

U10 Week 1 - Dribbling for Penetration

Objective: To improve the technique of dribbling, help with confidence to take players on and allowing players to recognize when to take players on versus using other options (passing, shooting, shielding).

Coaching Points:

- Bend your knees and get down low
- Use your arms to keep balance
- Keep the ball close using the inside, outside and sole of the foot
- Try to keep your head up once comfortable with ball at feet
- Recognize when and were to change direction
- Body sideways between defender and the ball, ball on outside foot, with arm providing protection when shielding
- After making a move, dribbling into an open space or changing direction, you need a burst of speed
- Stress movement of body and burst of speed when doing moves
- Use outside of foot or laces when dribbling for speed with foot furthest from defender
- Try new things and be creative
- Execute a feint or combination of feints to unbalance the defender and dribble behind him or her
- Players should look to attack the defenders front foot to off balance the defender

1) Technical Box: (20 minutes)

Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; players carry the ball towards someone and try a move.

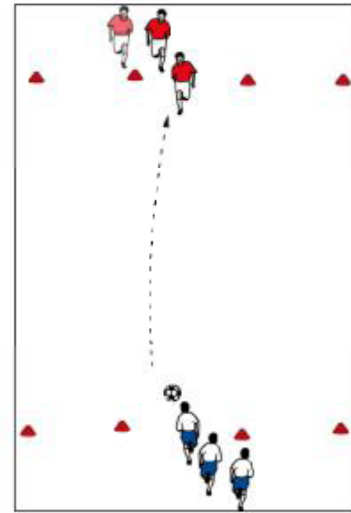
Version 2:

As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. *Version 3:* Make the game a knockout game in which players try to knock each other's balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times. You do not want players sitting out.

2) 1v1 to lines: (15 minutes)

In a 15x10 yard grid, two players play 1v1 and try to score by beating the defender and dribbling over the line opposite them. They play toward the ten-yard lines and use their favorite feints.

When the ball goes out of bounds it is dribbled in. Switch partners between grids every 2-3 minutes. Keep score.



3) 3v3 to 4v4 Endzone Scrimmage: (20 minutes)

Teams will be comprised of 3-4 players depending on numbers and space. To score you must dribble into the opponent's end zone (created with discs) while under control. Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball.

[3v3:25x30, 4v4: 30x35]



4) 6v6 Scrimmage: (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)