



Description

Review (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



Passing Lines

Set Up

Two Cones 5 yards apart

Instructions

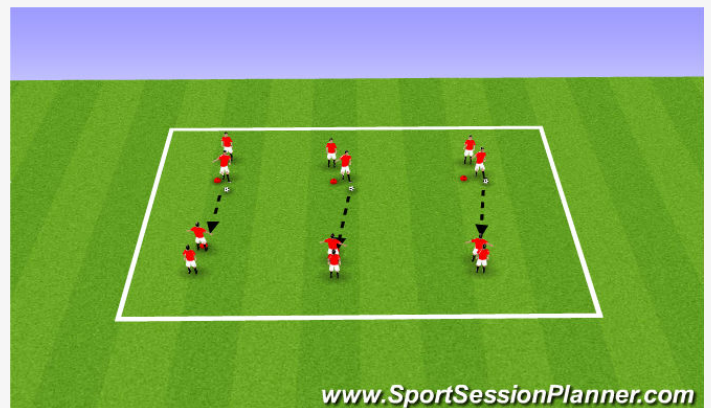
Players pass to their teammate across from them and follow their pass each time. 2-3 players per line.

Coaching Points

1. Passing technique- knees bent, plant foot pointed towards the target, toe up, ankle locked, pendulum swing with kicking foot, use the inside of the foot.

2. Receiving technique- knees bent, toe up, ankle locked, give with the ball so it stops at our feet.

No toe balls and no laces right now. Everything should be with the inside of their foot to receive and pass.



Short, Long Passing

Set Up

8 yards from the top to the bottom of the diamond

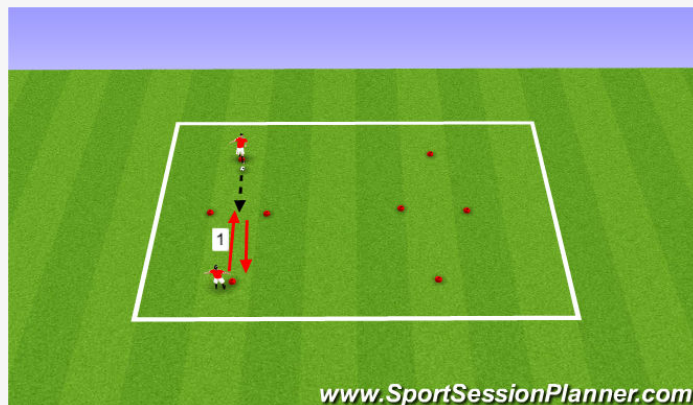
4 yards from left to right on the diamond

Instructions

1. Player without the ball runs to the middle of the diamond and receives a pass then plays it back and back pedals to their starting cone where they then receive a longer pass. When they receive the longer pass they keep the ball and now the other player runs to the middle of the diamond for a short pass, then backs pedals back and receives a longer pass.

Coaching Points

1. Passing technique
2. Receiving technique
3. Changing the power behind the pass for a short pass vs a longer pass.
4. Asking for the ball



Pass and Turn (15 mins)

Set Up:

2 groups

4 to 5 players per group

split them up among the blue cones and one player between each gate

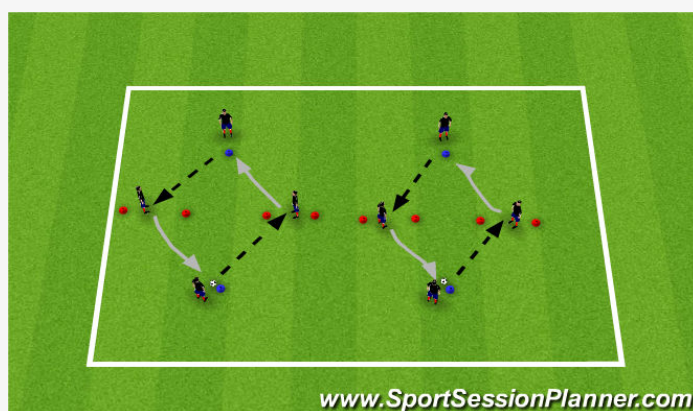
Instructions: Player with the ball passes to the player between the gate. That player takes a receiving touch to turn and dribbles to the top of the diamond to the next player so he/she can then pass to the next player in the opposite gate. Players follow their pass so they are in the gate after they pass the ball.

Coaching Points:

- Good passing technique with toe up, ankle locked, plant foot beside the ball and plant foot pointed towards the target player
- Appropriate power behind the pass
- Can we make eye contact with the person receiving the ball before we pass it?? How quickly can we do this?
- First touch by the player in the gate, they should have their body opened up so they can see who is passing them the ball and where they want to dribble once they receive it.
- Good first touch/receiving touch using the inside of the foot
- Can we receive the ball with our front foot?
- Messi dribbles when dribbling to the next player

Progressions:

- Switch directions to they need to use their opposite foot to receive the ball
- *You can make this into a race once players are understanding the technique and flow of the activity.



1v1 (10 mins)

Set Up

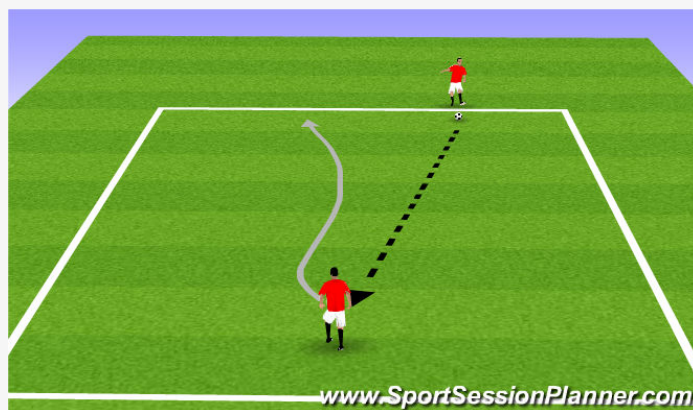
1v1 to endlines

Instructions

Defensive player passes to the attacking player. The attacking player tries to dribble over the endline to score. After 3-4 minutes switch the so attacking and defending groups.

Coaching Points:

- 1) Good first touch
- 2) Attacking the space to the side
- 3) Using our dribbling moves and cuts to beat the defenders
- 4) Focus on only the attacking side of the activity



2v1 (15 mins)

Set Up

2v1 to endlines

Instructions

Same concept as 1v1 but now it is a 2v1. If the defender wins the ball they can dribble to the opposite endline for a goal. Play until a goal is scored or the ball goes out of bounds.

Coaching Points:

- 1) Taking space on the dribble until the defender commits
- 2) Keeping our spacing so we can score anywhere along the endline
- 3) Passing and moving to where we can get the ball back
- 4) Importance of first touch to push the ball in the direction we want to go

