



Week 2 Dribbling and Attacking

Activity 1: Recreation-Dribbling Focus: Speed Dribbling



1. 15 X 15 Area
2. Cones
3. Balls

Objective

Divide the players into three groups. Assign each group a number (1, 2, 3). Create a confined area with cones (15x15). Around the area, about 15-20 yards away, set about 10 cones. Begin play, all three groups are playing tag inside the area. When the coach calls a number, that team leaves the area and goes around one of the outside cones as quickly as possible.

Variations:

Change the distance of the outside cones Change the game played inside the confined space
Restrict the number of touches a player may use to get around the outside cone and come back

Coaching Points

Activity 2: 1 v 1 to Goal Focus: Attacking



1. 15 x 20 yards
2. Mini - goals
3. Group of players
4. Cones
5. Large supply of balls

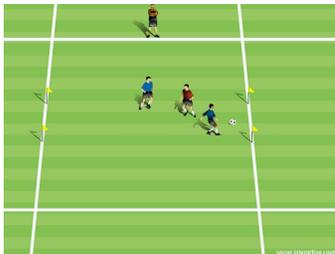
Objective

Coach calls out a number and the players run around the goal onto the field. The attacking player tries to score by passing or shooting the ball through the goal. Defenders should counter attack to the opposite goal if and when they win the ball.

Coaching Points

1. Players should then switch sides after a goal or the ball goes out of bounds.
2. Players should rotate in the lines so all players get to compete against each other.

Activity 3: 2 v 1 to Goal Focus: Attacking



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Cones
5. Large supply of balls

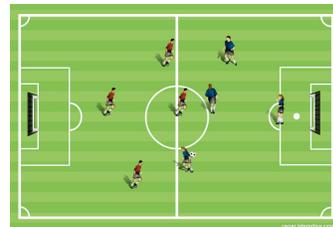
Objective

Coach plays ball out and the two attackers attempt to get in behind the defenders. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

Coaching Points

1. When to pass, when to dribble
2. Work on 2 man combinations
3. Face the defender going forward at speed
4. Learn to create space for your team

Activity 4: 4 v 4 Small Sided Game Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

