



Woods Soccer Club :: U12 Practice 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> <ul style="list-style-type: none"> 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 	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> What surface of the foot to use? <ul style="list-style-type: none"> 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> <ul style="list-style-type: none"> Area: 20Wx 20L Play 2v2 to score in any of the opponents 2 goals by dribbling through 	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> 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> <ul style="list-style-type: none"> 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 	<p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> 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> <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, turn, and protect the ball 		