



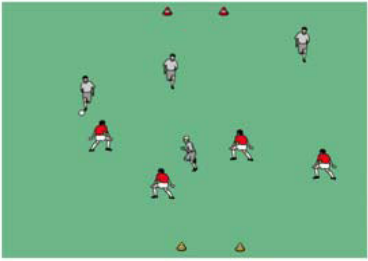

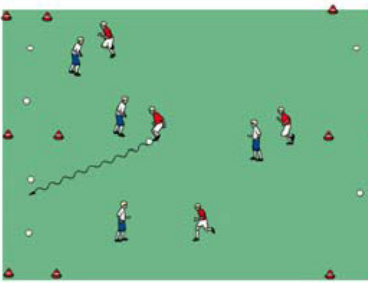

## Whole-Part-Whole Method-Dribbling to Beat an Opponent

By Vince Ganzberg, Director of Coaching for the Indiana Youth Soccer Association

The whole-part-whole method is another way to conduct a training session. The usual progression starts with a warm-up and then progresses into several activities finally ending with the game. Using the whole-part-whole method allows a coach to get going in the match and then take a part of the game that they want to work on and then play another match at the end to see if learning has taken place.

We need for our younger players to “play” freely more in training. This method allows more free play, but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game.

One of the faults of using this method is that the coach will not have in his or her mind from the beginning of the training session an idea to work on. This method isn’t supposed to be used without a plan. A coach shouldn’t wait and see what happens in the first game before deciding what to work on in the isolation stage. All games and activities should be constructed to encourage specific problems seen in the last match. This method simply provides a varying way in which a coach can run a training session. Below is the session I will use:

| Activity and Purpose  | Description  | Coaching Points   | Diagram   |
|---|--|---|---|
| Start with 3v3 or 4v4 game<br><br>With some agility, dynamic stretching included. | Two teams to two goals.  | Assess. Allow players to play freely for 10 minutes.  |    |
| 1v1   | Two groups of 4-6. Each player has a ball. Two players from each team play 1v1. As soon as the ball goes over the goal line or end line, a player from the other team brings on a ball and the player that either scored or was attaching stays on an plays defense.   | <ul style="list-style-type: none"> <li>- Mentality to go at someone</li> <li>- Attack with pace</li> <li>- Attack at the defender’s front foot</li> </ul>         |   |
| 4v4 Bank  | Two teams of four. Each team starts off with three balls in the end zone that they are defending. One ball is used to start the game, making seven balls total that are needed. The object is to dribble the ball across into the other team’s end zone. When this is accomplished, they then retrieve a ball from the end zone they are defending and continue on. Whichever team has the most balls in the other team’s end zone at the end of a period of time wins the game. | <ul style="list-style-type: none"> <li>- Be brave</li> <li>- Go fast-slow-fast when dribbling by an opponent</li> <li>- When to take someone on? Cues.</li> </ul> |  |
| Game 4v4 or 6v6   | Two teams on two goals.<br><br>Rules: No corners, although teams count corners. If the attacking team gets three would-be corners then that is equal to a penalty kick.  | Play and assess to see if learning took place and if they are looking to take players on!   |  |