

SOCCER LESSON PLAN (U8-U12)

Topic: DRIBBLING TO BEAT AN OPPONENT

Date: AUGUST 1, 2009

Objective: DEVELOP DRIBBLING SKILLS AND TEAM WORK

Coach: AR

EQUIPMENT NEEDS

CONES, SCRIMMAGE VEST, BALLS, SMALL GOALS

WARM-UP

- CAN YOU DO THIS GAME
 - Each player with a ball working on dribbling moves
 - Coach demonstrates moves to beat an opponent and challenge players to do move
 - Players take turns demonstrating moves and challenge each other
 - Stretching between moves

Coaching Points

1. Short quick touches
2. Proper vision
3. Changing pace and rhythm

MATCH RELATED

- DRIBBLING ALLEY
 - Divide players in two equal teams
 - All players in team A has a ball. Team B has no balls
 - Team A must dribble as many balls over Team B's endline
 - Team B tries to prevent A's from crossing the line
 - No B's cannot defend behind their end line and may help each other
 - Team change roles after each round
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PROGRESSION

- Start removing balls which would later encourage passing
- Designate specific players who get extra points for getting across the line
- Assign captains each round to design attacking and defending strategy

Coaching Points

1. All the above
2. Courage and attacking mentality
3. Recognizing open space
4. Team work

MATCH

- Team A plays against Team B in shape consistent with age group restrictions
 - Team score on small goals but gets double points if they score after beating opponent
 - Encourage and reward successful dribbling

Coaching Points

1. All the above

COOL DOWN

- Light jog and stretch
- Reminders of key coaching points
- Assign homework for next practice

