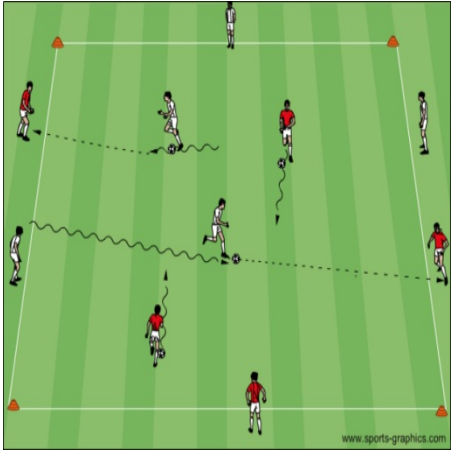
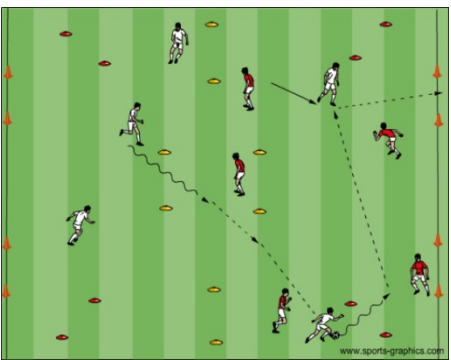
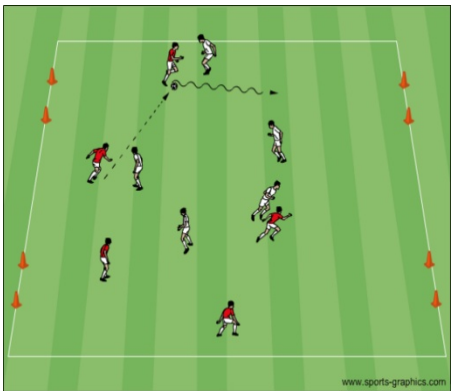


# 14U-18U \*\*\* Week 3

## Topic: When to Dribble and When to Pass

Technical Warm up	Organization	Coaching Pts.
	<p><b>Dribbling Square:</b> In a defined grid, half the players stand outside the perimeter, each without a ball. Players with balls are in the middle of the grid and start by dribbling to outside players.</p> <ul style="list-style-type: none"> <li>➤ Dribble from one side to the other and execute a takeover</li> <li>➤ Dribble from your line past middle &amp; make a pass. After the pass, press the dribbler</li> <li>➤ At the middle, execute a 1v1 move, accelerate and pass</li> </ul> <p>Throughout this exercise all players shall be in constant communication</p> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<p><b>Dribbling</b></p> <ul style="list-style-type: none"> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed</li> <li>• Use arms for balance and protection</li> <li>• Once you beat an opponent; accelerate</li> <li>• Cues: <ul style="list-style-type: none"> <li>➤ Identification of visual cues <ul style="list-style-type: none"> <li>○ 1v1 no defender behind</li> <li>○ Free space in front of dribbler</li> <li>○ Near the attacking area</li> </ul> </li> <li>➤ Identification of verbal cues <ul style="list-style-type: none"> <li>○ “take space”, “time”, “take him on”</li> </ul> </li> </ul> </li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>4v4/5v5 Attacking Gates (20 min):</b></p> <p>Players divided into two teams Play 5v5 with a series of small gates on the field. Teams score points by dribbling through gates.</p> <ul style="list-style-type: none"> <li>➤ Dribble field gate = 1 point</li> <li>➤ Dribble goal line gate = 3 points</li> <li>➤ Dribble field gate &amp; pass thru goal line gate = 10 points</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>	<p><b>Shielding</b></p> <ul style="list-style-type: none"> <li>• Dribblers maintain their body between the ball and the defender</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>5v5/6v6 to Four Goals (20 min):</b></p> <p>Players divided into two teams Play 6v6 with four goals located on end lines; each team attacks &amp; defends two. Teams score points by dribbling or passing through goals.</p> <ul style="list-style-type: none"> <li>➤ Dribble goal on end line = 3 points</li> <li>➤ Pass goal on end line = 1 point</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>	<p><b>Passing &amp; Receiving</b></p> <ul style="list-style-type: none"> <li>• Proper technique of passing and receiving the ball (first touch) <ul style="list-style-type: none"> <li>➤ Disguise and Deception of the pass; selection of proper striking surface</li> <li>➤ Quality of the pass; proper weight</li> <li>➤ Speed of play</li> <li>➤ Possession vs. penetration</li> </ul> </li> <li>• Quick positioning for support providing good attacking shape</li> <li>• <b>Team communication</b></li> </ul>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>11v11 Scrimmage</b></p>	<p>Play with Goalkeepers. Encourage keeper to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	