



08 Premier / U11G - 1v1 to Maintain Possession

Category: Tactical: Possession

Difficulty: Beginner | Start Time: 01-Feb-2019 16:45h

Am-Club: Rio Rapids Soccer Club
Kiva Gresham, Albuquerque, United States of America

Description

Topic: 1v1 to Maintain Possession

Juggle Testing (15 mins)

DESCRIPTION/ORGANIZATION:

Juggle Testing

Feet only

Start from hands

Consecutive number

Timed- How long does it take to get 30/40 Juggles

(Pretest 1 or 2 players upon arrival to determine number

COACHING POINTS:



6v6 to Endlines (20 mins)

DESCRIPTION/ORGANIZATION:

30X30 yard grid

One team goes North/South, the other team goes East/West

Stop the ball on the endline to score a point

Once goal is scored, immediately turn to go the other way

When defending team wins the ball they can go to either goal line

Restarts come from coach

COACHING POINTS:

Head up to be aware of defenders and spaces to attack

Body between the ball and defender to keep them from stealing it

Dribble with your body between the defender and the goal

Recognize which sideline you should attack when transitioning from defense to offense

When turning at the endline, recognize where the defender is and turn away from them

Bigger touches when you have space in front of you, smaller

touches when confronted by a defender or near a sideline/endline



1v1 to Gates (20 mins)

DESCRIPTION/ORGANIZATION:

30 x 30 yard grid

2 yard gates placed around the field

6 players working/6 players resting

45 second rounds

Dribbling through the gates

**Each of the six players on the field has a ball.

**On the coaches command, players dribble through as many gates as possible.

**The player with the most gates at the end of 45 seconds win.

**If the ball touches the cone, that gate does not count.

Most Gates Wins!

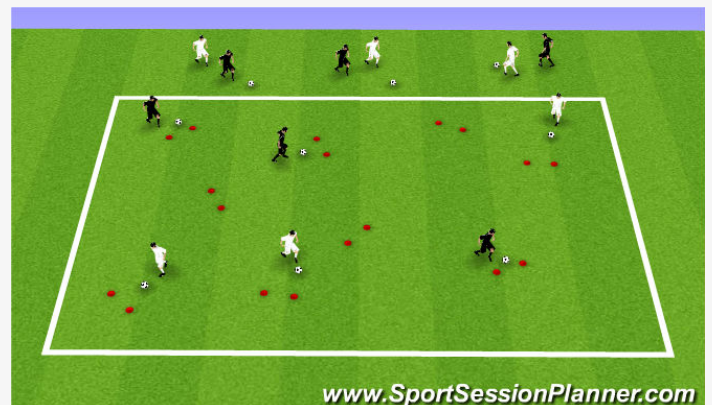
**Half of the players have a ball dribble to score as many goals as possible by going through the gates

**The defenders try and win the ball from any of the attacking players

**If the defenders win the ball, they begin dribbling through the gates

**Player/s with the highest score at the end of the round wins

**If the ball touches the cone, that gate does not count



(Encourage defenders to win the ball by getting their body between the ball and the attacker and NOT by kicking the ball out of bounds)

COACHING POINTS:

Head up while dribbling to determine where the defender is and/or where the open gates are

Keep your body between the defender and the ball

If the defender blocks off one gate, find another gate in the opposite direction

If you don't have a gate in sight, shield the ball and find moments to peak for gates

Use your foot furthest away from the defender when dribbling to maintain possession

Use a broad stance and get your arms up to protect the ball (Polar bears not Bean poles)

Use various parts of your foot to protect the ball (Outside/Sole)

6v6 Game (20 mins)

DESCRIPTION/ORGANIZATION:

6 v 6 to full sized goals

35 x 45 yard field

Normal restarts

COACHING POINTS:

When and how to use the dribble to maintain possession

Keep your body between the defender and the ball

When shielding the ball, get a broad base and arms up to maintain possession

Dribble with the foot furthest away from the defender (Outside of the foot)

