

CUTTERS COMMUNITY SOCCER

Practice Plan 1: Dribbling Moves

Coaching Points

- Change of
- Change of direction with your move
- “Sell” your move
- Pick an appropriate move

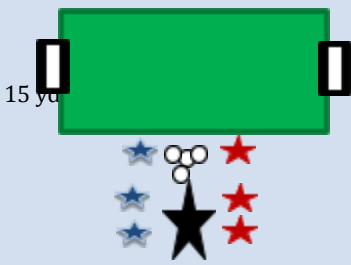
Value through Sport Topic: Responsibility

7:15-7:25

1. Warm Up: Play by numbers	<p>The trainer will have all the players dribble in an area. They will demonstrate moves and have players perform the move when its number is called out.</p> <p>The Trainers will begin to work with players once they arrive. Begin to work on the Cutters moves and emphasize the skill of the day.</p>	<p>Cutters Fast Footwork moves by the numbers:</p> <p>Foundation (#1) Semi-Circle (#2) Squeeze (#3) Roll (#4) Fake-pass (#5) Stop-turn (#6)</p>	<p>Work on the following moves today:</p> <ul style="list-style-type: none"> o Foundation (#1) a.k.a. pendulum o Semi-circle (#2) o Squeeze (#3)
--------------------------------	--	--	---

7:25-7:55 Split into two groups. Switch half way through the time block

2. Back to coach	<ul style="list-style-type: none"> • Each player has a ball. • Each player dribbles within the coned area and when the coach says “go” they dribble to the coach with their heads up. • The coach should then call out each move Cutters Fast Footwork Moves. 	<p>Make a 20x20 yard area with cones. Make it a little larger, if the activity appears to difficult, a little smaller if it's too easy.</p>	<p>Coaching points, between rounds ask players:</p> <ul style="list-style-type: none"> • Have players dribble in area to make the moves that were taught during the warm up. Call out “1” to have that player do foundation. Do this for each of the moves.
------------------	--	---	--

3. Get Outta There	<ul style="list-style-type: none"> • Make two even teams. • In a 30x15 grid both teams will line up on the same side. (long side of field). Goals are positioned on the short sides of the field. • Coach will play out a ball and one player from each team runs to win the ball. • Play 1 v 1 until the ball goes out of bounds or someone DRIBBLES through either goal to score a point. • Players should cheer for their teammates. • Once ball leaves the grid or a goal is scored coach will say 'get outta there' and two new players (one from each team) will come on the field. 	<p style="text-align: center;">30 yd</p>  <p style="text-align: center;">15 yd</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • try a move to beat a defender • keep ball in control when dribbling to goal • practice shielding skills (protect the ball) <p>Game should move quickly, so players do not stand in line long. Ask players to retrieve their ball and place it in the coach's pile.</p>
--------------------	---	--	--

7:55-8:15 – Scrimmage

4. 7v7	<p>Ask another parent coach or trainer to set up the scrimmage</p>	<ul style="list-style-type: none"> • Emphasize what we did in training during the scrimmage • Ask the trainers questions about game-time tactics.
--------	--	---

Homework: Who can keep the ball in the air longest using only their feet? **GOAL = 10 juggles**