

St. Mary's SOCCER

U06/U07 Academy Session 3

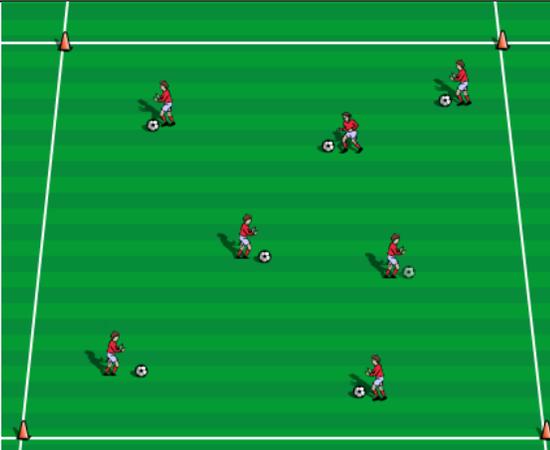
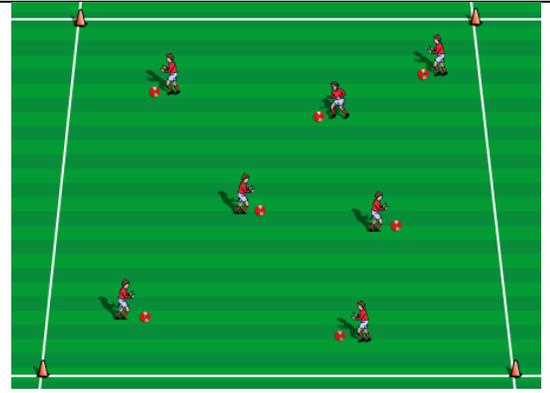
Main Topic Dribbling with speed. In this session we will continue to work with the players on gaining confidence dribbling with each part of the foot but focus a little more on dribbling with speed trying to utilize the instep (laces). Encourage them to push the ball out in front of them when dribbling instead of kicking the ball, running to get it, and then kicking it again.

Other topics

Lean and Push –The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.

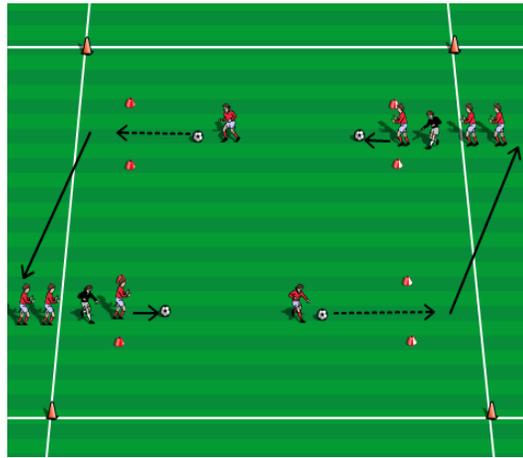
First Touch - First touch is receiving the ball under control so that it can be dribbled, passed, or shot. A good first touch is controlling the soccer ball out in front of you, and not right under your feet so you have to take another touch before you dribble, make a pass or shoot. When dribbling with speed, we want the players to make a bigger first touch. This will enable them to go from being stopped to dribbling with speed more quickly.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
Warmup Activities		
<p>1st Activity – Warm up game Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score. Prior to when practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 4v4. After all your players arrive or 5 minutes after the start time, you can move on to the other activities.</p>	<p>20 X 20 yard grid</p>  <p>Start 1 v 1 and add players as they arrive.</p>	<p>Limit the coaching, This should be only a warmup activity as you wait for your players to arrive and to get them focused on soccer. Coach should carry a couple soccer balls and if a ball goes out of bounds the coach can call out “new ball” and provide one to play. This will save time instead of waiting for your players to chase down a ball that went out of bounds.</p>

<p>2nd Activity – 4 Surface Dribbling This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).</p>		<p>Ask one of your players to tell you a surface of the foot they can dribble with and then have them demo it. Have the rest of the players dribble with that part of the foot. Make sure to have them practice with each foot. Continue until you have reviewed each dribbling surface.</p>
<p>3rd Activity – Large Group Activity The site/field coordinator will gather all players around one of the team grids to introduce the lean and push move.</p>	<p>OPTIONAL ACTIVITY DETERMINED BY THE FIELD/SITE COORDINATOR</p>	<p>The lean and push is an attacking move where the player makes a fake step “lean” opposite the direction they want to go and then beats the defender with an outside touch (pinky toe) with the opposite foot.</p>
<p>4th Activity – Lean and Push Have the players practice the lean and push.</p>		<p>To instruct young players on moves, it is easier to break the move up into separate steps. Start teaching them with just a cone and have them work on just the fake step first. Then add in the move back in the direction they want to go. Graduate them practicing with a stationary ball and finally with the ball as they dribble around the grid.</p>

