



BASA RECREATIONAL SOCCER



U11, U12, and U14 Practice Plan

Week 2

Topic Dribbling/1v1's/2v1's

1st Activity- Dribbling in space (20x20 yard grid) 5 minutes

+**REVIEW** basic 1v1 Moves- players are dribbling when you say A MOVE they attempt that move

Scissors= ball is between players feet (slightly in front of the player) their right foot goes towards their left foot and then around the ball (when it goes around the ball they should be leaning slightly to the right) then they tap the ball with the outside of their left foot.

The V= ball is in front of the player (the easiest way to show young players this move is have them make a V with their arms...the ball should be at the end of one of the points of the V with the bottom of their foot on the ball. They need to roll the ball back towards the bottom of the V and then push it out (with the outside of their feet) the other side of the V.

Tip/Tap or Stop and Go= A player is dribbling at speed, they stop the ball quickly (with bottom of foot) and then go quickly with the same foot (this is a very basic move but a great way to introduce the importance of being able to stop and start quickly with the ball (change of speed).

Foundation and Go= The foundation is knocking the ball back and forth between your feet (stationary) with the foundation and go they do a couple of foundations and then pick a direction to accelerate into.

Cut and Go- players should be dribbling when you say Cut, have your players do a cut (using the inside of their foot they tap the ball across the front of their body) sideways and then accelerate in a new direction.

Hesitation and Go- players slowly tap the ball with the inside of their foot (once or twice) then they touch the ball with the outside of the same foot (a bigger touch and change speed).

2nd Activity- Introduce Partner passing with pressure (20x20 yard grid)

-Two players, one ball passing and moving in open space

- Two players holding a pennie or cone are the defenders

-Partners are trying to pass and move without losing the ball to one of the defenders, if a defender steals the ball they become partners with the player who did not lose the ball and the one who made the bad pass or lost the ball is the new defender

-You can go over the idea of a give and go (player with the ball tries to commit the defender..as the defender approaches they pass the ball to their teammate and then they go (behind defender) the player who now has the ball quickly passes back to the player going (if the defender comes to pressure them or if the defender follows the runner then they just keep the ball and dribble away)

(X1 dribbles towards D(defender) trying to commit them...before they get too close they pass to X2 and then X1 runs behind defender, X2 either passes back to X1 or keeps the ball)

X1b D

X2

3rd Activity- 1v1 to lines (10x15 yard grid-10wide,15 long) 15/20 minute

-You may need to make two grids for this depending on #'s (no more than 6 per grid)

-Have all the balls on end line of the grid with 3 players on that side, two players on the other side

-The first player with the ball passes it across to the first player in the other line (the defender...after passing...goes to pressure the attacker) the player who receives the ball is trying to take the defender on 1v1 and get past them. In order to get a point they need to beat the defender and stop the ball on the end line...if the defender steals the ball they to can get a point by stopping the ball on the attackers end line. The players switch lines.

+Coaching Points-encourage good control, encourage trying the moves (possibly give bonus points if they beat a player with a move), encourage acceleration after they get past the defender, etc.

4th Activity- 2v1 to lines (15x20 yard grid-15 wide,20 long) 5 minutes

-You may need to make two grids for this depending on #'s (no more than 9 per grid)

-Have all the balls on end line of the grid with 3 players on that side, 4-6 players on the other side in two different lines (2 or 3 per line)

-The first player with the ball passes it across to the first player in either of the other lines (the defender...after passing...goes to pressure the attacker) the player who receives the ball and their partner are trying to take the defender on in a 2v1 and get past them. In order to get a point they need to beat the defender and stop the ball on the end line...if the defender steals the ball they can get a point by stopping the ball on the attackers end line. Have the same three defenders stay on Defense for two minutes, then switch the three defenders.

+Coaching Points-encourage good control, encourage trying the moves (possibly give bonus points if they beat a player with a move), encourage acceleration after they get past the defender, encourage passing as the defender comes to pressure, encourage making the right decision or choice based on what the defender is giving you.

5th Activity- The GUANTLET (20x15yard grid, 20 long, 15 wide) 15 minutes

-Create a grid 20 yards long, with two smaller grids (5 long by 15 wide)

-You can play this game 1v1 or 2v1

*Players and balls

X x X

1

X x X

2

X x X

Goal

-In grid 1 there is 1 defender and in grid 2 there is one defender (the defenders can only defend in their own grid they can not enter the other defenders grid)

-Player/s starts at the top of the grid with the ball and tries to beat the first defender (if they beat them they try and beat second defender and then go to goal...you may have a goalie but don't need to)

-As soon as a defender wins a ball(clears it out of grid) the next player may immediately go and try and beat both defenders (encourage players to be aware of where the defenders are, attack with speed if they are on the opposite side of the grid, attack with control if they are set and ready, etc).

-THIS GAME IS LOVED BY THE PLAYERS AND IS AWESOME FOR 1v1 or 2v1 ATTACKING

5th Activity-Play

