



09 / U9B - 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

Phase: Create Scoring Chances

Principle: Change/Speed Direction with the Ball to Beat Opponent

Rapids Box--warm up (10 mins)

DESCRIPTION/ORGANIZATION: 4 lines of 3 players in each line. First player in each line dribble to the edge of center box (3 yards x 3 yards). Perform Matthews move when they get to box, explode to line across from them. Leave the ball for the next player. As north-south players exit box, east-west players start towards the box. Variations: Scissors, double scissors, and any other move that you like assuming you don't cause players to crash into one another.

COACHING POINTS: Dribbling points--positive first touch (inside of foot), pinky toe to the center of the ball. Head up. Arms out for balance. Keep ball close, touch it every time dribbling foot comes forward. Moves--keep feet underneath to maintain balance, slow to fast. Dribbling moves are successful based on the quality of change of direction and change of pace. Arms out for balance, sink plant knee down.



3v3 Line soccer--Dribbling to score (15 mins)

DESCRIPTION/ORGANIZATION: 3v3, sub every 3+ minutes. Play for 15 minutes. To score, ball must be dribbled into endzone.

COACHING POINTS: Same coaching points as in warm up. Now adding ideas of finding gaps at which to dribble, or finding isolated defenders to dribble. 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.



3 1v1s to 2 goals (15 mins)

DESCRIPTION/ORGANIZATION: From the center of the field, attacking players wait for coach's signal. What coach says "go," all three 1v1s begin. Attacking player must get into end zone before he can shoot. Attacking players can go to either goal. Defenders work hard to defend. If defenders win the ball, they can go score at other end--defender gets a point if he scores. First attacking player to score gets the point. After series of 5 or 10 attacks, defenders and attackers switch.

COACHING POINTS: movement towards one goal can set up explosive move to the other goal. Once the defender has been beaten, keep body between ball and defender. Explode to end zone, finish quickly. Head up to see the other 1v1s happening at same time. Recognize where traffic is and steer clear. Same coaching points as in warm up regarding dribbling and moves. Change of pace, change of direction.



3v3 Funino (15 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score. Sub every 3 to 5 minutes.

COACHING POINTS: Find moments to dribble 1v1. Find gaps to dribble, find isolated defenders. Head up while approaching defender. Which goal should you attack?

