



Description

Open Dribble (20 mins)

Set Up

15x15 grid- small space so players really need good touches

Instructions

Players dribble in the space avoiding their surrounding teammates. Players should be making a lot of quick technical touches to keep the ball close.

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 gate.
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 before

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 around trying to keep the ball for 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
4. Can we use our body to keep space between the defender and the ball when we run out of space to dribble.

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 Goal

Set Up

20X15 grid x2

One 3 yard goal for defenders to pass into

Two 3 yard goals at either corner for the attackers to dribble in

Instructions

Defender passes the ball out to the attacking player and its a 1v1 to goal.

Progression

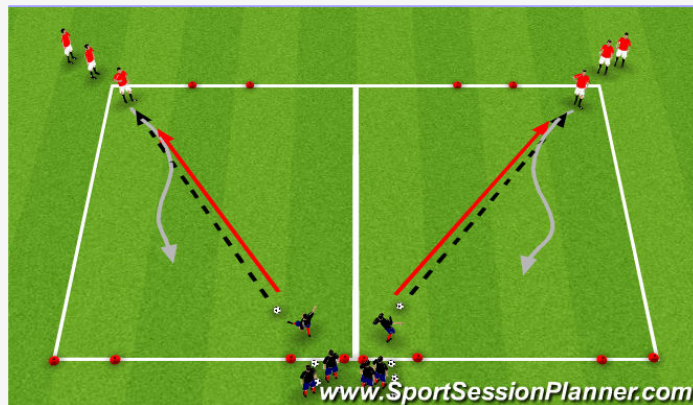
1. The attacking player can turn back and play in a second attacker to make it a 2v1

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
3. When we get by the defender can we seal off the defender so they can't get back in 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.

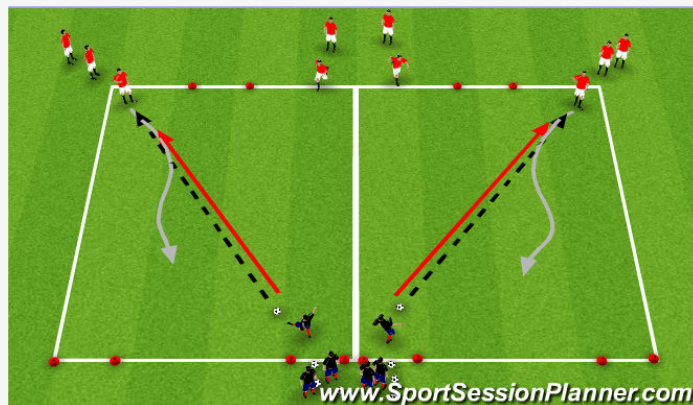
Instructions

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.

