

Dribbling to Beat an Opponent

“Sponge Activity” (as players arrive)-1v1 to 2 cones

Set up-

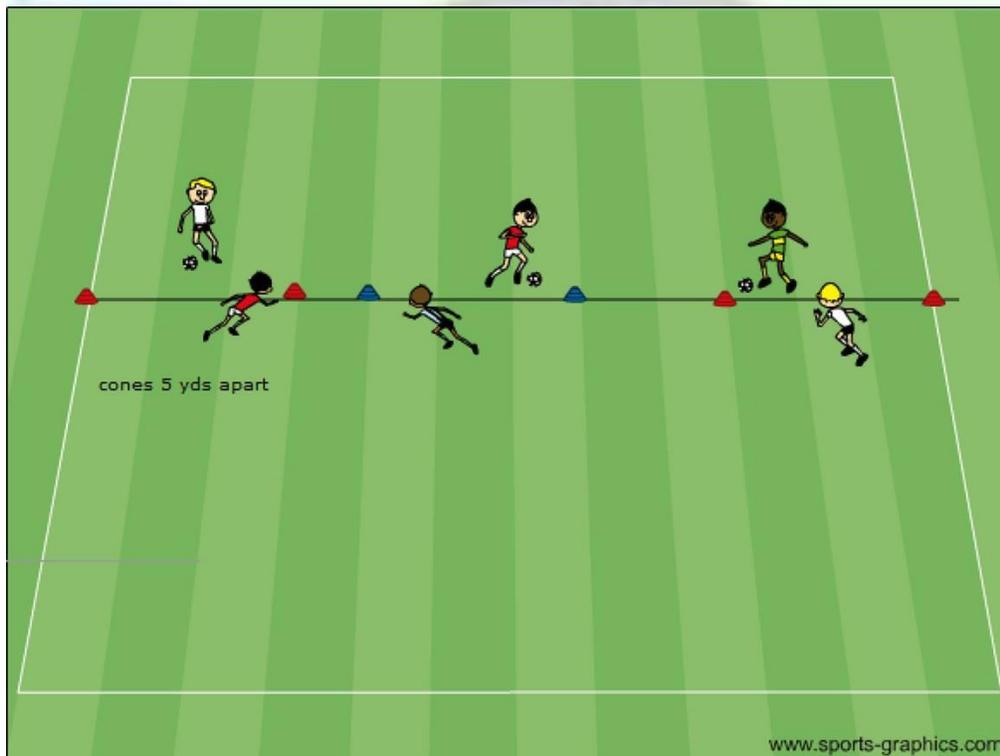
Players split into partnerships with one ball per partnership. Place two cones on a line, 5yds apart for each partnership. Partners face each other across the line. One partner has a ball (attacker) while the other “mirrors” his/her partner without a ball (defender).

Play-

While controlling the ball, the attacker tries to touch the ball to one of the cones before the defender can touch the same cone with his/her hand. It’s a race! Defender may not steal ball and neither player may cross the line.

Coaching points-

Use fakes and feints to trick the defender. Keep the ball close! Move the ball to move the defender! Watch the defender’s feet. When they move their feet one way, move the ball quickly the other way (accelerate!) to get to the cone!



“Small Sided Activity” 1v1 to Two Gates

Set up-

On a 15ydx25yd field, divide players into two teams, using vests and place each team at midfield on opposite touchlines facing each other. Place two “gates” using cones on opposite ends of field, 15yds apart (see diagram).

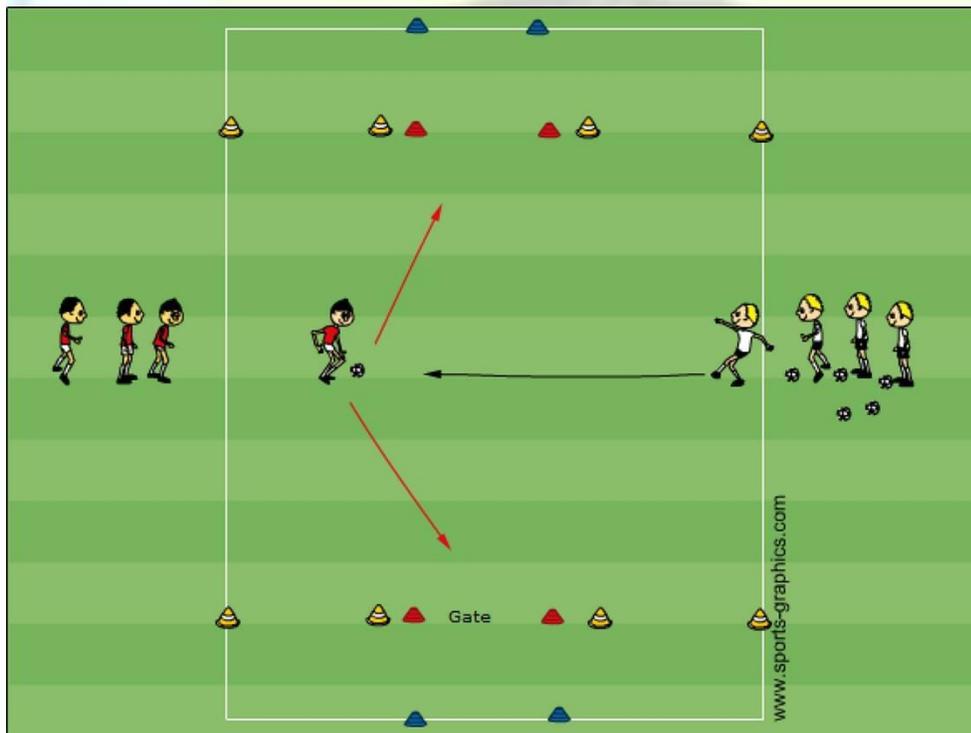
Play-

1st player from team 1 passes a ball across the field to 1st player from team 2 and follows his/ her pass to become a defender. Attacker receives ball and tries to score by attacking and dribbling through one of the two gates. If ball is stolen, the roles reverse and the defender may score in either gate. Once a goal is scored, or the ball goes out of bounds, the next players in line go, and so on. Try to keep lines moving and mix up lines to get players playing against different players.

Coaching points-

Same as above plus: Attackers- When the pass arrives, use your first touch in a direction to get the defender to react, then change direction and accelerate!

Variation: Play 2v2 in same set up.



“Expanded Small Sided Activity” 4v4 “Four Goal Game”

Set up-

On a 15ydx25yd field that is wider than it is long, divide players into two teams, using vests. Place two cone goals on each touchline (see diagram). Play will be “across the field” rather than end to end.

Play-

Teams play 4v4 to goal. Teams may score in either of the two goals they are attacking.

Coaching points-

Same as above plus: Take risks! Use fakes and feints to move the defenders and then accelerate!

