



## BASA RECREATIONAL SOCCER



### U11, U12, and U14 Practice Plan Week 1

#### Topic Dribbling

##### **1<sup>st</sup> Activity**-Dribbling in space (20x20yd grid) **10/15 minutes**

-For this you can start with dribbling (no restrictions) when you say a “command” they try it.

+On “GO”=medium speed/full speed/speed dribbling (introduce the basics of dribbling in open space, they should be using their laces on medium dribble-pushing the ball about 1 yard or so in front of them)

+On “UP”=have the players pick up the ball and toss up in the air, try to get your players to run through the ball and to get it down to their feet as quickly as possible (have them start with tossing the ball so it bounces and they can run through it with their chest or head, build to where they are winning the ball out of the air)

+On “DIRECTION”=change direction, have your player change direction as quickly as possible while dribbling (they could do the Pull Back-stop the ball with their right foot and roll it behind them, as the ball is rolling back they are turning to chase it. They could do a cut-using the inside or outside of their foot they cut the ball back towards where they just came from) When teaching change of direction remember to tell them after they change direction they need to accelerate or speed dribble away from where they came from.

+On “Change”= change balls, as the players are dribbling when you say change they need to stop their ball and find a new ball as quickly as possible (once they find a new ball they need to accelerate into space)

+On “TOE TOUCHES”=toe touches, your player places one foot on the ball and then switches (have them do this without moving and as they get comfortable you can have them do toe touches while moving forward or backwards) this is a great way to get players comfortable with different surfaces of their feet

+On “FOUNDATION”=foundation, your players should be knocking the ball back and forth between their feet (stationary)

-AFTER EACH DIRECTION/COMMAND YOU SHOULD ENCOURAGE ACCELERATION

**2<sup>nd</sup> Activity**- Introducing Basic 1v1 moves- players are dribbling when you say A MOVE they attempt that move

Scissors= ball is between players feet (slightly in front of the player) their right foot goes towards their left foot and then around the ball (when it goes around the ball they should be leaning slightly to the right) then they tap the ball with the outside of their left foot.

The V= ball is in front of the player (the easiest way to show young players this move is have them make a V with their arms...the ball should be at the end of one of the points of the V with the bottom of their foot on the ball. They need to roll the ball back towards the bottom of the V and then push it out (with the outside of their feet) the other side of the V.

Tip/Tap or Stop and Go= A player is dribbling at speed, they stop the ball quickly (with bottom of foot) and then go quickly with the same foot (this is a very basic move but a great way to introduce the importance of being able to stop and start quickly with the ball (change of speed is the most important thing to learn when trying to beat a player, most young players try to go a 100 miles an hour all the time (both offense and defense) but if you have the ability to stop quickly and then start again quickly in a new direction you will be ahead of the game....**players should be going quickly towards opponent but as they get close they need to have the ability to slow down and get their defender to move sideways one way or the other, if they can do that then it is much easier to beat a defender**).

Foundation and Go= The foundation is knocking the ball back and forth between your feet (stationary) with the foundation and go they do a couple of foundations and then pick a direction to accelerate into.

The Hesitation= Player has the ball on the inside of their right foot they try and hop (keeping the ball very close to their foot) after they hop to the inside then they take a very quick touch to the outside

### **3<sup>rd</sup> Activity-** Dribbling with pressure (20x20 yard grid) **10/15 minutes**

-Now that you have gone over the basics of dribbling you want them to be able to use these skills with added pressure

-Have 2 players hold a penny (or a cone of something that distinguishes them from the others)

-OBJECTIVE-players with pennies are trying to steal the ball from the others who are dribbling, once they steal a ball they drop the penny and now the one who lost the ball is the new defender

-Coaching Points- focus on the players dribbling, see if they are trying to change speed to get away from players, see if they have good control when pressure is coming, see if they are attempting different moves, see if they are using the technique of changing speed, etc.

### **4<sup>th</sup> Activity-** 3v3 or 4v4 line soccer (20x15 yard grid) **15/20 minutes**

-Similar to a scrimmage but in order to score the player must dribble over the end line with control (there is no other goal except the end line). This is an excellent way to work on dribbling in a scrimmage environment.

**5<sup>th</sup> Activity**- PLAY –look for good dribbling, see if there are moments in the game where your player has space and immediately they are looking to kick it or get rid of it, this is where dribbling needs to be encouraged. If a player is comfortable on the ball all other parts of the game will come to them a lot easier.