



Expanded dribbling to beat a defender

Category: Technical: Attacking skills
Skill: U10

Pro-Club: Red Bulls New York Academy
Tasha Flynn, Plainsboro, United States of America

Description

How/when to dribble and beat a defender. Emphasis on wing play.

Ball Mastery (20 mins)

Organization:

- 2 cones, 10yds apart.
- 2 players per set of cones.
- Every player with a ball.

Instructions:

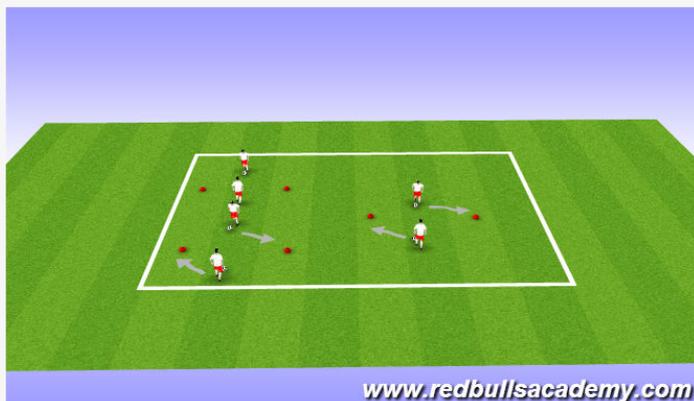
- Coach demonstrates different ball mastery techniques then watches while players try to replicate movements.
- Want players to get lots of touches on the ball using the inside and outside of both feet.
- Foundations, scissor, inside-inside-outside, outside-outside-inside, inside-outside.

Coaching Points:

1. Head up, don't stare at the ball.
2. Use both feet.
3. Body position, knees bend, low center of gravity.
4. Quick touches using inside and outside of feet.

Progressions:

- Competition: Who can get to cone quickest?
- Who can get most repetitions in 30 seconds?



Main Theme: 1v1 on flank (25 mins)

Organization:

- Half field, with channels on both sides.
- 1 attacker and 1 defender in each channel.
- 3 attackers in the middle and 1 defender.

Instructions:

- Players A and B knock the ball between each other then play to C when they check to the ball.
- Player C plays D.
- D looks to beat defender 1v1 and get down the flank.
- Players A or B and C make runs into the box.
- Defenders can not win the ball.
- Alternate sides, 1 right flank, 1 left flank.

Coaching Points:

1. When to make run.
2. Correct technique of move (scissor/inside-outside).
3. Head up to find players in the box.
4. Speed of movement.

Progressions:

- Dribble to end line and look to pull it back.
- Head up for a cross.
- Defenders can now when the ball.



Main Theme: 1v1 on the flank (25 mins)

Organization:

-Same as previous.

Instructions:

-Change of passing rotation.

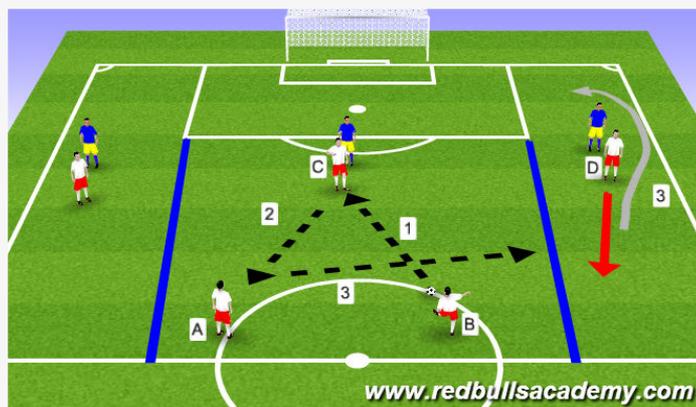
-Player B plays to C.

-C plays back to A.

-A plays out to D who then goes 1v1 with defender.

Coaching Points:

1. Timing of runs.
2. Accurate passes, should be clean and quick.
3. Correct technique to beat defender.
4. Head up to find players in the box.



Match (20 mins)

Organization:

-Half field

-4v4 to goal.

Instructions:

-No restrictions.

-Look to be creative and take on players.

Coaching Points:

-Look to isolate players 1v1.

