



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.

Add a change of speed component where every time the coach says "go" players dribble fast for 2-3 seconds. Then add a cut or turn to it so every time the coach says "go" the player performs the technique then accelerates for 2-3 seconds, while keeping the ball under control



Triangle Dribbling (15 mins)

Set Up

See diagram for dimensions

2-3 players per line

Instructions

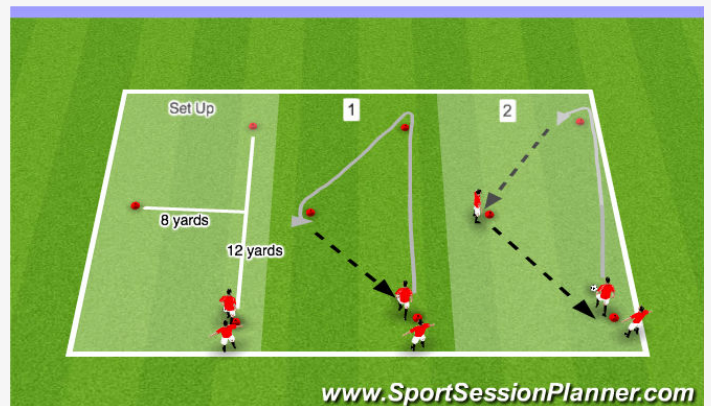
Players will dribble out using Messi dribbles and perform the desired technique around the cones.

Techniques

1) Dribble around the area and pass to the next player in line

2) Have a player at the side cone that will receive the ball and then pass back to the first player in line. Players always follow their pass

*By switching the side cone to the opposite sides you can have players go the opposite direction.



Triangle Passing

Set Up

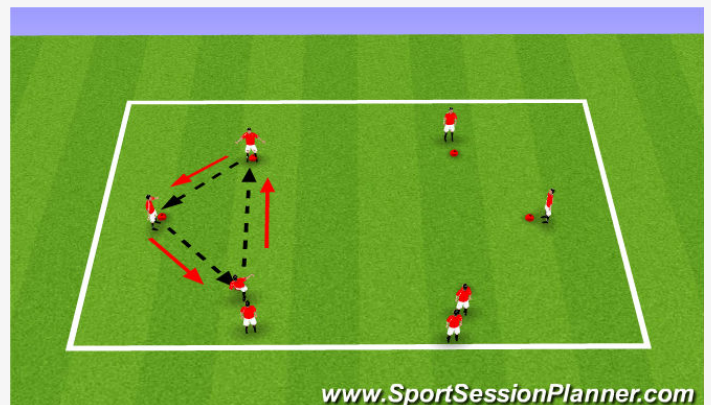
Same as Triangle Dribbling

Instructions

Have one player at each of the cones and 2 players at the starting cone. Very similar to last week where they passes and followed their pass, now they use that same concept and pass in a triangle. If you can split into two triangles so each player gets more repetitions that's great!

Coaching Points

1. Proper Passing technique
2. Proper receiving technique
3. Taking a first touch in the direction you want to pass



Zig Zag Passing (15 mins)

Set Up

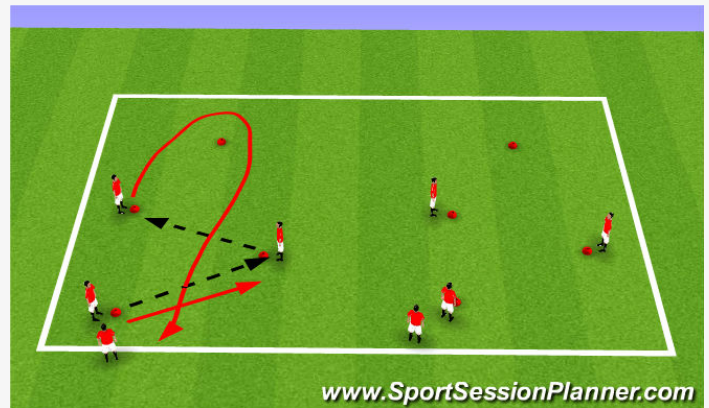
Make two different zig zags where the cones are 5 yards apart.

Instructions

Players should be at each of the cones. Players Pass and follow their pass. Receiving player should take an angled first touch toward the player they will be passing to. The last player should then dribble around the top cone and back through the middle back to the beginning. Once the players get the hang of the activity turn it into a race.

Coaching Points:

1. Passing technique
2. Receiving technique
3. Proper angle for first touch
4. Last player in the zig zag to take a touch toward the top cone and have controlled technical touches around the cone leading to laces technique coming back.



2v1 (If Time Allows) (15 mins)

Set Up

2v1 to corner grids

Instructions

Same concept as 1v1 but now it is a 2v1. Score by dribbling AND stopping the ball inside the square. If the defender wins the ball they can dribble and try to stop the ball in the opposite corner grids. 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 at either corner
- 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

Progression:

Add in a recovering defender that starts where the attacking players are. The recovering defender cannot go until the attacking players have made a combined total of 3 touches.

