



# Grand Island Soccer Club – Lesson Plan



TOPIC = Dribbling to beat opponent

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FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Split group in half using two colors, partners start on same end</li> <li>Place cone halfway between partners, as defender</li> <li>One ball needed per pair</li> <li>Work on various moves to beat defender. Execute move at center cone. Execute turn at far cone. Dribble with speed back</li> </ul>	<ul style="list-style-type: none"> <li>Vision – Try to keep head up to see options</li> <li>Keep ball close to body to maintain control</li> <li>Explosion out of move</li> <li>Change direction and change speed</li> <li>Contact ball with different surfaces of feet</li> </ul>
<p><b>MATCH RELATED</b></p>	<ul style="list-style-type: none"> <li>Two fields set-up, Play 1v1 on both fields. Can move to multiple fields to maximize touches and avoid lines</li> <li>Have one side start with ball and alternate, instead of coach serving ball. This allows players to concentrate on moves, instead of controlling ball first. Older ages can serve ball to partner to work on receiving as well</li> <li>Score by dribbling across end-line under control. Not using goals, will encourage dribbling.</li> <li>Progress to 1v2 for a short time to see attackers at older ages</li> <li>Open field and progress to 2v2, w/end zone for goal</li> </ul>	<ul style="list-style-type: none"> <li>Creativity – It's practice, must try moves. Failure ok.</li> <li>Change of speed is important</li> <li>It's ok to protect ball in tight space, and then make move and explode away</li> <li>Sell your fakes</li> <li>Maintain control at all times</li> <li></li> <li></li> </ul>
<p><b>MATCH RELATED</b></p>	<ul style="list-style-type: none"> <li>Two fields, play 3v3 on one and 4v4 on other</li> <li>Use 4 or 6 Goals</li> <li>Must dribble through goals to score goals to encourage dribbling</li> <li>If needed, restrict passing in offensive half of field or restrict to only being allowed to pass forward. Be careful with restrictions, especially at younger ages</li> </ul>	<ul style="list-style-type: none"> <li>Look for opportunities to penetrate with dribble</li> <li>Encourage taking chances in offensive 3<sup>rd</sup> of field</li> <li>Make quick decisions and play fast</li> <li></li> <li></li> <li></li> </ul>
<p><b>MATCH CONDITION</b></p>	<ul style="list-style-type: none"> <li>Play large field, one field, with or without goalies</li> <li>No restrictions</li> <li>Use subs if needed</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Limit coaching in final phase</li> <li>Observe and provide recognition for creativity or attempting to take players on</li> <li></li> <li></li> </ul>