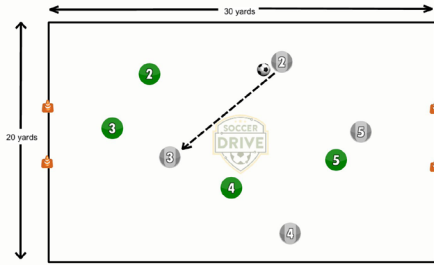




DRIBBLING TO BEAT AN OPPONENT

AGE LEVEL: U14 TIME: 60 MINUTES



4 VS. 4 PLAY

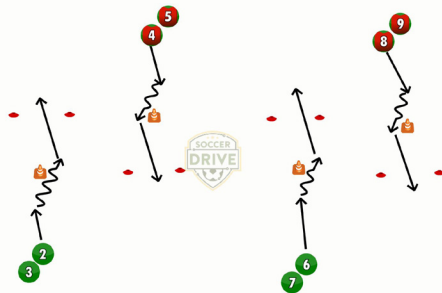
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



DRIBBLING MOVES

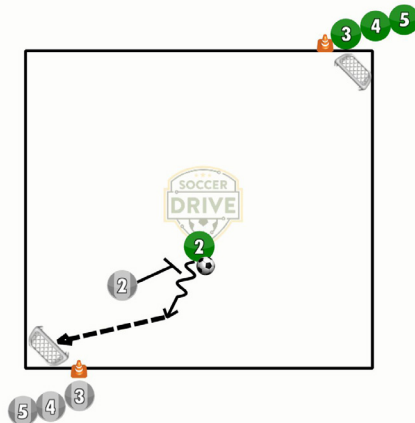
TIME 10 minutes

SETUP

- » Create four lines, each with four to five players per line.
- » Place cones as shown.
- » Players dribble towards central cone, perform a dribbling move to beat an opponent, and then sprint with ball through cone gate.
- » Coach can either tell players which dribbling move to perform or let the players decide which one they want individually.

COACHING POINTS

- » Players need to "sell" the dribbling move. Get body into it, and lean into the move to deceive the opponent.
- » After performing dribbling move, player needs to take a touch behind cone in order to cut off a defenders path for a recovery run.
- » Need to change speed after performing dribbling move to get separation from defender.
- » Take longer touches on the ball, so you can take more steps in between each touch of the ball.



1 VS. 1 TO SMALL GOALS

TIME 10 minutes

SETUP

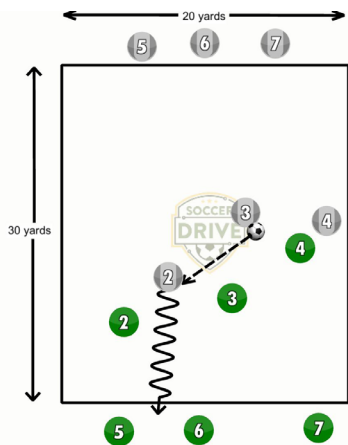
- » Create two fields, each with two goals.
- » Each field has two lines as shown.
- » All balls start with the defending team.
- » Defender passes ball to attacker and then goes to defend.
- » Attacker can score 1 goal by dribbling over defenders endline.
- » Attacker can score 2 goals by beating defender and scoring in goal.
- » If Defender wins the ball, they can score points the same way as the attacker.
- » Players return to their own line, and keep track of their team's score.
- » Play for 2 minutes, and teams switch sides keeping their score.

COACHING POINTS

- » Attacker needs to recognize where there is space on the field.
- » When should they take the safe option of dribbling over the endline, and when should they try to beat the opponent for two goals?
- » If attacker beats defender, it's important to take their first touch behind the defender to cut off their angle of recovery.
- » Use deception when beating the opponent. Sell the move!



DRIBBLING TO BEAT AN OPPONENT



MULTI TEAM ENDZONE SOCCER

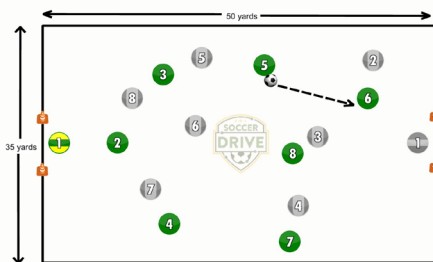
TIME 10 minutes

SETUP

- » Make four teams of 3-4 players.
- » In a 30x20 grid, play 3v3 or 4v4, depending on numbers.
- » Two teams play on the field, and score by dribbling over the endline.
- » Once a goal is scored, the ball is left for on the endline for the team that is out to immediately dribble onto the field and score on the other team. So, everytime a goal is scored, both teams that are out enter the field to play.

COACHING POINTS

- » Same coaching points as above
- » Encourage players to take advantage of 1v1 situations
- » Change of speed is a must after beating opponent!
- » Communication!



8 VS. 8 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 8v8. If your numbers are short, decrease size of field to 40x25 and play 7v7.
- » Cones for goals are 6yds wide and use goalkeepers. Both teams play a 1-2-3-1.

COACHING POINTS

- » None! Just sit back and let them play. Play full rules for your age group: offside, thrown-ins, goalkicks and corners etc.
- » Praise, in the flow of the game, appropriate movements of your players to create or take space!

END OF PRACTICE QUESTIONS:

- » Why is deception important in taking a player on 1v1? (you have to sell the move to get the defender off balance!)
- » Where should your first touch go after beating opponent? (behind them to cut off their angle of recovery)
- » How can you get faster after beating an opponent? (Take longer touches on the ball, so you can take more steps in between each touch)