

## ZONE I: YOUTH TECHNICAL TRAINING SERIES

### OBJECTIVE(S): DRIBBLING WITH A PURPOSE

Practical activities to reinforce the elements of effective dribbling.

I.. Dribbling to keep possession or turn away from pressure.

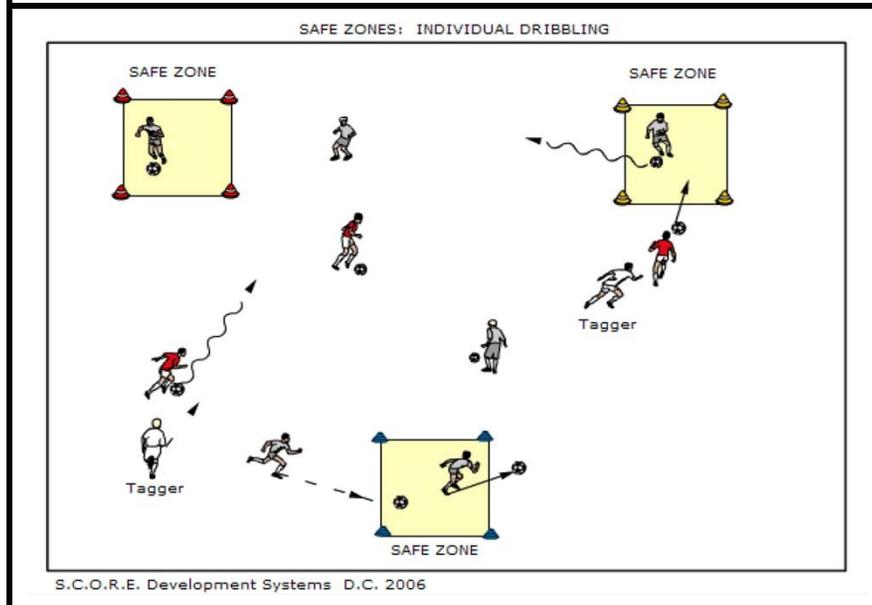
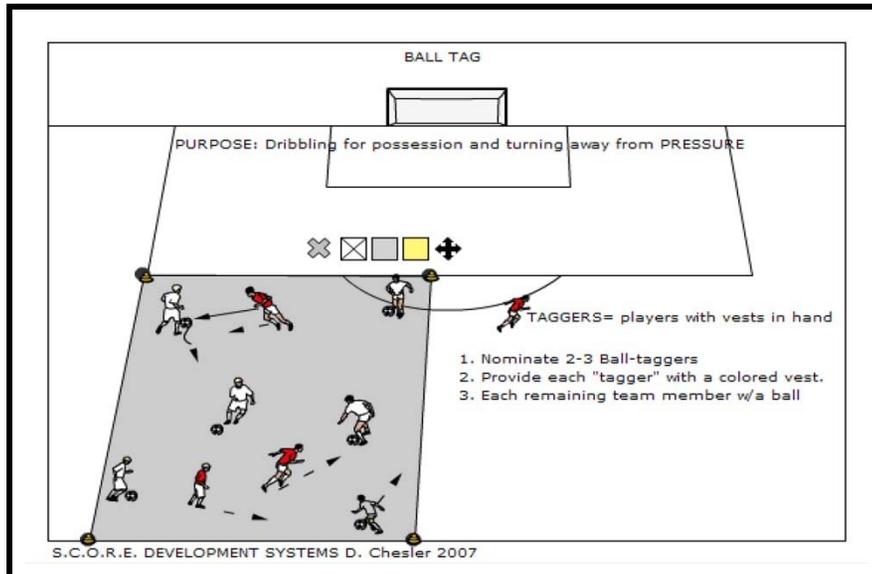
II. Dribbling to penetrate or beat an opponent.



