



Gr. 1 Academy Week 8

Category: Technical: Attacking skills

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Gate Dribbling (15 mins)

Set Up

20x20 area

10-12 2 yard gates scattered around

Gate Dribbling

1.) Dribble through the gates using 'Messi' touches (pinky toe touches) 1-2 minutes. Make sure proper technique is used.

2) Only use your right foot

3) Only use your left foot

4.) Dribble through as many gates as possible in 30 seconds while keeping the ball close and only using 'Messi' touches. Complete multiple rounds asking players to beat their personal high score.

5.) Stop start everytime a player gets to a gate. Players should stop the ball using the sole of their foot and then have a positive 'Messi' touch. 1-2 Minutes

6) Only using their right foot

7) Only using their left foot

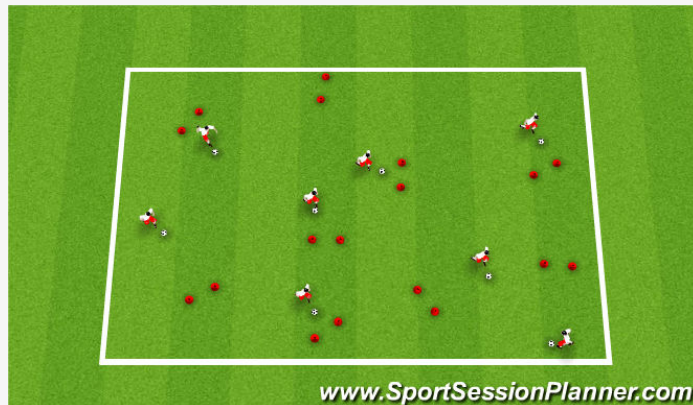
8.) Same as #4 but with the start stop

9.) Players perform a pull back at each gate. Do not allow players to just go back and forth between two gates the whole time. 1-2 minutes

10.) Same as #4 but with the pull back

Coaching Points

- Head Up so you don't run into anyone
- Using our laces, toe down to dribble quickly
- Proper technique



Gate Dribbling Continued (10 mins)

Set Up

Same as Gate Dribbling

Instructions

The next step is now we are going to work on using the inside and outside of the foot.

1) Players will go through the gate and perform a complete circle around one of the cones with the INSIDE of their foot. When using the inside of their right foot they should be going in a counterclockwise motion and when using the inside of their left they should be going in a clockwise motion around the cone. One circle around the cone then they go to the next gate.

Technique- Toe up, using the large surface on the inside of your foot, contacting the outside of the ball to get around the cone.

2) Only use your right foot

3) Only use your left foot

4) Same as before but now only using the outside of their foot.

Players using outside of their right should be going around the cone in a clockwise motion and players using the outside of their left should be going around in a counterclockwise motion.

Technique- toe up, contacting the ball with the middle part of the outside of your foot, contacting the side of inside of the ball

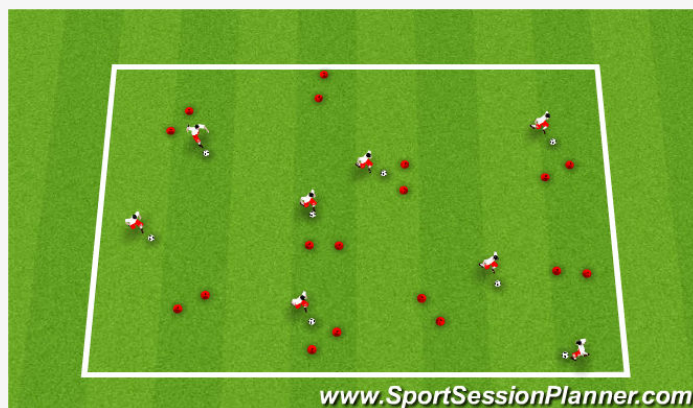
5) Only use your right foot

6) Only use your left foot

7) Challenge players to a figure 8 at each gate using the inside and the outside of their foot

Coaching points

- Messi touches in between gates
- Slow down and keep control of the ball getting around the cone



Gate Game (15 mins)

Set Up

Same

Instructions

Now take one player and make them a defender. Defenders will stay in for 1 minute and then rotate new defenders. Players are still trying to see how many gates they can dribble through in 1 minute. If the defender TAGS the player, that player must complete 10 inside the foot foundation touches before continuing to dribble.

Coaching Points

- use the whole space
- using all the different touches we just went over earlier
- Using our inside the foot, outside the foot, and pull back to get away from the defender
- correct technique dribbling



1v1 (15 mins)

Set Up

2 10x15 yard grids

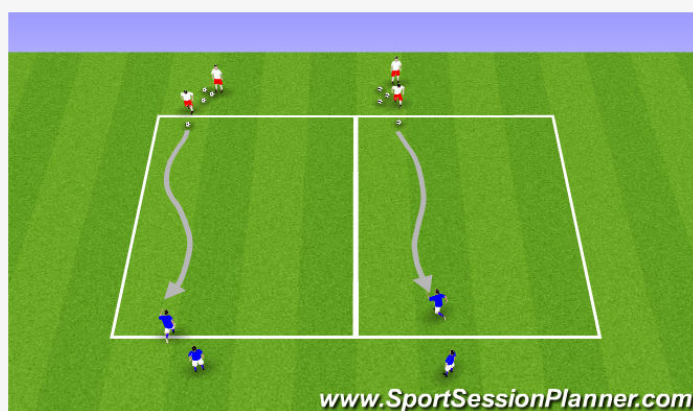
4 teams of 2

Instructions

The play starts on the attackers first touch. The defender can then come out to make it a 1v1. If the attacking player gets to the opposite side and stops the ball on the line they get a point. If the defender wins the ball they can try to stop the ball on the opposite endline for a point. After 2 minutes switch so the defending team is the attacking team. After each team has played one round of offense and one round of defense switch so each team is playing someone new.

Coaching Points

- Using Messi dribble
- Ball further out when we start and then keeping it close when we want to stop the ball on the line
- Fast but under control
- Using our moves to get past the defender



2v1 (15 mins)

Set Up

2 10x15 yard grids

4 teams of 2

Instructions

The play starts on the attackers first touch. The defender can then come out to make it a 2v1. If the attacking player gets to the opposite side and stops the ball on the line they get a point. If the defender wins the ball they can try to stop the ball on the opposite endline for a point. After 2 minutes switch so the defending team is the attacking team. After each team has played one round of offense and one round of defense switch so each team is playing someone new.

Coaching Points

- Using Messi dribble
- Ball further out when we start and then keeping it close when we want to stop the ball on the line
- Fast but under control
- Using our moves to get past the defender
- Passing to our teammate when the defender commits
- Keeping space between the two attackers

Progression

2v2- add a second defender

