



# Grades 5-6 Session 7: Dribbling to Penetrate

Category: Technical: Dribbling and RWB  
Skill: U12

Pro-Club: Loudoun Soccer Club  
Dan Raben, Leesburg, United States of America

## Description

### 2v2 and 3v3 games (5 mins)



**Objective:** activate players from the start by scrimmaging

**Duration:** 5-10 minutes

**Description (rules, number of players, grid size, etc.):**

\*two small sided fields to play 2v2 or 3v3

\*add players to game as they arrive

**Key Points:**

few if any - get them playing!

### dribbling warm-up (10 mins)



**Objective:** deliver technical dribbling repetitions via warm-up

**Duration:** 5 minutes dribbling and patterns, 5 minutes moves (water break in between if needed)

**Description (rules, number of players, grid size, etc.):**

\* each player with a ball dribbling in confined space

\* perform varying rhythms and patterns on command

\* patterns: soccer box, toe taps, toe taps around the world, Pop/Pop/Pop, fast feet (outside/inside with one foot, then outside/inside with the other foot)

\* moves: cuts and chops - introduce more complicated moves at your discretion (jab step, scissors, matthew s, etc.) - if you don't know any: ask the kids to be creative, identify a player who knows a move, and have teammates duplicate it.

\* Progression: add "bandits" (players without ball) to steal soccer balls. Bandits who steal a ball must now dribble and keep it; players who lose possession become bandits.

**Key Points:**

\* every step is a touch - use of varying surfaces to control

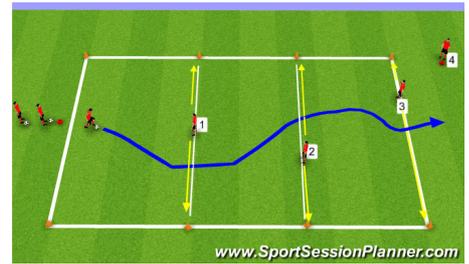
\* head up and on swivel to find space - attack it quickly

\* patterns: body balanced (on toes, feet shoulders' width, weight forward, booty out) - make your body low and "springy"

\* Pop Pop Pop - knees raised high, toes pointed down, "pop" the ball forward with the top of your foot

\*Cuts and Chops – outside touch (cut) or inside touch (chop) to beat defender. Teach individually but demo how to combine two (perform a cut and a chop, then a pop pop pop)

### the gauntlet (10 mins)



**Objective:** apply dribbling technique and concepts against pressure

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

Arrange one field with 3 "lines" of defenders. Each line is designated by a cone.

Defenders may move side to side on line, but may not move up or back.

Organize one line of dribblers, and one line at end of gauntlet.

Dribbler tries to dribble through the "gauntlet" by going past each defender. Play ends once dribbler loses possession, dribbles out of bounds, or completes the gauntlet.

Points earned: 1 point for getting past each defender (e.g. 1 pt if past the 1st defender, 3 pts if completes the gauntlet)

Rotation: after play is over, Defender 1 moves to dribbling line. Defender 2 moves to Def 1. Def 3 moves to Def 2. Def 4 (resting) moves to Def 3. Dribbler rests at 4.

**Key Points:**

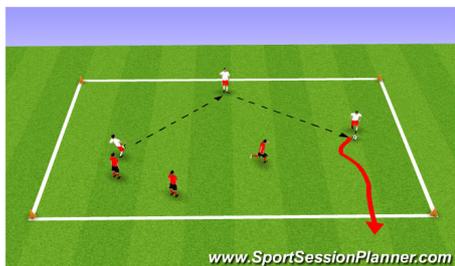
Head up to find window to dribble through

Burst thru window before it closes

Tight touches or next defender will steal it

Use of moves - make defender think you're dribbling one way, then go the other way

### 3v3 to endlines (15 mins)



**Objective:** apply concepts from previous activities into game setting

**Duration:** 10-15 minutes

**Description (rules, number of players, grid size, etc.):**

\*game of 4v4 (or 3v3 depending on numbers). Set up multiple fields.

\* 1-2-1 formation (diamond shape) or triangle formation (1-2 or 2-1)

\* score by dribbling over opponent's endline (must be under control)

**Key Points:**

\*organize team shape at restarts as quickly as possible

\* head up to find "windows" to dribble through

\* create 1v1 opportunities by finding open teammate with pass if windows are closed

\* aggressive mentality, courage to take players on in 1v1

\* creativity to "sell" fake in one direction, then explode in opposite direction

### 7v7 game (15 mins)



**Objective:** apply concepts and techniques from previous activities into full game

**Duration:** 15 mins

**Description (rules, number of players, grid size, etc.):**

two teams

full rules (throw-ins, corner kicks, etc.)

