






Woods Soccer Club :: U12 Practice Plan :: WEEK 2

Module 1: Dribbling

Topic: Running with the Ball

Objective: To improve the player's ability to dribble and run with the soccer ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p>Free dribble In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. Attacking moves: scissors (circle/take,) Mathews (inside/outside,) fake and take, Turning moves: inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg,) Variations: Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do we dribble fast over distance? • Which part of the foot should we use to change direction? • What should we check before we turn? • How quickly should we accelerate after changing directions? • Why do we turn? Which way is best to turn?
<p>Stage II Small Sided Activity</p>	<p>1v1/2v2 to Four Goals: In a 20Lx 15w / 25L x 20w yards grid. One team starts with the ball and tries to score in the opponents goals. If the ball goes out on your team's half, a new player comes on the field. The new player always brings a ball with them on the field.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do we get the defender to move out of the space we want to get into? • What moves to use that can help change directions quickly? • When to dribble? • What can we see behind the defender that tells us to attack him? • Which goal to score in? Why? • If we can't score where can we go?
<p>Stage III Expanded Small Sided Activity</p>	<p>3v3/4v4 to Dribble Goals: In a 30L x 45W yard grid, play a game with 6 goals. Players cannot pass the ball forward.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can we get the defenders to move? • Which turn can we use to change direction? • How can we keep the ball even near our own goal? • What's the danger with dribbling near our own end? • How can we attack when we cannot pass forward?
<p>Stage IV Conditioned Game</p>	<p>6v6 or 7v7:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to run with the ball 		<ul style="list-style-type: none"> • When do we look to attack players? Space?