their moves to get past the defender• Emphasize coaching points
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7:50-8 p.m.

4. 4v4 to 3 goals	Create goals using cones (see red boxes in diagram) Split your team into 2 fair teams (preferably 4 vs. 4, depending on your numbers) Play to 3 goals at each end. Score on the central goal= 2pts, on either of the outer goals =1 pt.	<p>40yd</p>  <p>40 x 45 yard field, play to 3 goals at each end, play 4v4</p>	<ul style="list-style-type: none">• Encourage players to dribble with speed and take players on in the center• Keep your head up• Take a risk and try to beat a player!
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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**