



Description

Break the Line

Field: 1 40x25 yard grid divided into 2 20x25 yard grids (depending on space available)

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

- Balls at ends between fields for easy restarts
- 2 games of 3v3 or 2v2 plus a neutral
- rotate teams each round

Gameplay:

- Dribble under control past line for point
- Restart by dribbling or playing in ball (from pile or one close by)

Coaching Points:

- control and balance
- calm on the ball and take risks
- long touches to go fast into space, small touches when in tight areas

Questions to ask:

- How to score? (dribble across)
- What is needed to score? (Space and ball)
- How can teammates help create this (Spread out)
- What to do in space? (Dribble)

Progression:

u6-u7 : 2 v 2/ 2v2+1

u8-u9: 3v3, use gates instead of line to dribble through

u10: 4v4+ , use gates



Gate Attack

Field: 1 40x25 yard grid with 6-8 3 yard gates

Time: 2 min game to 1 min rest 1 min teach move (1st and 2nd round only) x 4 = approx. 15 min

Setup:

- 1 player per ball
- Split group into 2 teams.

Gameplay:

- Score by dribbling through gates. Change to specific move 2nd and 3rd rounds and move of choice in the last round.
- Add up scores per team for a point.

Coaching Points:

- control and balance
- When to execute move
- How to sell move
- Accelerate after move

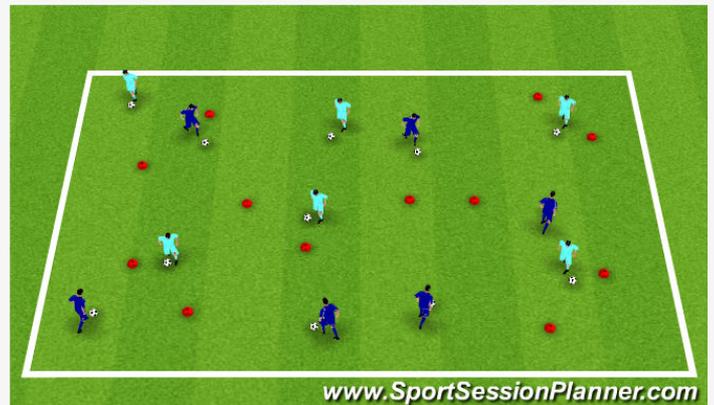
Moves to teach (have kids face you in a line with a ball and some space. Breakdown move by demonstrating and having them mirror you step by step):

Progression:

u6-u7 : lunge, double lunge, scissor

u8-u9: double scissor, any number scissor, stepover

u10: pullback v, maradona, free



Beat the Defender

Field: 1 40x25 yard grid with 5 3 yard gates (use enough to have more attackers than gates)

Time: 2 min game to 1 min rest x 4 = approx. 12 min

Setup:

- Split group into 2 teams.
- 1 player per ball on attacking team.
- 1 player per gate on defending team
- Rotate defenders each round

Gameplay:

- Score by dribbling through gates.
- Bonus point for using specific move each round
- Bonus point for unique move final round

Coaching Points:

Same as before.

How to unbalance the defender?

Creativity and courage.

Progression:

- u6-u7 : gates empty and use 2 roaming defenders (more or less to make harder or easier)
- u8-u9: gates with defenders (make gates bigger to make easier and smaller to make harder)
- u10: less gates with defenders in them, plus roaming defenders



Scrimmage

Field: 1 40x25 yard grid

Time: 4 min game to 1 min rest x 3 = approx. 15 min

Setup:

- Balls at ends between goals for easy restarts
- may use a neutral

Gameplay:

- score in pugg for goal
- Restart by dribbling or playing in ball from pile on endline
- Bonus point for beating defenders

Coaching Points:

- How to Creating space for teammates to dribble (make width and depth)
- calm, creative, and courageous.
- ok to lose ball trying to dribble if you work to win it back

Progression:

- u6-u7 : 3v3 or 4v4
- u8-u9: 4v4 or 5v5 (may use neutral)
- u10: 6v6

