



MASS YOUTH SOCCER SESSION PLAN

Topic

DRIBBLING - RUNNING WITH THE BALL



Objectives (5 W's)

- Who:** Flank Players
- What:** Running with the ball to Penetrate
- Where:** In the central and flanks areas of the field
- When:** In possession of the ball with space to attack
- Why:** To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

• Area: In a 20Wx30L yard grid divided into 2x10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

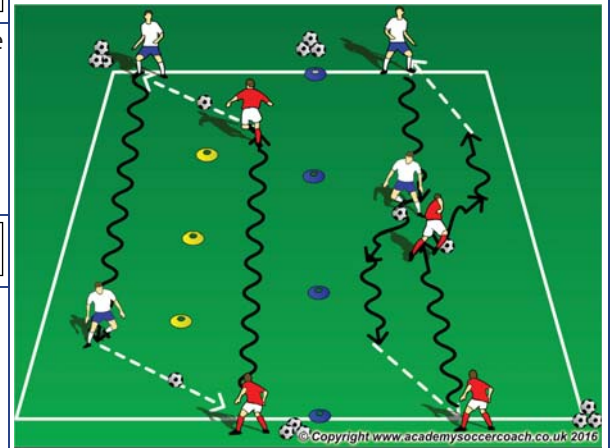
Coaching Points

Activity Time Rest Intervals

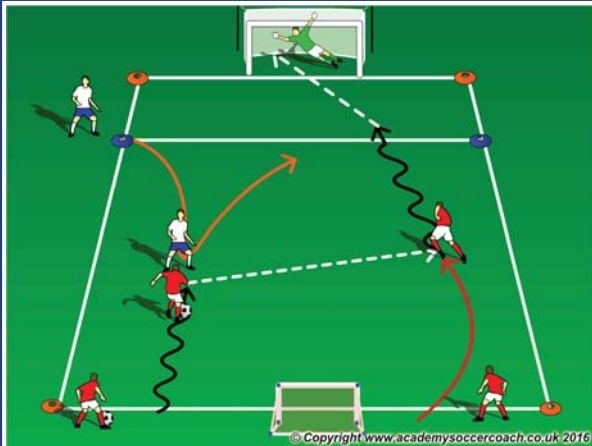
• What? Technique of Running with the Ball:

- ~ Push the ball forward with the laces. Big toe down. Distance of your touch
- ~ Each touch of the ball should push it a few steps ahead of the dribbler
- ~ Distance and pace of the touch matches the stride
- ~ The head is up and the eyes scan the field

Warm-up / Orientation



Orientation 2v2 to Goal and Counter Goal



Organization

Duration Intensity

- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line.
- The attacker dribbles onto the field when the defender confronts the dribbler, he/she has the option to pass to the teammate or run with the ball into the scoring zone to beat the keeper. Goals from running with the ball into the zone are 10 pts.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

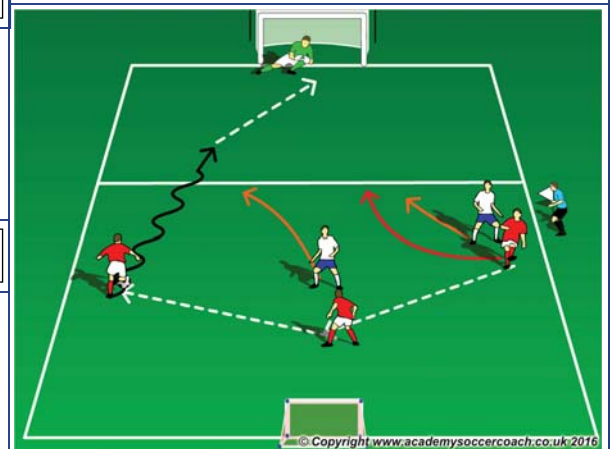
- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line
- The 3 attackers will play to penetrate the space and get into the scoring zone to score. The defenders score in the counter goals. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create diagonal passing lanes: Where? Why? - Triangulate: Where? When? Why?

Learning 3v3 to Goal and Counter Goal



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L field play 7v7. All FIFA laws apply. Encourage the players when to run with the ball.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play