




Eagan Rec. Soccer

Age Group	5th – 8th Grade
Theme	Dribbling and 1 vs 1
Time	40 minutes of training / 20 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling and Accurate Finishing</p> <ol style="list-style-type: none"> 1. All players begin with a soccer ball. 2. Begin dribbling through the cones with small touches – turn and finish in the goal 3. Advance players to right foot and left foot only 4. Final race between teams to see who can score 10 goals through the gates or goals first. 5. Focus on control on the ball and using all surfaces of the foot to dribble through the cones. <p>Question for the team: What can you do to score more goals for your team?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball closer to the goal so you are confident you can score • Pick your head up to see the goal before you just kick it • 1,000 touches on the ball with both feet.
	<p>1 vs 1 to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 5-6 players – both lines need soccer balls. 2. Players begin at the same time – the player in the right line passes to the coach – makes an overlapping run and strikes the ball on goal. The player in the left line dribbles through the cones and turns through the gate and dribbles it at the shooter 1 vs 1. 3. The players rotate lines and switch roles each time. 4. One line is working on laces striking and one line is working on 1 vs 1 attacking. 5. Continue the game at speed. <p>Question for the team: Do you think it is easier to defend a player who dribbles the ball slow or fast at the defender?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to dribble at speed right at the defender • Encourage players to strike with their laces and land on their shooting foot • Have fun
	<p>Numbers Game to Goal</p> <ol style="list-style-type: none"> 1. All of the balls in a pile in the middle of the field with Coach. Select two teams – one in pinnies on opposite sides of the field. 2. Coach numbers off each player on the team. 3. When the Coach yells out a number the players with the number sprint around their goal and enter the field. The game continues until the ball goes out of bounds or a goal is scored. 4. Begin the game 1 vs 1 and transition into 2 vs 2, 3 vs 3, 4 vs 4. 5. Make sure to call out every number and have goals for both teams to score on. <p>Question for the team: When you are playing 1 vs 1 what do you want to try and do? When you are playing 2 vs 2 or 3 vs 3 what can you look to do on the field?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to dribble the ball 1 vs 1 and take on the defender. • Transition from offense to defense quickly. • Encourage players to pass and connect with their teammates on the field.



Scrimmage / Game Play

- 5 vs 5 or 7 vs 7 – 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.