



Description

Gate Dribble (20 mins)

Set Up

20x20 grid

10 2 yard gates scattered in the area

Instructions

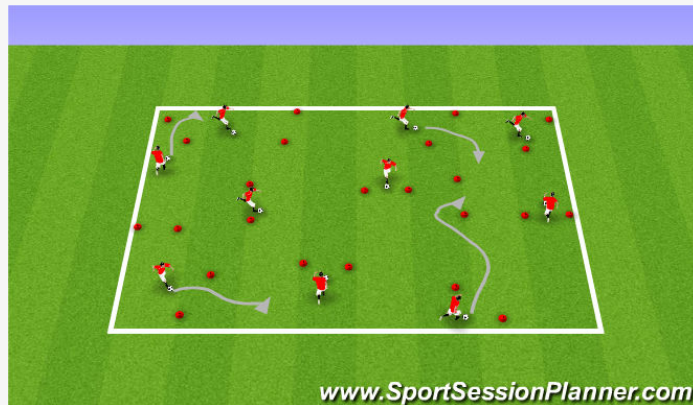
All players have a ball and will dribble through the gates. Let players perform each skill before making a game to see how many gates they can get through in 30 seconds. Players need to have their head up to know where the next gate is and not run into their teammates!

Techniques

1. Messi touches- using their laces, toe down, ankle locked, little touches
2. Alternating inside/outside touches
3. Sole of the foot touches
4. Inside touch when going through a gate to change direction
5. Outside touch when going through a gate to change direction

Moves

1. Stop/go- players will stop the ball using the sole of their foot when they get to a gate then using messi touches they will accelerate to the next gate
2. Pull back- Players will use the sole of their foot to pull the ball back everytime they get to a get.
3. Inside the foot cut- Players will use the inside of their foot to cut the ball back when they get to a gate.
4. Scissors- at the gate the player will perform a scissors. This is executed by the plant foot beside the ball with the other foot going behind the ball, between the plant foot and the ball, around the front of the ball with that foot ending up back beside the ball. The next touch should be with the outside of the opposite foot that just did the scissors
5. Step over, turn- left foot steps around the front of the ball. On that left foot you then pivot 180 degrees counter clockwise and take the ball with the right foot. to fake the other way a player would perform the opposite.



Opposed Gate Dribble (20 mins)

Set Up

Same as Gate Dribble

Instructions

Players will now be in pairs. One will start as the attacker and one will start as the defender. The attacking player is trying to dribble through as many gates as possible in 30 seconds. If you want to add more fitness make the rounds 45 seconds. To start the defender is not allowed to steal the ball. After time is up the roles are now switched.

One game= 1 turn as the attacker, 1 turn as the defender

Play 2 games and then find a new partner.

Coaching Points

1. Using Messi touches when you want to keep the ball close
2. Keeping yourself between the defender and the ball
3. Using moves to change direction and attack a different gate

Progression

1. Defender is live and can steal the ball, whoever ends up with the ball at the end of 30 seconds gets a point.



1v1 to Endline

Set Up

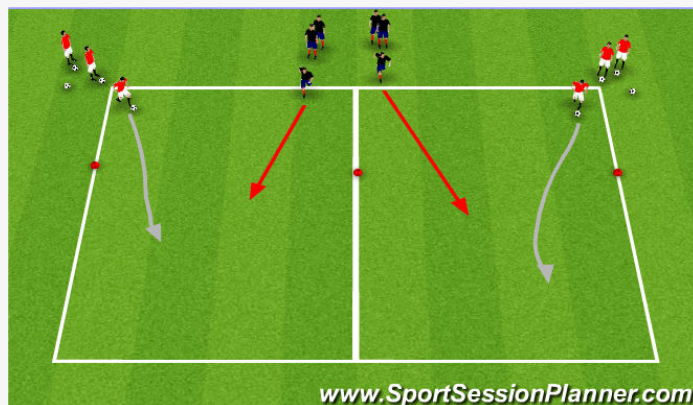
2 10x15 grids

Instructions

The attacking player starts with the ball and dribbles out. The defending player may run back to defend once the attacking player crosses the cone line 5 yards out from the starting line. The attacking team gets a point if they can dribble across the endline.

