

TRAINING PLAN U-12 DRIBBLING

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TECHNICAL WARM-UP

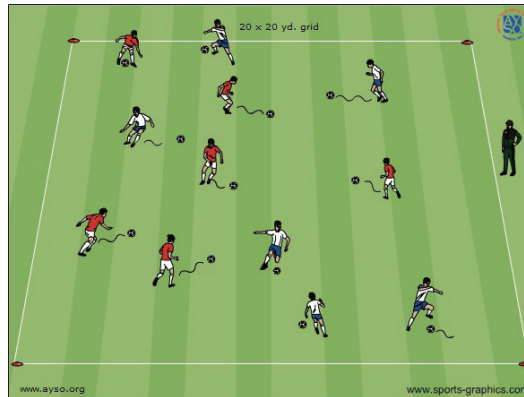


To see this activity in action visit <http://bit.ly/ZYxHiy>

ORGANIZATION/RULES

- 20x20 grid. 1 ball per player.
- Players dribble through grid performing progression of moves & turns: Attacking moves: body fakes (shoulder-drops) and step over (half-scissors).
- Retreating move: Cruyff turn.

Player leads stretching.



COACHING POINTS

- Quality dribbling technique.
- Movement, touch on ball.
- Controlled approach with speed.
- Execute move/fake.
- Change of pace, change of direction.
- Purposeful movement: to get behind defender.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL

ACTIVITY I

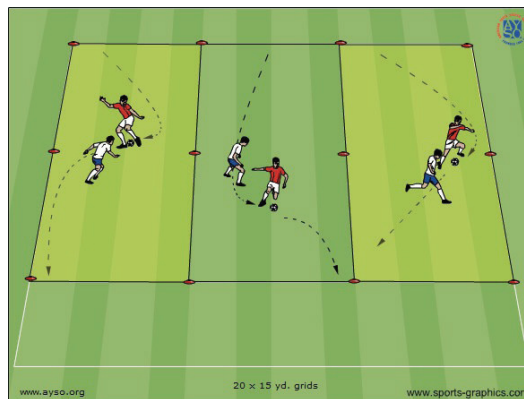
Individual & Pair Work
 Competition & Teamwork
 2v2 & 3v3



To see this activity in action visit <http://bit.ly/SLBbl0>

ORGANIZATION/RULES

- 20 x15 grids (numerous to keep all players active). 1v1. Players score by dribbling over opponents' end line.
- Defenders start at midfield.
- Each game is 2 minutes then 2 new players play.
- Keep score. Make competition.
- > Add goals.
- > Play 2v2.
- Players should focus on being able to see end line/goal & seek scoring opportunities every time there's a chance to win ball.
- Players should understand *when* to dribble, *when* to pass, *when* to combine, *when* to dribble for possession, *when* to dribble for speed, *when* to shield and, *what* moves/feints work in each situation.



COACHING POINTS

- Players need to be confident and encouraged to take on the opponent and seek first look/first shot (important with all strikers).
- Encourage players to think *ahead* of what they want to do, then use instincts when taking on an opponent.
- Quality dribbling technique and developing instincts in front of goal:
- Attack front foot of defender – run at them.
- Close control.
- Use moves to beat defender using various surfaces of the feet and *selling* the feint.
- Wrong foot defender by constantly changing position of the ball.

- PSYCHOSOCIAL
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ACTIVITY II

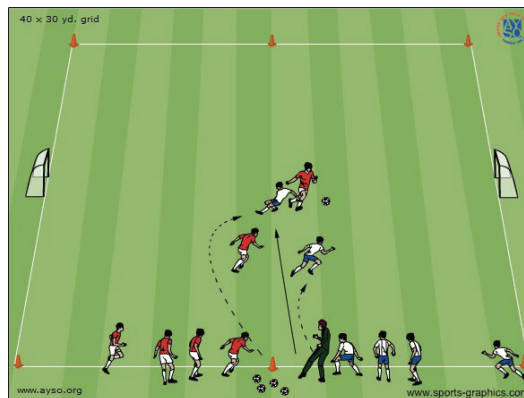
Opposition (attack & defense)
 Directional Play (w/goals or targets)
 Expanded Num. (3v3 to 6v6)
 Most Game Aspects



To see this activity in action visit <http://bit.ly/S4y4cD>

ORGANIZATION/RULES

- 40x30 field with small goals. Coach on sideline with all balls. 2 teams, 1 on either side of coach.
- When coach serves a ball into play, 1st 2 players on each side enter field and play 2v2 until a goal is scored or ball goes out of play. Once ball is out of play, player exits field around their own goal, along end line, round corner and back to team. Coach serves new ball.
- Game lasts until all balls have gone and all players have played.
- > 3v3, 4v4.
- > Players can only score, once they have tried a fake or feint.



COACHING POINTS

- Quality dribbling technique.
- To beat opponent, emphasize change of pace and direction.
- Encourage creativity and expression with fakes and feints.

- PSYCHOSOCIAL
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SMALL-SIDED MATCH

Cool Down/Debrief

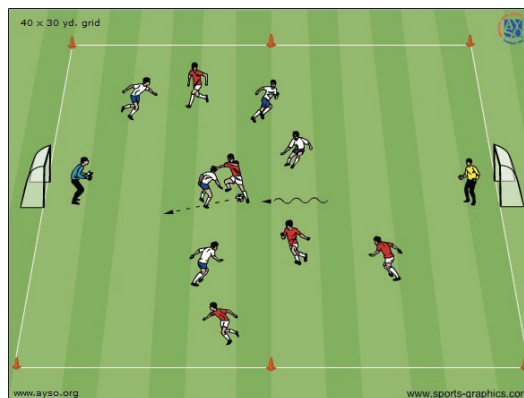


To see this activity in action visit <http://bit.ly/X8SC02>

ORGANIZATION/RULES

- Small sided match with general rules.

Player leads static stretching, *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize appropriate and quality dribbling technique depending on the situation; but let them play.
- Preparation touch (first touch)
- Dribbling with controlled speed vs. dribbling for possession.
- Opportunistic.
- Body position (to shoot).
- Field position – to be able to find the ball to shoot.

- PSYCHOSOCIAL
 PHYSICAL
 TECHNICAL
 TACTICAL