



08 / U10G - 1v1 to Beat an Opponent

Category: Tactical: Penetration

Difficulty: Beginner | Start Time: 05-Mar-2018 16:45h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Create Scoring Chances

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

5v5 to 2 Gates (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*5v5 (or 4v4+1/2)

*Must dribble through either 6-yard gate with the ball under control in order to score.

COACHING POINTS:

*Find moments to dribble 1v1.

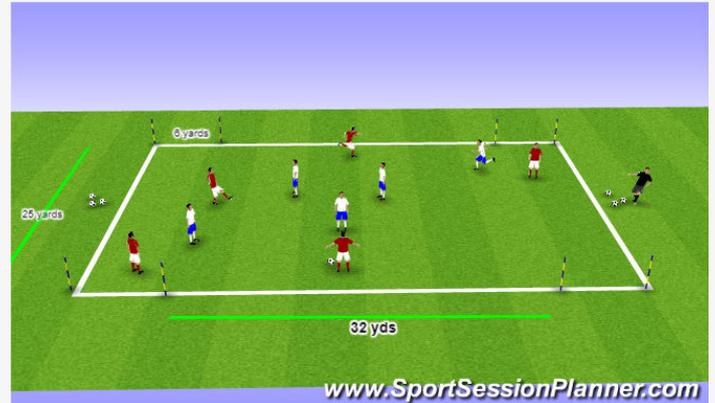
*Find gaps to dribble, find isolated defenders.

*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?



Rapids Box-Dribbling (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*4 cones spaced 6 yards from the center of the side of a 6 yd x 6 yd central box

*players split equally between the 4 outside cones with one ball at each line

*player from each line dribble into central box and have them throw a move/fake/trick to beat the player dribbling at them and get behind them

-explosive touch to exit box and get in behind defender

- pass to teammate in line you are facing as soon as you exit the box

*follow your pass to the end of that line

*help players with timing of move so that the risk of colliding with their teammate is reduced

*Quick review of base moves from last week: 1) inside-outside 2) shoulder drop/side step 3) slow and go/hesitation dribble

*Introduce a couple of more challenging moves off of these base moves: scissors, double scissors, Mathews/little-big, step-over, roll-over and go

*Make sure players spend equal time with favorite and non-favorite foot

North-south players and east-west players alternate

COACHING POINTS:

*Focus on the player's execution of the base movement and the getaway touch allowing players to change direction and speed to get away from the opponent to the other side of the grid.

*Head up between touches to be aware of defensive pressure and spaces to attack

*Positive approach - type of touches on approach versus touches used to change direction and speed

*Sell the move to fool the opponent (body movement, ball movement, eyes)

*Use of the foot furthest from the opponent to protect the ball

*Big change of direction and speed

*Explosive get away touch to put the opponent on your back/cut them off

*Encourage players to be creative and to express themselves with the ball.



3 1v1's FUNino (PART) (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 3-5 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 (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score. Sub every 2-5 minutes. "C" is the coach.

- *attacking player must be in the attacking zone before shooting
- *dribble in to counter when ball scores or crosses endline

COACHING POINTS:

- *all of above plus-
- *Find moments to dribble 1v1 and which goal is least defended to attack- head up and looking at defenders while dribbling
- *Find gaps to dribble or find isolated defenders.
- *Timing of when to throw moves, change of speed, change of direction.
- *Dont give away ball unnecessarily - use shielding, passing, dribbling to help keep possession
- *Find moments to go at players at the moment that you win the ball - catch them in transition

