



Rec 1 Session 3 - Dribbling to Penetrate

Category: Technical: Dribbling and RWB
Skill: U8

Pro-Club: Loudoun Soccer Club
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Description

4v4 game (15 mins)

Objective: Ignition game to keep players active when arriving at training

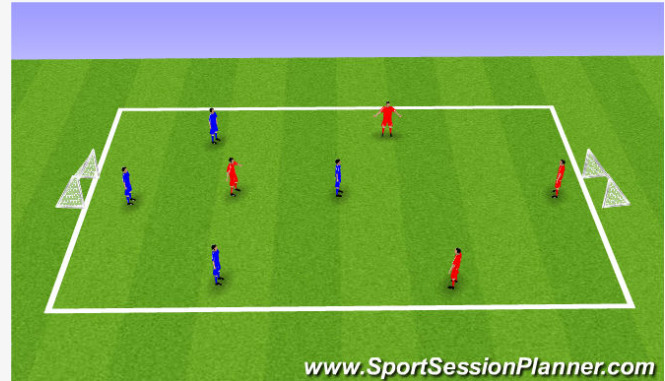
Duration: 5-10 minutes

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

- *two small sided fields to play 2v2, or one field to play 3v3 or 4v4
- *add players to game as they arrive
- * play with regular restarts (kick-ins, goal kicks, corner kicks).

Key Points:

few if any - get them playing!



dribbling warm-up (15 mins)

Objective: deliver technical dribbling repetitions via warm-up

Duration: 10 minutes moves

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

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)



1v1 channels to goal (15 mins)

Objective: apply creativity and attacking moves against pressure

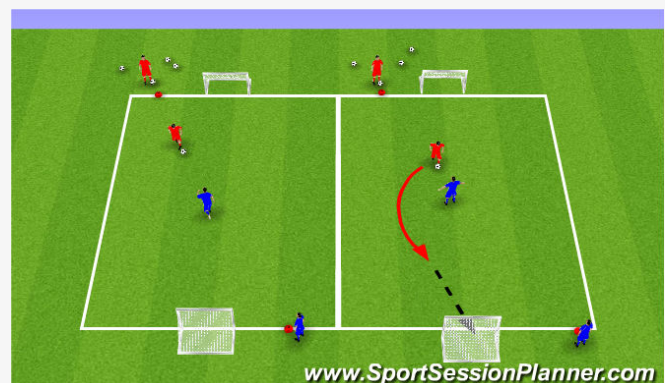
Duration: 15 minutes

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

- * Play begins with dribble of attacker
- * Objective: score. 1 pt for score; 2 pts for score with any move
- * Play with transitions
- * Play ends with goal or ball out of play
- * Players rotate roles
- * Rotate matchups as needed
- * Progression (if time) – 2v2 games

Key Points:

- * Courage and aggressiveness - show your skills!



- * Quick touches – build speed with dribble (Easier to go 100mph if starting speed is 50)
- * Head up to see space
- * Perform move outside of defender's reach (outside their tackling space)
- * Burst of speed thru "window": to take space, or to finish to goal

4v4 game (15 mins)

Objective: apply concepts from previous activities into game setting

Duration: 15 minutes

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

*game of 4v4 (or 3v3 depending on numbers). Play 8 minutes, water break, rotate positions, play again.

*kick-ins as restarts

* 1-2-1 formation (diamond shape)

Key Points:

*organize team shape at restarts as quickly as possible

*quick restarts - find windows quickly to play through before defense is organized

*play around the scrum - connect wide or back before going forward if needed

