



08 / U10G - 1v1 to Beat an Opponent

Category: Tactical: Penetration

Difficulty: Beginner | Start Time: 07-Mar-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Penetrate

Principle: Isolate Defenders and Take Them on 1v1

1v1 to End Zones Ladder (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *10 yard wide x 15 yard long field with 3 yard endzones
- *defender initiates play by passing across to the attacker. Play 1v1. Attackers score by dribbling into the opponents endzone.
- *defender may counter-attack if they win ball.
- *play ends when goal is scored or ball goes out of play.
- *restart play by alternating the player that passes the ball in to start
- *play as a championship ladder with players resting next to each grid to get 1:1.5 work to rest ratio

COACHING POINTS:

- *face up the defender with the ball
- *use changes of pace along with changes of direction to beat the defender.
- *encourage attackers to dribble "at," the defender's front foot, commit them to the ball, then imbalance them with skill: "take them on and beat them."
- *protect ball with body while going by defender - use foot away from defender to play ball
- *when coming out of the 1v1 move, explode to get beyond the defender. once by them, players next touch should be an angled one to put the defender on their back and cut off their recovery run



Rapids Box-Dribbling (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *4 cones spaced 6yards 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.



1v1 Guard the Gate (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

1v1 to beat a player across a line - player with ball tries to dribble across line between two cones with ball under control (goal 4-8 yards wide)

*defender can only move side-to-side on line - they may not leave line to tackle ball

*switch roles after goal scored or defender wins ball

*make game competitive by keeping score

*require players to use their less favorite foot for some of the time

*2-3 groups per team

Variations:

*if attacker scores goal they get to keep ball and go again, otherwise players switch roles

COACHING POINTS:

*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception with body

*encourage players to use the different moves they have learned and both feet



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.

*Don't 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

