


Eagan Rec. Soccer

| | |
|------------------|---|
| Age Group | 3rd and 4th Grade |
| Theme | Dribbling and Breakaways |
| Time | 35 minutes of training / 25 minute scrimmage |

| Activity/Drill | Notes and Coaching Points |
|---|---|
|  | <p>Gate Dribbling</p> <ol style="list-style-type: none"> 1. Players begin without soccer balls warming up in space. Have players run, jump, skip, and back pedal through the games. 2. First round the players dribble through gates under control using both feet but cannot go in the same gate twice in a row. 3. Second round the players stop the ball using the sole of their foot when they dribble through the gate between the cones. This move is called the “stop-go”. Players complete 6 “stop-go’s through 6 gates – 3 with each foot. 4. Third round the players complete a pull-back in each gate – sole of the foot on top of the ball and pull the ball backwards to turn the other direction. 5. Final round is a competition first to dribble through 10 gates. Players must dribble through all of the gates and cannot dribble through the same gate twice in a row. <p>Question for the team: How do you know what gate you want to dribble through next? Coaching Points</p> <ul style="list-style-type: none"> • Pick your head up on the dribble to find the next open gate. • Dribble the ball under control close to your body • Use all surfaces of the foot – sole, inside, outside, and laces. |
|  | <p>Breakaway Finishing</p> <ol style="list-style-type: none"> 1. You might have to setup two drills – depending on the number of players. 2. 4-5 players in a line. Two lines - one line on the side and one line at the top. 3. The play on the side starts with the ball and stops the ball between the two red cones. After the player stops the ball they sprint around the red cone and try to win the ball back from the attacker. 4. The attacking player dribbles the ball at speed under control to the goal – the attacking player tries to score a breakaway before the defending player can catch them. 5. Keep the game competitive and continue at speed. <p>Question for the team: Do you think it is easier to finish from distance or close to the goal? Coaching Points</p> <ul style="list-style-type: none"> • Cut the defender off on the dribble and dribble at speed • Dribble close to the goal so it is an easy finish • Work hard to win the ball back |
|  | <p>2 vs 2 Transition</p> <ol style="list-style-type: none"> 6. Two teams of 4-6 players on opposite sides of the field. Make sure the teams understand what goal they are scoring in. 7. Coach passes the ball into either team – as soon as the ball goes out of bounds the next four players step onto the field. 8. Keep the game competitive by selecting what team you pass the ball into. 9. Encourage the players to take on 1 vs 1 and pass to their teammates when they run into pressure. <p>Question for the team: When do you want to dribble the ball? When do you want to pass the ball? Coaching Points</p> <ul style="list-style-type: none"> • Receive the ball under control close to your body – do not just kick it. • Encourage the players to dribble the ball when they have space. • Transition from off and on the field quickly. • Encourage the players to pass when they do not have space. |



Scrimmage / Game Play

- 5 vs 5 or 6 vs 6 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

- Have fun
- Encourage players to dribble when they have space
- Pick their head up on the dribble