



BASA RECREATIONAL SOCCER



U6, U7 and U9 Practice Plan

Week 2

Topic Dribbling/1v1's

1st Activity- Dribbling in space (20x20 yard grid) 15 minutes

+Introducing 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- 1v1 Duels (20x20 yard grid) 10/15 minutes

-Ball starts between two player when you say go they try and win the ball and keep it from their opponent (shielding is used here please review this topic) Let the players go for 15 to 20 seconds when you yell stop whoever has possession is the winner...change partners

++ For bonus points and to introduce the idea of not always shielding but of trying to take people on, give bonus points if they meg their opponent (pass the ball through their opponents legs)

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- 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)

*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)..for U7's you may only want to start with one defender and then build to a bigger grid with 2 defenders.

-Player 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).

-If you would like to introduce passing here (U7's and U9's) you can have two players start attacking the same two defenders(you now have created 2v1 situations)

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

5th Activity-Play 3v3 or 4v4 or 5v5- Line soccer-players can only score by dribbling over the end line