



# 2013 - U12 - Spring Lesson Plan - Week Two



Module 1: Dribbling

Topic: Dribbling to Beat an Opponent

Objective: To improve the player's ability to dribble by an opponent

| Stage   | Organization   | Diagram | Key Coaching Points   |
|---|--|---------|---|
| <p><b>Stage I</b><br/>Technical Warm up</p>               | <p><b>Ball Mastery:</b></p> <ul style="list-style-type: none"> <li>Place 3 cones in a line with a middle cone about 8 yards from the end cones and a player by each end cone with a soccer ball. At coach's command the players will dribble from their cone to the middle and back performing the following dribbling tasks               <ul style="list-style-type: none"> <li>Inside and outside of the foot</li> <li>Double touches with the outside and circle, switch foot</li> <li>Laces, laces, inside and outside</li> </ul> </li> <li>Now dribble to the cone and               <ul style="list-style-type: none"> <li>Circle take, Fake take and Inside Step and Take</li> </ul> </li> </ul> |         | <ul style="list-style-type: none"> <li>Use all surfaces of the foot</li> <li>Keep the ball close and in control</li> <li>Use the outside of the foot and the laces for speed with the furthest foot from the opponent</li> <li>Execute a feint to unbalance the defender and dribble past him/her with a burst of speed</li> <li>Identification of Visual Cues to take on opponent               <ul style="list-style-type: none"> <li>Free space in front</li> <li>1v1 with no defender behind</li> <li>Near the box</li> </ul> </li> </ul> |
| <p><b>Stage II</b><br/>Small Sided Activity</p>           | <p><b>4v4 to 3 Gates into the Finishing Zone:</b></p> <ul style="list-style-type: none"> <li>Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each. The gates are about 5 yards apart</li> <li>Players will play to score in the opponent's goal after they have dribbled through any of the three gates into the finishing zones</li> <li>Only one defender can get in the finishing zone when the ball is in the zone</li> </ul>  |         | <ul style="list-style-type: none"> <li>Identification of Verbal Cues               <ul style="list-style-type: none"> <li>"Take space"</li> <li>"Time"</li> <li>"Take him on"</li> </ul> </li> <li>Be deceptive</li> <li>Attack the defender at pace and set him up</li> <li>Be creative and take risks</li> </ul>  |
| <p><b>Stage III</b><br/>Expanded Small Sided Activity</p> | <p><b>4v4(GK+3v3+GK) or 5v5- Dribble into the Finishing Zone:</b></p> <ul style="list-style-type: none"> <li>Area 40LX35W yard grid with two Finishing Zones of 7 yards each</li> <li>Two teams playing to score in the opponent's goal by dribbling over the line into the finishing zone</li> <li>If a player dribbles...               <ul style="list-style-type: none"> <li>Over the line and dribbles the keeper - 1 billion points</li> <li>Over the line, shoots or passes to goal - 10 points</li> <li>Any other goal - 1 point</li> </ul> </li> <li>Play to 3 billion points</li> </ul>  |         |   |
| <p><b>Stage IV</b><br/>Conditioned Game</p>               | <p><b>6v6 or 7v7:</b></p> <ul style="list-style-type: none"> <li>Two teams with a specific formation</li> <li>Play the game and encourage the players to recognize the moments to penetrate off the dribble</li> </ul>   |         |   |