



U9-u11 Recreational Session 5

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

1v1 to a ball (Warm up) (10 mins)

Organization:

Players placed inside a 40 x 40 area. Players are placed into pairs as shown above. The black players stand with their legs apart with a ball placed next to them as the target ball. The yellow player stands behind the black player with a game ball.

Procedure:

Yellow player plays a pass through the black player's legs. We now have a 1v1 game. The player in possession has to get the game ball to hit the target ball to score a point. If the defender wins possession the game continues. Start a new game each time a goal is scored.

As you see the players playing can you stop them to show them the following moves.

Single Scissor - <https://vimeo.com/62170823>

Double Scissor - <https://vimeo.com/62170823>

Matthews move - <https://www.youtube.com/watch?v=7UVm3kAfSdM>

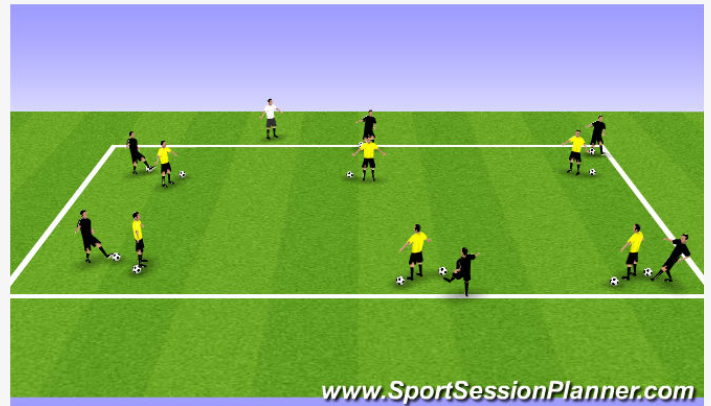
Emphasis/Coaching points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you show a move to beat the player?



3v3 or 4v4 to gates (15 mins)

Organization:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4. If you have additional players within the group use players as bumpers on the outside.

Procedure:

Players play 2 games of 3v3 or 4v4 with the objective of the game focusing on players becoming comfortable in possession of the ball. Encourage them not to panic when in possession and to try to dribble past opponents through the gates to score a goal.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you do a move to beat the player?

Use all parts of both feet

Have FUN



2, 1v1 games (10 mins)

1v1 to goal 2 games at once

Organization

Set up 2, 20m x 20m grid with 1 goal in each corner, 1m in width with 2 players on each side as shown above.

Procedure

Player A plays a pass to Player B on the opposite side of the grid. Player B attempts to dribble past Player A and dribble through one of the goals. If Player A takes the ball away from Player B they then try to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you do a move to beat the player?

Use all parts of both feet

Have FUN



Emphasis:

1v1 attacking, dribbling, competition

6v6 or 7v7 with Retreat Line (20 mins)**Organization:**

Players placed on to a field 35 x 45 into 2 teams of 5,6 or 7. if you have more players within the group use players as bumpers and rotate every couple of minutes.

Procedure: Players play 6v6 or 7v7 on a full 3rd of the field.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Can you do a move to beat the player?

Use all parts of both feet

Have FUN