**Key Points:**

team shape - stay connected as the ball moves up and down the field, and to offer supporting options

courage/aggressiveness in 1v1 moments



## Grades 5-6 Session 8: Playing in 3s

Category: Technical: Passing & Receiving  
Skill: U12

Pro-Club: Loudoun Soccer Club  
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### 2v2 and 3v3 games (10 mins)

**Objective:** activate players from the start by scrimmaging

**Duration:** 5-10 minutes

**Description (rules, number of players, grid size, etc.):**

\*two small sided fields to play 2v2 or 3v3

\*add players to game as they arrive

**Key Points:**

few if any - get them playing!



### Passing Triangle or Diamond (10 mins)

**Objective:** introduce passing, receiving, and communication

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

\* players in groups of 4 or 5 - if group of 5, place more developed players together. Groups of 4 in triangle shape, groups of 5 in diamond. Use cones to mark shape. One cone starts with 2 players.

\* play begins by passing in direction of next teammate (clockwise or counter clockwise). Follow your pass to take place of teammate, who repeats the pattern.

\* change directions (Change!) on coach's command.

\* play competition at end - number of cones in 30 seconds

\* progression: players must perform 3 passes before changing (last 2 passes as double pass)

**Key Points:**

-Non-verbal communication: eye contact, showing for ball

Verbal communication: "yeah!" - "ball!" - "here!"

Off-ball movement - "drift" away from cone into bigger "window" for teammate.

Passing technique: toe up/heel down, ankle locked, placement foot in direction of teammate, pace/weight of pass

First touch - body balanced, receiving vs. stopping/trapping - keep touch alive; touch in direction of dribble, receive across body

Double pass: step into your 1-touch



### 3v1 rondos (10 mins)

**Objective:** illustrate angles of support (off-ball movement and timing) and technical precision

**Duration:** 10 minutes

**Description (rules, number of players, grid size, etc.):**

\*multiple grids of 10x10

\*groups of 4. If groups of 5, organize groups by appropriate ability if possible (more developed in groups of 4)

\*3 players possess ball, 1 defender tries to win ball

\*all restarts with group of 3

\*transition off of turnovers - player who turns ball over becomes defender

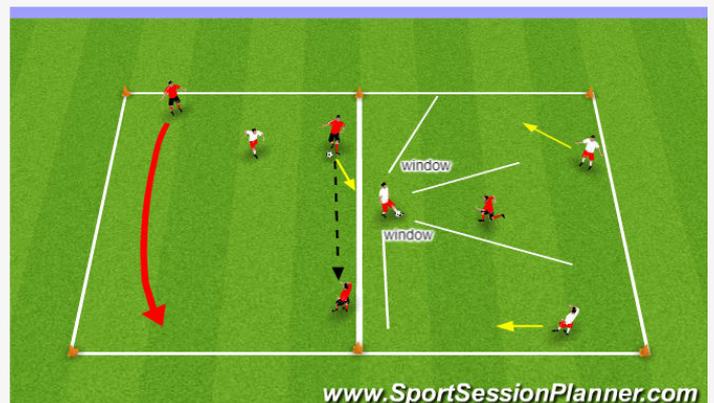
\*if play progresses well, add scoring:

\*scoring: 1 connected pass = 1 pt for offense. Ball out of bounds = 3 pts for defender. 3 toe touches by defender = 10 points. Tally score at end of each round. Prize for losing team.

**Key Points:**

\*angles of support: move to a window as the ball is traveling, add 3 little steps to exaggerate the angle

\* maintain good team shape (triangles or diamonds)



- \*passing technique: weight, accuracy, surface selection
- \*decision-making: 1v2 touch play based on pressure

## 6v6+ 2 (10 mins)

**Objective: use neutral player(s) to generate and illustrate numbers up opportunities**

**Duration: 10 minutes**

**Description (rules, number of players, grid size, etc.):**

- \* two even teams playing to goals with goalkeepers
- \* one neutral (+1) player, who plays with whichever team is in possession. Play two neutrals if needed.
- \* objective - score
- \* variation: score by scoring, or score by connecting 5 consecutive passes

**Key Points:**

- \* create 2v1 and 3v1 opportunities to possess ball - off-ball movement, "connect the dots" to open teammate
- \* head up in possession to find farthest, most open teammate - find window, play through window
- \* passing technique - firm, on ground, accurate
- \* receiving - body balanced, receive in direction of next play (toward goal, to next teammate)



## 7v7 (15 mins)

**Objective: apply concepts and techniques from previous activities into full game**

**Duration: 10-15 mins**

**Description (rules, number of players, grid size, etc.):**

- two teams
- full rules (throw-ins, corner kicks, etc.)

**Key Points:**

- team shape - stay connected as the ball moves up and down the field, and to offer supporting options
- finishing - crack a shot when the window is open and you're within range
- playing out of the back - look to break first line of pressure

