

Week 2: Dribbling to beat a Player

April 4, 2011

Cutters Community Soccer U-14 Boys

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Coaching Points

- Dribbling with head up
- Sell the fakes
- Explode after your move
- Keep the ball close

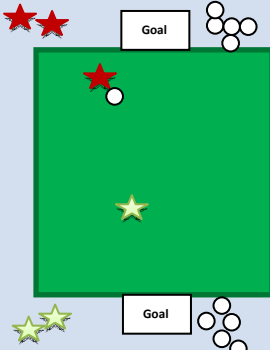
7:15 - 7:25 p.m.

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| 1. Warm Up: | Coach Michael will demonstrate different moves during the warm-up activity, including u-turns, scissors, Cruyff turns, step overs and more. | Coach Michael will run the warm-up activity with the help of the age group trainers and parent coaches. | He will demonstrate the skills for the day and emphasize the coaching points. |
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7:30-7:40 p.m.

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| 2. Beat the "cone" defender | Players will pretend the cone is a defender. They have to count how many "defenders" they can beat using the different moves. Try one move at a time for about a minute, then switch to a new move. Last round can be players' choice of moves. | Setup: Scatter your cones randomly around the field. | <ul style="list-style-type: none">• Keep head up while dribbling• Increase speed (explode) after beating the defender |
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7:40-7:55 p.m.

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| 3. 1 v 1 Transition | <p>Players get in two teams, one team positioned at each goal.</p> <p>Pick one end to start with the ball the first time (red star in diagram).</p> <p>The attacker (red star) tries to score on his opponent's goal. If he scores or the ball goes over the end line, the other team sends out a new player to attack (white star) and the former attacker (red star) defends right away.</p> <p>Play should "transition" immediately from offense to defense, with new players entering the field quickly.</p> <p>Keep score and play several rounds. The losing team can do quick skill activity (step-ups, etc.) between rounds.</p> |  <p>Setup a 15 x 30 area with cones. Make a goal at each end. Put extra balls near goals.</p> | <ul style="list-style-type: none">• Encourage players to dribble with speed and take players on• Head up• Dribble into open space• Beat player then take shot on goal! <p>After players switch roles several times, have them switch partners.</p> |
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7:55-8:15 p.m.

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| 4. Scrimmage | 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. | | <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. |
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Homework: Practice your dribbling moves this week. Be prepared to show Coach Michael your favorite move next week during warm up!