

Name:

Team:

U9 AND ABOVE

Date:

Mesocycle:

Microcycle/Day:

**TRAINING OBJECTIVE(S):**

Improve individual players' 1v1 Dribbling abilities. Improve the confidence of each player in their ability to beat their opponent on the dribbling using creativity and deception.

**I. WARM-UP**

Intensity: high

Activity Time: 30s

Duration: 16m

Intervals: 16

Recovery Time: 30s

ORGANIZATION (Physical Environment / Equipment / Players)

CONES; PAIR OF CONES FOR TWO PLAYERS. STAGE 1 - without ball. STAGE 2 - passing to partner who then executes move. STAGE 3 - both have balls trying to lose opponent. STAGE 4 - One with ball and one without. One with ball evades opponent without.

COACHING POINTS / KEY CONCEPTS

(1) Start with ball in hand and use shoulder feints and lateral movement to beat their opponent. (2). (3) Timing and spacing when executing the move. (4) Explosiveness after move.

**II. SMALL-SIDED ACTIVITY**

Intensity: high

Activity Time: 20s

Duration: 20m

Intervals: 20

Recovery Time: 40s

ORGANIZATION (Physical Environment / Equipment / Players)

20x20; cones; 10 players. Beat opponent, then pass to opposite corner. Attackers switch with line receiving ball. If defender wins the ball, then passes to corner and switches. Progress to 2v2. Same rules.

COACHING POINTS / KEY CONCEPTS

(1) Run directly at the opponent. (2) Use deception to unbalance defender. (3) Explosiveness after move. (4) Pass the ball early to allow time for teammate receiving the ball.

**III. EXPANDED ACTIVITY**

Intensity: med

Activity Time: 4m

Duration: 24m

Intervals: 4

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

20x30; 2 Full Goals; cones. 2v1. Progression 3v2. Two attackers dribble at one opponent. Shooter steps off. Support player becomes defender against two new attackers starting at endline.

COACHING POINTS / KEY CONCEPTS

(1) Take on opponent. (2) Draw defender before playing thru ball for teammate. (3) Take shooting opportunities. (4) Use support player as decoy when taking on opponent. (5) Look for visual cues when deciding on best option.

**IV. GAME**

Intensity: low

Activity Time: 10m

Duration: 22m

Intervals: 2

Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

full field. 7v7 Scrimmage

COACHING POINTS / KEY CONCEPTS

(1) When to dribble vs pass. (2) Use width to separate opponents and create 1v1 situations. (3) Create scoring opportunities by taking on opponents.