

U-13 Week 5, 1v1 and Shooting Practice

Dribbling Coaching Points:

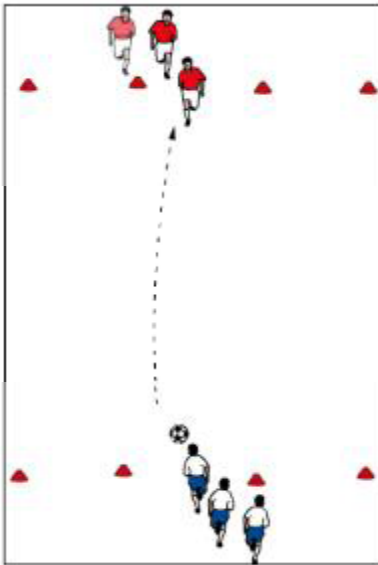
- Attacker should have knees bent and the ball close to his or her dribbling foot and be balanced
- Execute a feint or combination of feints to unbalance the defender and dribble behind them with a burst of speed
- Players who are dribbling past an opponent should dribble past them with the foot furthest from the defender
- Help players to recognize when they should take people on...1v1
- Assist players in recognizing when to dribble at speed (there is open space ahead), and when to slow down.

Warm Up: 10 to 15min.

Free Dribble: Everyone with a ball, use inside, outside, and sole of the foot to turn away from pressure. Have players dribble with speed (laces/instep dribble), change direction, and perform moves. **Progression:** Have players work on moves to beat pressure, such as step over, double step over, scissors, pull cruyff, in out, sole role catch, etc, etc. **Progression:** Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot.

Skill Work: 10 to 15min.

1v1 to lines: In 10x10 yard grids, with a small goal at each end, play 30 second 1v1 matches. Each grid should have 6 players, 3 players on each team so that players can rest in between each 1v1 match. Coach should make sure that players compete against many different players. The player that receives the ball should try to beat the defender and dribble through one of the two small goals that are in the direction that they are attacking.



Coaching Points for shooting:

- Non-kicking foot is placed parallel to ball (not behind it or ahead of it) and far enough away that it is comfortable to hit ball and that both ball and non-kicking foot are underneath your hips
- Keep ankle of shooting foot locked with toe down
- Non-kicking foot should be pointing towards your target
- Your weight should be on the ball of your non-kicking foot
- Both knees bent, head down, hips and knee over ball, body slightly leaning over the ball.
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground...this will result in hip of the same leg as the kicking foot being higher than non kicking foot
- Strike through the middle of the ball
- Follow through to your target, landing on kicking foot
- Strike ball with laces so that ball strikes hard bone on top of foot
- Encourage players to strike through the ball

Skill Work: 10 min.

In groups of two with a ball, face each other 25 to 30 yards apart. Shoot the ball back and forth keeping it low, below waist height. Walk around making comments to help correct shooting technique errors.

Game Using Dribbling and Shooting: 10 to 15min.

1 V 1 CONTINUOUS – 1 GOAL

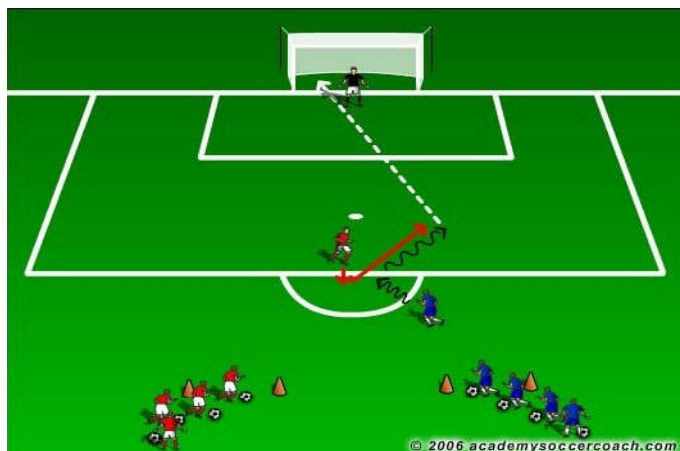
SET UP / RULES

Two teams

Each team takes turns to attack and then defend in a 1v1 situation.

An example would be the blue player attacks and then reacts to defend against the next red player.

The shooting game is played for a set time period or until a certain amount of goals are scored.



Another Dribbling and Shooting Game: 10 to 15min.

1 V 1 CONTINUOUS – 2 GOALS

SET UP / RULES

The middle “attacking” player must dribble into one of the end zones and attempt to score in a 1v1 situation.

Once the attack is completed, the defending player receives a ball from the coach and attacks the opposite end.

The original attacker now takes a rest and a new defender enters the pitch.

Therefore, all players must defend a 1v1, attack in a 1v1 and then rest.



Game: 15 to 25min.

3v3 to Goal

Play a normal game of 3v3 in a 30 by 25 area to two full size goals, one goal and your team is off. Have 3 teams and rotate goalies. Focus on the first defender pressuring under control and forcing them to the outside or towards their covering defender.