

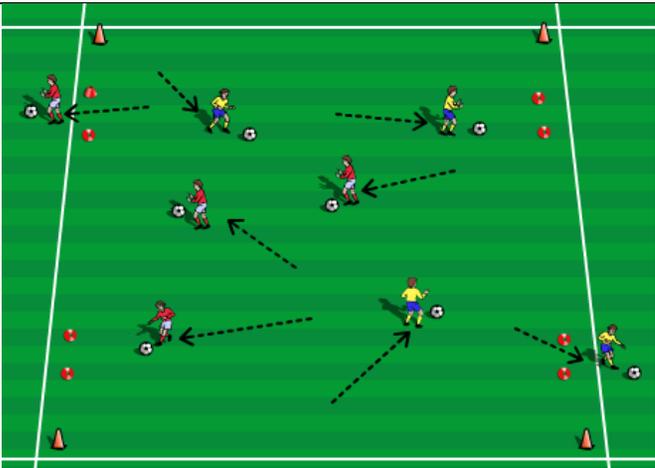
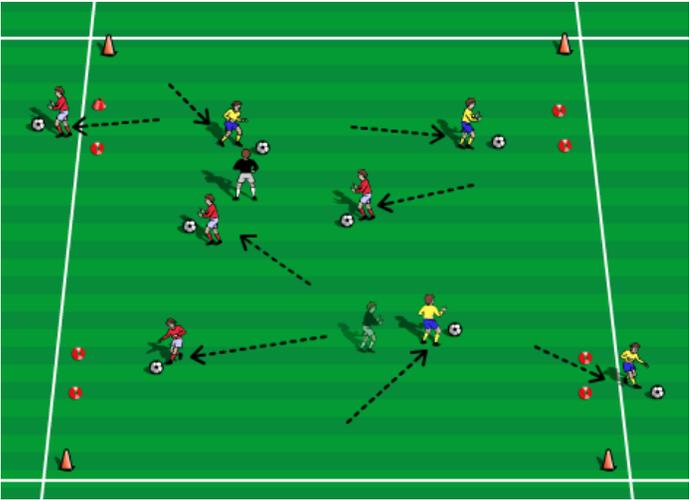
St. Mary's SOCCER

U06/07 Academy Session 2

Main Topic - Dribbling to score utilizing different surfaces of the foot.

Dribbling with Speed: Dribbling with speed is an important skill to develop in young soccer players. They must learn to recognize when they have space in front of them and can use their laces to dribble faster and can make a big first touch to allow them to go faster quicker.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
Warmup Activities		
<p>1st Activity – Warm up game</p> <p>Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score.</p> <p>About 5 minutes 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.</p>	<p style="text-align: center;">20 X 20 yard grid</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 – Large Group Activity</p> <p>The site/field coordinator will gather all players in the center of the field to</p>	<p>This is not an activity to be down at speed but instead the players will walk slowly while demonstrating they can use the inside (big toe), outside (pinkie toe) and laces. For the laces, try</p>	<p>Since many of the young players do not yet know their right foot from their left foot, one of the</p>

<p>introduce dribbling with the inside, outside, and laces. It is important that young players gain confidence in dribbling with both their dominant and non-dominant foot.</p>	<p>to get the players to dribble with their toes pointed down. Coaches should help verify the players are using the assigned part of the foot while dribbling slowly and keeping the ball close to them.</p>	<p>easiest ways to ensure they use both feet is to have them take two touches with one foot, then two touches with the other foot.</p>
<p>3rd Activity – Goal Scoring Each player has a soccer ball and begin dribbling using the specific surface called out by the coach (outside right (pinky toe)-inside right (big toe), laces. Repeat each with the left foot. When the coach calls out, the players try to see how many goals they can dribble through using only the specified surface. See how many they can score within 60 seconds.</p>		<p>Coaching Point: use soft touches with the inside and outside of the foot to move the ball from side to side.</p> <p>Guided Question: why should the players use soft touches when dribbling?</p> <p>Answer: Soft touches keep the ball close so we can control it better.</p>
<p>4th Activity - Goal scoring with defender (coaches/parents) Players try to dribble their soccer ball anywhere in the grid & avoid the coaches/parents. Coaches/parents can only walk. Players try to dribble their soccer ball into as many goals as they can without getting tagged coach/parent. Play for intervals of 90 sec with 30 sec rest between intervals, Players get 1 point for every goal they dribble through. If they get tagged by coach/parent, they lose all their pts and have to begin counting over.</p>		<p>Coaching Point: Point the toe down to use your laces for longer/stronger touches on the ball to accelerate.</p> <p>When accelerating into space, make a bigger first touch to go faster quickly.</p> <p>Guided Question: When do you want to go fast with the soccer ball?</p> <p>Answer: When a defender is chasing you, go faster with the ball.</p>

5th Activity – Goal scoring with defender (players)

Select 2 players to be the defenders. All other players have a soccer ball: the players try to dribble their soccer ball anywhere in the grid & avoid the defenders. The defenders try to steal the soccer ball and hide them in any of the 4 goals. Dribblers can steal their ball back. Play 2 minute intervals with 30 sec rest between intervals. Rotate the defenders. Defenders get 1 pt for every ball they take to a goal. Any dribbler with a ball on the field after 2 minutes gets 1 pt (even if they have to steal it back from a goal).



Coaching Point: Dribble with your head up to see where the defenders are so you can avoid them.

Guided Question: What can you do to avoid the defenders?

Answer: Turn away from them and accelerate away.

6th Activity - Formation

Continue to work with your players on the diamond formation. Top, Left, Right and Back of the Diamond. Set up 4 cones (preferably different colors) and have the players go to the cone that represents the position you assign them. If a player is already at the position (cone), the incoming player gives the current player a high five and the current player comes off the field to be assigned a new position.



On the field set up cones to represent the formation you will be using during games and explain each position. You can have the players stand next to the cone that represents their position.

Once your players have figured out the different positions, start working with them on various set plays. Left or right of diamond does the Throw ins and corner kicks and how the remaining players position themselves from that player.

7th Activity – Game 4 v 4

Set up to cone goals at each end of the playing area.
Goals are scored when a player dribbles through the cone goal. This provides an appropriate target to attack and numerous 1v1 opportunities.

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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.



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.