



Week 5- U9-12 Learn To Train - Dribbling

Category: Technical: Passing & Receiving

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

Description

Learn To Train - Receiving

Warm Up (15 mins)

Organization: 2v2 in an 8m x 8m area. One ball needed per group.
The player in possession of the ball is the only person that is allowed to tag the opposing team. However, they cannot run with the ball. As soon as they tag the opponent they get a point, transition

happens. Note: Encourage the receiving player to receive the ball close to the opponent so they can tag them.

Progression: Play with the ball on the floor and players use their feet, the player with the ball can dribble and tag.



SSG 4v4 (15 mins)

Organization: 2v2 + 2 goalies with one team on outside. Play starts , teams inside ,just complete one pass to outside team, outside team receives ball and plays back to that team, once it is successful they can go and score. After 2 minutes. Rotate the teams. Include celebrations with team mates, high 5's, come up with their own etc.

Objective / coaching points: To beat a player in a 1v1 situation



Activity (15 mins)

Organization

Servers (black) play into the red player's feet (attacker) who receives and dribbles past cones. Dribbling past the cones gives you a point.

Objective To communicate to a team mate when receiving the ball.

All Players - Can beat a player in a 1v1 situation

Most Players - Can beat a player in a 1v1 situation and use their 'safe side' when required

Some Players - Can beat a player in various 1v1 situations and use their 'safe side' when required



SSG 7V7 OR 8V8 (15 mins)

Organisation : Normal match, tons of balls on outside so we can play a quick restart

Objective

To communicate to a team mate when receiving the ball

Outcomes

All Players - will be able to communicate to their team mate as the ball is travelling to them

Most Players - will be able to communicate to their team mate as the ball is travelling to them under pressure of an opponent

Some Players - will be able to communicate to their team mate as the ball is travelling to them under pressure both verbally and non verbally