DATE: AUG. 2012

TEAM: U12 ACADEMY

TECH STAFF: DAVE CHESLER



### WARM-UP- TECHNICAL REPETITION: BALL TAG

- Select 2-3 individuals to serve as the "taggers". Each "tagger" holds a scrimmage vest in their hand,
- All remaining players move about the area with a ball at their feet.
- Taggers attempt to strike the ball by throwing the scrimmage vest on top of the ball.
- If they strike the ball, the tagger and the dribbler switch roles and continue playing.

### KEY CONCEPTS:

- Head up-Head down as you move about with the ball. Observe positions of teammates and opponents.
- Maintain close contact with the ball in congested areas of the field.
- Utilize all foot surfaces to turn the ball.
- Utilize your body to spin away and protect the ball from a pressuring opponent.

### ACTIVITY I: SAFE ZONES (Dribbling to penetrate or advance the ball)

- Select 2-3 players to act as taggers or Zone Guardians.
- Begin with having all players move freely about the grid (designated area).
- Mark and identify 3 zones as safety zones. Only ONE player may occupy the zone at a time. Any dribbler that is tagger must switch roles with the tagger. (Taggers may or may not have a ball at their feet.)

### KEY CONCEPTS:

- 1<sup>st</sup> touch is long enough to increase your stride and speed. (accelerate)
- If running with the ball (high speed), utilize the outside of your foot to push the ball forward.
- Disguise your first touch with a body feint.

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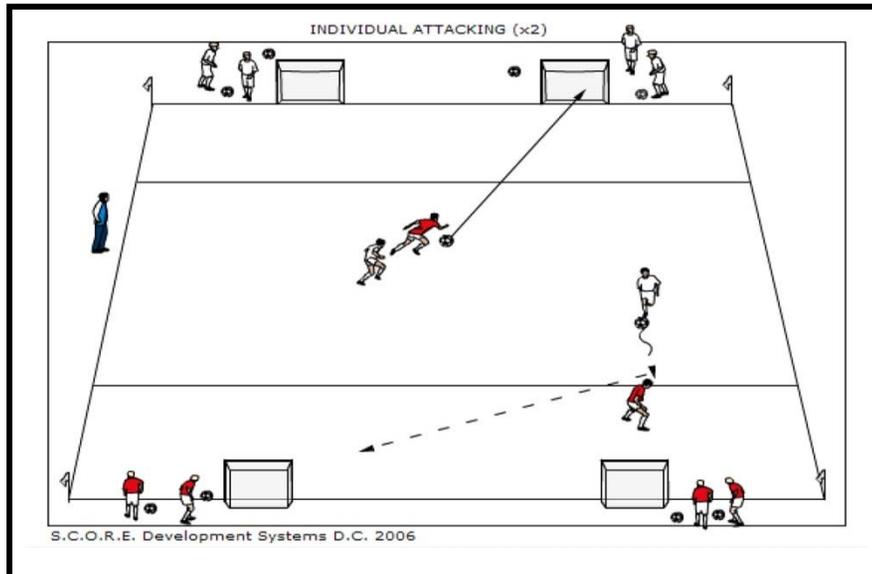
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### ACTIVITY II: INDIVIDUAL ATTACKING- FOUR GOAL GAME

- Organize instructional group teams. Each team places one-half of their team at each of two goals on a common end-line.
- The first player at each of the four goals will compete for 30sec to 1 minute intervals. Opponents will match up with the player facing them from the opposite goal for each competitive interval.
- Each pair attacks two goals and defends two goals (independently of the other pair)
- Each team should maintain a cumulative total of goals scored for their side.
- ROTATE next group in rapidly.
- Resting players provide service of a new ball when the ball is kicked away.

### SMALL-SIDED MATCH: NINE v NINE

- Divide your training group into two teams of 7v7 to 9v9 depending on attendance.
- Mark a field with approximate dimensions 65x50 yards.
- Teams compete while playing under the same rules that apply to their League matches.

### KEY IDEAS:

- Each team should be placed in a formation. This will create an environment where the principles of play can be reinforced and applied to positional-specific role for each player.
- Allow players to play- to create and to explore new ideas through minimal interruption.

