



Grand Island Soccer Club – Lesson Plan



TOPIC = Dribbling to beat opponent (2)

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FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> All players with a ball in a designated area, don't make too large Multiple pairs of cones are randomly placed as gates Dribble at first On command, player executes moves between gates 	<ul style="list-style-type: none"> Keep ball close to body to maintain control Explosion out of move and through gate Change direction and change speed Contact ball with different surfaces of feet Multiple touches in warm-up
<p>MATCH RELATED</p>	<ul style="list-style-type: none"> Use same area as warm-ups Have players work in pairs Play 1v1 and score by dribbling through gates Cannot score through same gate consecutively Only play for 1-2 minutes at a time Important to match players by ability and fitness level High fitness drill, so ok to rest after, or to separate into two groups of pairs, one group resting and one group playing Can progress to 2v2 as players tire, but still score by dribbling through gates 	<ul style="list-style-type: none"> Creativity Change of speed is important It's ok to protect ball in tight space, and then make move and explode away Sell your fakes Maintain control at all times
<p>MATCH RELATED</p>	<ul style="list-style-type: none"> Larger Field, use discs to set-up small corners Play 6 v 6, each team sends 2 players to rest in opposite corners, play 4 v 4 on the field Team scores by dribbling into corner with teammate. They leave ball for teammate and change spots Team that scored keeps possession 	<ul style="list-style-type: none"> Don't be afraid to take players on Make quick decisions and play fast When clear of opponents explode away
<p>MATCH CONDITION</p>	<ul style="list-style-type: none"> Play large field, one field, with or without goalies No restrictions Use subs if needed 	<ul style="list-style-type: none"> Limit coaching in final phase Observe and provide recognition for creativity or attempting to take players on