Coaching Points

1. Going fast but staying under control
2. Running with the ball- Using bigger Messi touches to go with speed and keep the ball close
3. Keeping the ball closer when we get to the endline
4. Cutting off the defender on the dribble



1v1 to Goal

Same as 1v1 to endzones, but now going to goal.

Same instructions except attacking players are trying to dribble through the two goals on the endline. If the defender wins it they can pass through the single goal on the opposite endline.

Progression

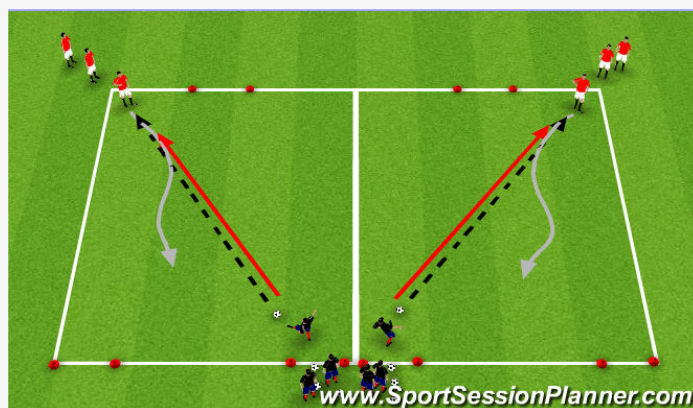
1. The attacking player can turn back and play in a second attacker to make it a 2v1

Coaching Points

1. Going at the defender with speed
2. Good first touch on the run so we don't start from a stationary position

For the Progression

3. Using a supporting player when you're in trouble
4. The numerical advantage of a 2v1



2v1 to Goal

Set Up

Same as 1v1 to goal. If the space is too small feel free to open it up a little bit.

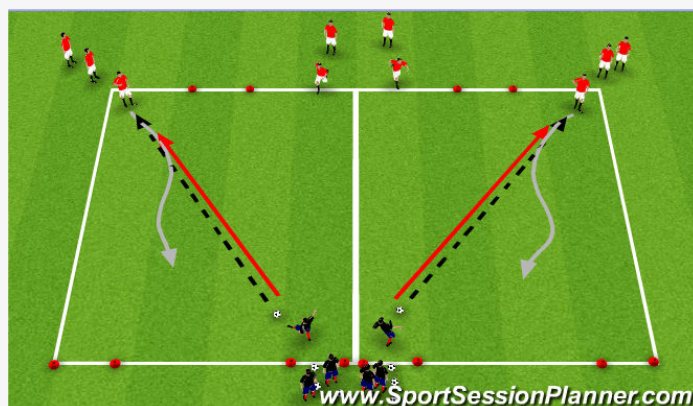
Instructions

Two attacking players step out and attack against the one defender. Attacking players still need to dribble through the gates and the defender is allowed to pass through if they win the ball.

Coaching Points:

1. Can the attacking player beat the defender 1v1.
2. If the defender plays good defense we need to recognize when to pass. We don't want to pass too early because that makes it easy on the defender. We need to make the defender commit and then we can decide to try and beat them on the dribble or pass to our teammate into space.
3. When we do make a pass can the receiving player take a first touch toward the goal and dribble through.

****if players are passing 3,4,5 times before scoring that is too slow. There should be only 1 maybe 2 passes in this activity for the attacking team to score.**



2v1 to Goal Progression

Set Up

Same as before

Instructions

Same rules as previous activity. As a progression add a second defender that will come from a recovering position. IF the attacker chooses to pass the recovering defender is able to enter the field of play and help defend making it a 2v2. If the attacking player does not pass the recovering defender cannot step on.

This progression should make the first attacker think a little harder about the option to pass or to try and get by the defender 1v1.

