

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**

Duration:

15m

Intensity:

high

Intervals:

30

Activity Time:

10s

Recovery Time:

20s

ORGANIZATION (Physical Environment / Equipment / Players)

10x15; cones; 6 players in each grid. 2 players each with a ball execute a move in front of each other and then pass to the opposite line and follow pass. Moves: (1) Shoulder feint; (2) Mattheus; (3) Reverse Mattheus; (4) Scissors; (5) Stepover; (6) Maradona.

COACHING POINTS / KEY CONCEPTS

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

**II. SMALL-SIDED ACTIVITY**

Duration:

20m

Intensity:

high

Intervals:

20

Activity Time:

20s

Recovery Time:

40s

ORGANIZATION (Physical Environment / Equipment / Players)

10x15; cones; 6 players in each grid. 1v1 to dribble thru gates. Defenders counter to pugg goals.

COACHING POINTS / KEY CONCEPTS

(1) Run directly at the opponent. (2) Use deception to unbalance defender. (3) Explosiveness after move. (4) Use body to protect ball once goalside of opponent.

**III. EXPANDED ACTIVITY**

Duration:

24m

Intensity:

med

Intervals:

4

Activity Time:

4m

Recovery Time:

2m

ORGANIZATION (Physical Environment / Equipment / Players)

20x30; 2 Full Goals; cones. 2 teams in the middle and 1 on the outside serving as neutrals. Team that scores attack opposite goal. Team on outside steps in to defend opposite goal. Team that conceded steps out to become neutrals.

COACHING POINTS / KEY CONCEPTS

(1) Take on opponent. (2) Draw defenders. (3) Take shooting opportunities. (4) Utilize neutrals as additional players.

**IV. GAME**

Duration:

22m

Intensity:

low

Intervals:

2

Activity Time:

10m

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