5th Activity – Chase and Go

The purpose of this drill is to start developing a player's "first touch." In this case it will be their first touch on a ball that is moving away from them. A ball moving away is the easiest condition for players to judge their closure rate to the ball. For this drill, a coach/parent standing directly behind the player will roll a ball between the player's legs. The player will catch up to the ball and continue to dribble with speed to the goal (gate).



In this game, the coach will roll the ball between player's legs and the player will take off to catch it and dribble to the gate. Encourage the player to continue dribbling when they get to the ball instead of stopping and trying to kick it. Object is for them to get to the ball and continue dribbling without the ball stopping.

6th Activity – Stopped and Go

Same activity as before except the player will have the ball at their feet. Once the player from the opposite end dribbles through the cone (gate) goal, the player will immediately take a big first touch and then dribble with speed to the gate goal on the opposite end of the grid. The opposite end player will wait until the player dribbles through the gate nearest them.



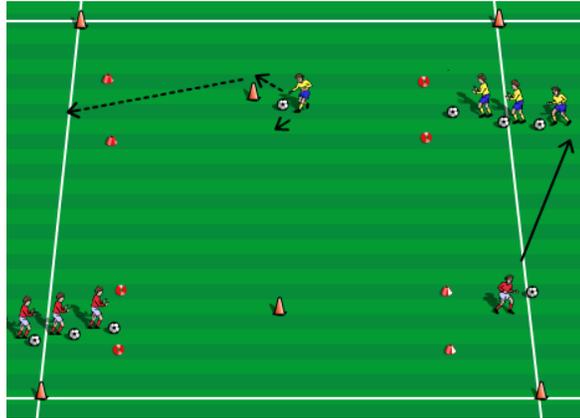
In this game, the player will wait until the player from the opposite end has dribbled across the grid and crossed the gate. Immediately after the other player crosses the gate, the player should make a big first touch and then continue dribbling with speed to cross the gate at the opposite end. Try not telling the players when to go but instead have them focus on the player dribbling from the opposite side so they react immediately after the player has crossed the gate.

7th Activity – Stopped and Go with Lean and Push

Same activity as before except a cone has been added for the players to perform a lean and push around.

Explain to the players that the cone represents a defender that they must beat by using the lean and push.

A coach/parent can be substituted for the cone so the players have a real defender they can beat.



Once the opposite end player has crossed the gate, the player will immediately start dribbling towards the defender.

It is important that the player try to dribble straight at the cone/defender and perform a lean and push to beat the defender.

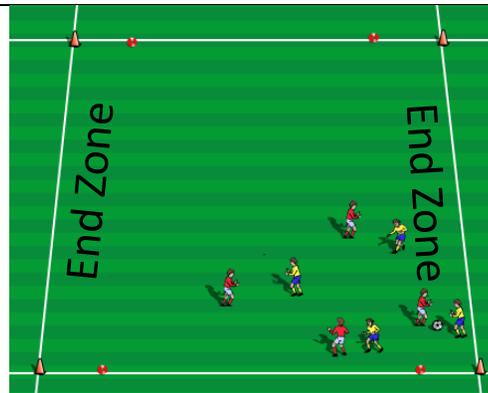
Once the player had beaten the defender they must dribble as fast as they can to the gate goal.

8th Activity – 4 v 4 Game

Set up two end zone areas at each end of the grid.

Goals are scored when a player dribbles to the end zone and stops the ball.

Coach should have a couple balls so if a ball goes out of the grid he can yell “new ball” and roll a new ball into play. See how many lean and push moves we can do to beat a defender to the goal.



For each restart, have the players get into their formation position.

Once play starts, don't worry about them being in their correct position. Once play stops, quickly put them back in their correct position.

Cool Down

Cool Down - Juggling

The purpose of this activity is to develop Hand-Eye Coordination. Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.

Players pick up their ball and gently drop it to juggle it once using their foot or thigh. We don't want them to toss the ball in the air but to just drop it gently, juggle once and then catch the ball. Repeat alternating feet/thigh.