



Description

Review/Intro to Change of Pace (10 mins)

Instructions

In your grid have players dribble around using Messi touches. Have them dribble around for a few minutes on their own with minimal instruction. After that go over our dribbling technique, pull back technique, inside cut, and outside cut technique. Players should be pretty familiar with these terms at this point.

Progression: New this week: !!

Now: We must see: Immediately following our change/s of direction techniques.

Players must demonstrate a change of pace.

Ask your players. Once we change our direction, can we get to that open space quickly?

Coaching Point: With a change of direction, we must immediately get to a new open space quickly, as we want players to use the change of direction to get away from pressure, and use change of pace to get to a new open area of the field.

Demonstration: Should simply include a change of direction technique, immediately followed by a change of pace, which includes 3 or 4 quick Laces Dribbling to open space.

Skills to include:

Messi touches(laces touches)

Inside cut

Outside Cut

Pull back

Skills to introduce:

Step fake right, go left

Step fake left, go right

Scissors

When changing speed(running with the ball) how to we do that? laces



5 Point Dribbling (15 mins)

Set Up

5x12 yard box with a cone in the middle

2-3 players per line

Instructions

Players will dribble out using Messi dribbles and perform the desired technique around the cones but always end up coming back to the line where they started.

Techniques

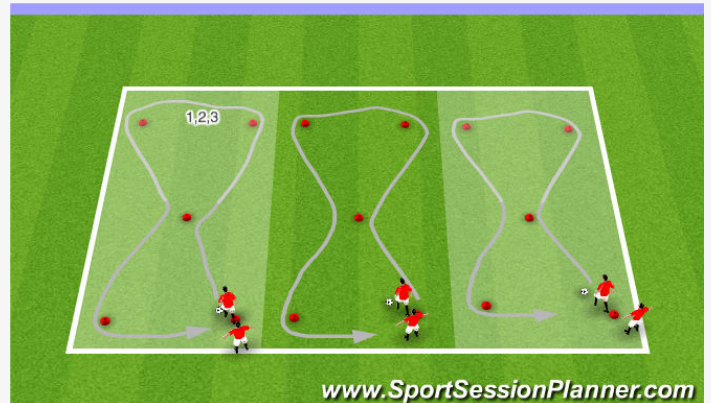
1) Inside touch at all turns

2) Outside touch at all turns

3) Introduce scissors when they get to the middle cone

Scissors technique- plant foot beside the ball, other foot goes from behind the ball to between the plant foot and the ball to around the front of the ball. If that move is performed with my right foot my next touch should be to the left with the outside of my left foot. Please ask the Revs coach to explain if necessary.

*Switch corners so players are dribbling the opposite direction and practicing with their opposite foot



Team Cone Flip

Set Up

Lay out 20-30 cones. Half right side up and half upside down

Instructions

Split your team into two groups. One team will be flipping the right side up cones upside down and the other team will be flipping cones from upside down to right side up. Play 2 minute games and whichever team has the most cones in their favor wins.

The ball should be kept close and no hands!!

Coaching points

Messi touches

Using our inside and outside turns

Using a pull back

Picking our head up and finding the next cone



Dirbble through the Square

Set up

Within the grid place 4 separate 4x4 boxes.

Instructions

Players dribble around and get a point everytime they dribble through a square. If the defender inside the square steals your ball you lose all your points and start over.

Coaching Points

Keeping the ball close

Keep our head up

Not just kicking through the square and chasing the ball

Using a cut or pull back to get in and out of the square quickly

Changing speed to get through the square quickly

Change defenders every 2-3 minutes



Dribble with defenders

Same as before except now defenders are free to go anywhere iBUT can only steal the ball when they are between the gates.

Switch defenders every 2 minutes

Players score by dribbling through the gates. If the defenders steals the ball they have to start back at 0.

Coaching Points

Can players recognize when the defender is in the gate and use a turn to find another gate.

