



07 / U11B - Ball Mastery - 1v1 to Beat an Opponent

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Sebhat Browne, Albuquerque, United States of America

Description

Open up opponent to attack
Isolate defenders out wide and take them on

Coerver skills (10 mins)

DESCRIPTION/ORGANIZATION

Coervers in free space on coach's command. If players can do multiple moves, see if they can do a chain of moves in a specific order one after another.

COACHING POINTS:

Puskas: stop ball with bottom of dribbling foot. Make sure ball stops completely to stop defender. Step past ball with same foot. Push ball forward with inside of other foot. Slow, stop, explode.

Kluivert: Same as Puskas but dribbling foot stops ball and before dribbling foot steps down, other foot comes through ball to explode forward.

Litbarski: Same start as Puskas. Once dribbling foot stops ball, step past ball turning half way to the inside, take the ball in opposite direction with outside of other foot.

Scissors:

Double Scissors:

Cruyff:

Fat Ronaldo:

CR7 Chop:



3v3 Funino with 8 yard dribbling gates (20 mins)

DESCRIPTION/ORGANIZATION: Must dribble through 8-yard gate in order to score. Can score in either gate.

COACHING POINTS:

*Find moments to dribble 1v1.

*Find gaps to dribble, find isolated defenders.

*Timing of when to throw moves, change of pace, change of direction.

*Don't give away ball unnecessarily - Use shielding, passing, dribbling to help keep possession

Head up while approaching defender.

Which goal should you attack?



5v5 Line soccer--Dribbling to score (20 mins)

DESCRIPTION/ORGANIZATION: 5v5, sub every 3+ minutes. Play for 15 minutes. To score, ball must be dribbled into endzone.

COACHING POINTS: If defender has cover; find a teammate in better situation. The closer player is to the line, the more aggressive he can be in decision to dribble. Receive facing forward, so that you have a better chance of getting at defender when he/she is isolated. Play passes to feet so that receiving player can be an effective dribbler



6v6 (or 4v4) plus gkrs to goal (20 mins)

DESCRIPTION/ORGANIZATION:

6v6 plus keepers. Play soccer. Only special rule, if you can beat a player on the dribble before the goal is scored, that goal counts for 3.

2-3-1 Formation.

COACHING POINTS:

*Same coaching points

*Understand when you are truly 1v1, attack that defender quickly, change of pace, change of direction

*Find gaps in back line to dribble at.

*Read defense, if defense has good shape and cover, look to find a new area

*Choose appropriate move for situation

*Find moments to go at players in transition.

*How long +/- 5 secs then reorganize

