Session Plan 15 – Topics: Dribbling to Eliminate with Feints / Moves

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Time: 10mins

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Three players try to avoid being tagged by the tagger. Switch roles on a tag. All players must have their ball close and under their knee.

Coaching Points:
   i)   Close dribbling
   ii)   Split vision – see the ball and the space in front of you
   iii)   Timing of eluding behaviour
   iv)   Speed and a change of direction when pressured
   v)   Deception - Can you use a feint to get around & past the defender
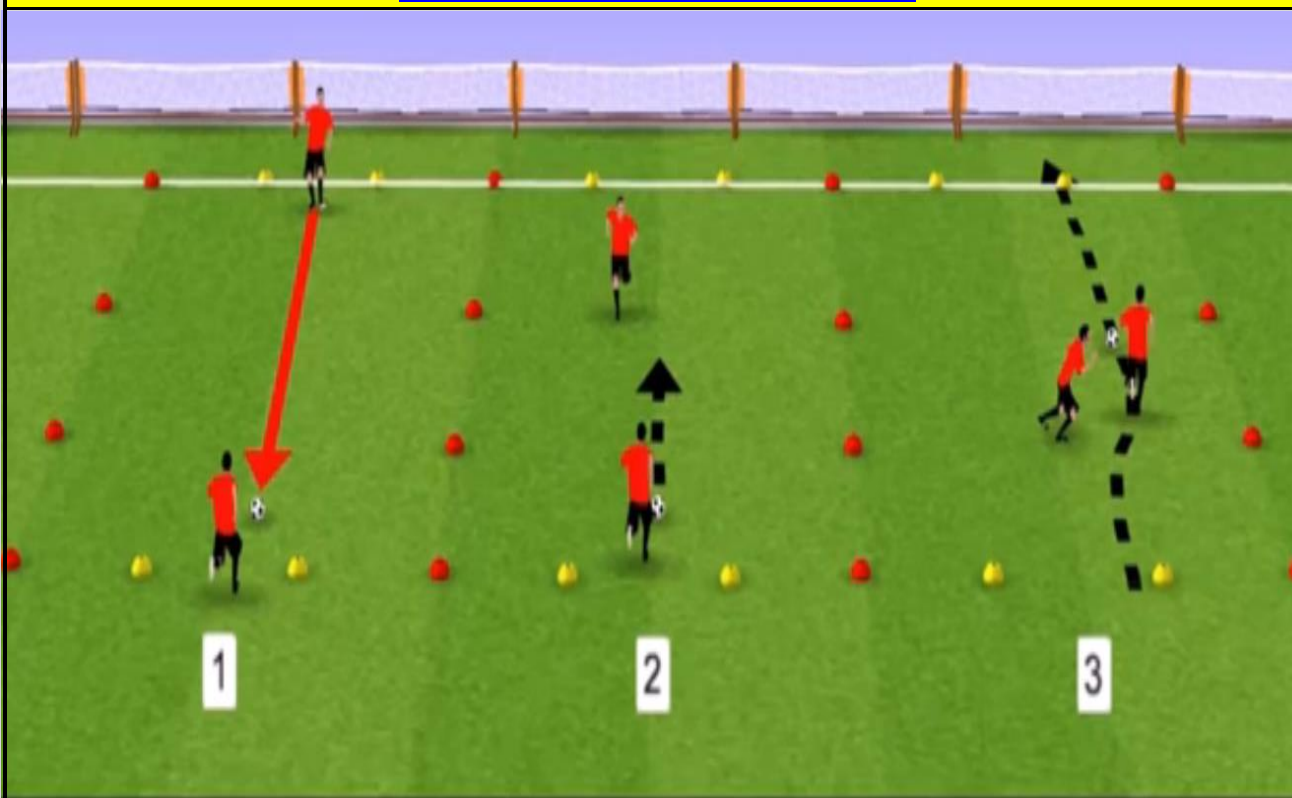
Intervention Key Questions:
   i)   Why is it important to always have your eyes up when dribbling?
   ii)   How far away should you do my move / feint?

Constraints to Modify or Challenge: Size of playing area or the number of taggers.

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1v1 Dribbling Ladder

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Time: 20mins

Size: 15x10 yards channels

Organization / Equipment: Cones, Balls, Pinnies & a Gates

Explanation: A 1v1 towards a goal. The defender plays the ball to the attacker. Switch roles each time. Make a competitive ladder with 2-3 minute games. The winner moves up the ladder and the non-winner moves down.

Coaching Points:
   i)   Close dribbling
   ii)   Split vision – see the ball and the space in front of you
   iii)   Dribble at defender to freeze them
   iv)   Distance & timing of feint/move
   v)   Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:
   i)   Why it important to dribble at the defender?
   ii)   What distance away should I do my move / feint?
   iii)   What angle should your touch be to go around the defender?
   iv)   What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area.

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Two Ways to Score
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DRIBBLING FEINT TO ELIMINATE DEFENDER

Time: 20mins

Size: 30x20 yards

Organization / Equipment: Cones, Balls, Pinnies & a Goal

Explanation: A 2v2 towards a goal. Each goal by the partnership ears a point. If they can be deceptive and eliminate a defender on the dribble they get three points. If the defending team acquire the ball they must find the target/next players. Either have two defenders defend for a period of time or alternate attackers to defenders each time. If you set up two or three of these mini fields, players can maximize participation, development & fun.

Coaching Points:
  i)   Width between team mates – create a 1v1
  ii)   Dribble at defender to freeze them
  iii) Distance & timing of feint/move
  iv)   Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:
  i)   Why it important to dribble at the defender?
  ii)   What distance away should I do my move / feint?
  iii) What angle should your touch be to go around the defender?
  iv)   What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area.

SMALL SIDED END GAME
3v3 or 4v4
(Regular FIFA Rules)

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions

Constraints to Modify or Challenge: floater use or size of playing area