



2014 - U14 - Spring Lesson Plan - Week 3



Module 1: Dribbling

Topic: Dribbling and Turning to Beat an Opponent

Objective: To improve the player's ability to dribble and opponent and turn when under pressure

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<u>Lane Dribbling:</u> - Area: 6Wx12L yard grid, place 2-3 players with the ball on each at the short sided ends. The players with a ball each have to dribble from one end to the other and turn back and repeat. - The other team (white players) starts as 2 pairs with a player from each pair on either side of the lane. The player with the ball must dribble across the area towards their partner, and connect a pass after they have dribbled past the halfway point of the grid. The partner receives the ball by taking a 'positive' touch into the lane, dribbles and performs a turn before playing the ball to their partner. Every time that the players get up and down without crashing/ getting hit by a soccer ball they get 10 points. First player to 100 wins	www.SportSessionPlanner.com	- What surface of the foot to use? - To stop - To go around opponents - To manipulate the ball - Where is the space? - How fast can you go? - How to dribble? - How to turn?
Stage II Small Sided Activity	<u>2v2 to 4 Goals:</u> - Area: 20Wx 20L - Play 2v2 to score in any of the opponents 2 goals by dribbling through	www.SportSessionPlanner.com	- What surface of the foot to use? - What surface do we use to receive the ball? - What type of first touch should the player have? To where? - When to dribble an opponent? - When to turn?
Stage III Expanded Small Sided Activity	<u>4v4 to 4 Goals:</u> 30Wx 40L yard grid with 4 goals of 3 yards each. Goals are about 3 yards each - Teams play to score by dribbling through any of the opponent goals - No Forward Passes are allowed	www.SportSessionPlanner.com	- What surface of the foot to use? - What surface do we use to receive the ball? - What type of first touch should the player have? - Where should the first touch take you? - When to turn? - When to dribble, when to pass?
Stage IV Conditioned Game	<u>6v6 or 7v7:</u> - Two teams with a specific formation - Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball		