



Woods Soccer Club :: U12 Practice Plan :: WEEK 1

Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>Dribbling Grids:</u> In a 15L x 10W yard grid. 3 players with the ball dribbling to keep ball under control in tight space. At the coach's direction dribblers change direction, turn, accelerate, perform a move.</p>	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can you use all surfaces of the foot? (inside, outside, laces, sole, toe, & heel) • How do you keep the ball close and in control? • How/when do you use the outside of the foot and the laces for speed to beat an opponent? • How do you execute a feint to unbalance the defender and dribble past him/her with a burst of speed? • What are the Visual Cues to take on opponent? <ul style="list-style-type: none"> ○ Free space in front ○ 1v1 with no defender behind ○ Near the box • What are the Verbal Cues? <ul style="list-style-type: none"> ○ "Take space" ○ "Time" ○ "Take him on" • When and why do you attack the defender at pace? • How and where can you be creative and take risks? • How do you set the defender up?
Stage II Small Sided Activity	<p><u>3v3 to Attacking Zones:</u> In a 40L x 30W yard grid, have 3 players on each team play to score in the opponent's goal. The teams score by dribbling into the attacking zone and scoring</p> <ul style="list-style-type: none"> • Dribble goal, 50 points • Pass goal, 1 point <p>Defending team can have one defender recover into the attacking zone to defend the dribbler; defenders are not allowed to remain in the zone.</p>	<p>www.SportSessionPlanner.com</p>	
Stage III Expanded Small Sided Activity	<p><u>5v5 (Gk+4v4+Gk):</u> In a 45L x 35W yard grid, have 5 players on each team play to score in the opponent's goal. The teams score by dribbling into attacking zone and scoring. Only one attacker and one recovering defender are allowed in the zone at a time.</p> <p>Goal scored by an attacker:</p> <ul style="list-style-type: none"> • Dribbling into the zone and shooting, 500 points • Receiving a pass into the zone, 100 points • Dribbling into the zone and dribbling the GK, 1000 points <p>Game is to 3000 points</p>	<p>www.SportSessionPlanner.com</p>	
Stage IV Conditioned Game	<p><u>6v6 or 7v7:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to dribble 		