



Mass Youth Soccer Skills Academy

U11 Week 1 - Dribbling

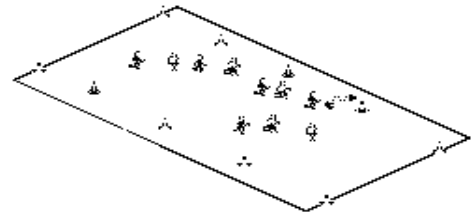
Main Coaching Points:

- keep ball within 1 giant step
- use arms for balance and to find out where opponents are
- try to keep head up
- bend knees and stay low
- after performing a move, get away from pressure or go past the opponent quickly
- need to perform moves at maximum pace with success
- use insides, outsides and soles of feet to dribble the ball
- use outside of foot and toe for speed dribbling
- balance and body control are of great importance

1) **Moves**---many pairs of players spread out along one line. Pairs are in single file facing an opposite line, 20-30 yards away. Every player has a ball. On coach's signal, first player in each pair dribbles towards the opposite line, performing a move. When they are half way across the 2nd player dribbles towards the opposite line, performing the same move. Repeat in the opposite direction and as often as the coach commands. ***Moves: Scissors, Fake left/go right, V, Cruyff, Step over and turn, Pull back, Half-turns, Sole of the foot rolls.***
(15 minutes)

2) **Bandit Ball**---use entire space, everyone with a ball, use inside, outside, and sole of the foot. Add in 2-4 bandits, players without soccer balls, to add pressure immediately. If the bandits steal another players' ball, that player becomes a bandit and must now try to steal a ball from someone else. (15 minutes)

3) **2v2 to 4v4 Endzone Scrimmage**---Teams will be comprised of 2-4 players depending on numbers and space. To score you must dribble into the opponent's end zone (created with discs) while under control. Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. (25 minutes)



4) **Cool Down and Review**---Ask players to teach you the technical coaching points to insure complete understanding in the group. (5 minutes)

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Optional Activities:

1) **Shield-Steal**---Half of the players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last loses possession. You can teach players the technical points of shielding as a group after they finish the first game. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. Play many 1-minute bouts with rest in between each bout.

2) **Combat 1v1, 2v2**---Coach has one ball. 4 players line up on each side of the coach in single file. When the Coach knocks the ball out into free space, the first person in each line play against each other trying to get possession of the ball (1v1). The player who gets the ball back to the coach earns the point. Each team keeps total points.

Options:

- Coach moves after he knocks the ball away.
- 2 players from each line try to get possession (2v2)

This is a great activity to work on playing with pressure from behind. Thus the players must shield the ball often, escape the pressure of their opponent and create a space large enough to pass the ball back to the coach.