



Dribbling to turn and Shield 2

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Dribbling To Shield and Turn (20 mins)

Set up

Set up a 10X 10 yard diamond as shown.

Organization

Players work in groups of 3 or 4. Player dribbles at one of the outside cones and does a turn - drag bag, outside chop etc to turn away from the cone before playing a pass to the opposite sides. Play on opposite side works back. Switch up the turns and work both left and right sides

Progressions

Player passes the ball across the grid and passively presses the cone that the player dribbles to before having them turn away. Progress up to full pressure - make it competitive for beating the defender.

Coaching Points

Speed of dribble, use body to shield the ball from defender, quality of turn, recognize where space is to turn towards.



2v2 with Targets (20 mins)

Set up

Two grids of 25 X 20 with half way line as shown

Organization

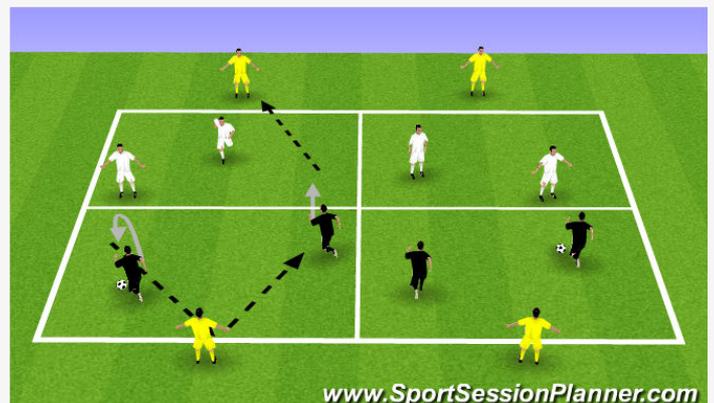
Players play 2v2 within the grid with two target players in yellow as shown. Aim of the drill is for players to connect the ball from one target player to the other. Pass to target player must come in their half of the grid. Encourage players to dribble to space and turn away from pressure to play back to same target player to maintain possession if being pressured from defender. Switch target players every 2-3 minutes.

Progressions

Allow target player to step in after being played the ball to make it a 3v2 situation - drops back out upon loss of possession.

Coaching Points

Aggressive dribble across half way line to connect pass where possible, quick turn away from pressure, maintain possession at all times.



4v4 + 4 targets (20 mins)

Set Up

40 X 30 yard grid with half way line as shown.

Organization

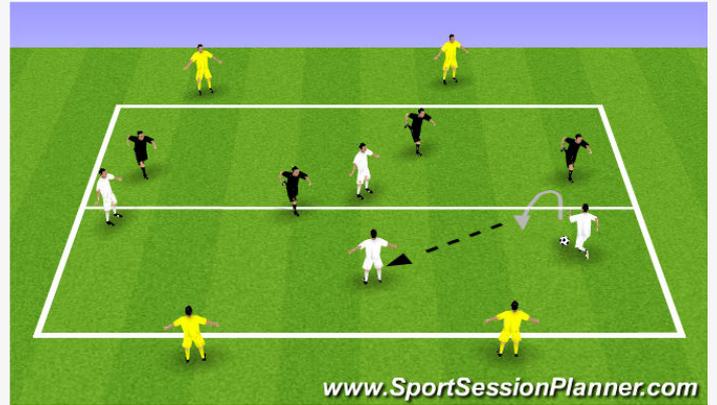
4v4 with 4 yellow targets as shown. Players must possess the ball and attempt to dribble over the half way line to pass to a yellow target. Players are allowed to connect with yellow targets on their half but must dribble across half way in order to pass to opposite targets. Points awarded for 10 successive passes or switching from one target to the next.

Progressions

- Switch target players - allow pass across half way line, limit touches of target players, challenge players based upon their ability
- Add goals in place of targets and put targets out wide - keep competitive.

Coaching Points

Speed of dribble, recognize space to dribble into, turn away from pressure, maintain possession, body between ball and defender



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on the topic. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.

