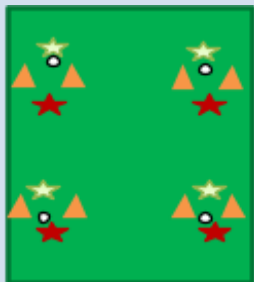
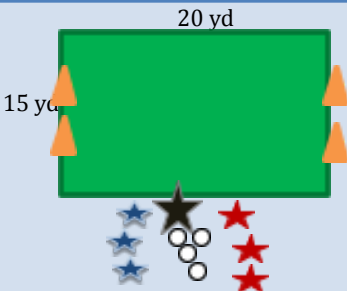


Practice Plan 1: Dribbling to beat a Defender

CUTTERS COMMUNITY SOCCER

Dribbling Coaching Points <ul style="list-style-type: none"> • Dribbling with head up • Use all surfaces of your foot 		<ul style="list-style-type: none"> • Protect the ball (shielding) • Accelerate after your move
7:15 - 7:25 p.m.		
1. Warm Up	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.	Cutters Fast Footwork moves by the numbers: Foundation (#1) Roll (#4) Semi-circle (#2) Fake-pass (#5) Squeeze (#3) Stop-turn (#6) Work on moves 1-3 today.
7:25-7:55 pm Split into two groups. Switch half way through the time block		
2.	Setup <ul style="list-style-type: none"> • set up two cones approximately 2-3 yards apart • ask the players to get a partner • have each pair go to their own set of cones 	<ul style="list-style-type: none"> • Players should face each other, with one player on each side of the cone goal • Start without a ball. • One person is on offense and the other is the defender • The offensive person moves back and forth, trying to touch a cone with his/her foot before the defender • If they do, they get a point - if the defensive player gets to the cone first then no point • Switch roles after two minutes. • After the first round, give a ball to the offensive player, now the ball has to touch the cone to score.
		Coaching Points, ask players <ul style="list-style-type: none"> • How can you use your body movements to deceive your opponent? Additional points: <ul style="list-style-type: none"> • Accelerate after the move • Beat the defensive player to the cone with the ball
3. 1 v 1	<ul style="list-style-type: none"> • Players compete 1 vs. 1 to score points. • Game should move FAST! • Coach plays the ball in to the field and one player from each line runs onto the field to compete to score a goal • Goals can be scored in either goal. • Coach will quickly play a ball in for the next pair in line as soon as the first ball goes out of bounds or if a goal is scored. • If lines seem long, setup two grids. 	 <p>20 yd 15 yd</p> <p>Encourage the players to be creative dribblers as they compete.</p>
		<ul style="list-style-type: none"> • Practice shielding techniques and dribbling. • Accelerate after the move, change pace. • The players should use all surfaces of the foot: Sole/inside/outside
7:55-8:15 p.m.		
4. Intra-Squad Scrimmage	Ask your practice partner team to scrimmage.	<ul style="list-style-type: none"> • Play 9 v 9 or fewer players per team. • Reinforce lessons from training during the scrimmage. • Remind the players what to do in the game situation – out-of-bounds, throw-ins, goal kicks, corner kicks, kick offs, etc. • If needed, explain why each of the above happens as well. • Talk about goalkeeping rules • Demonstrate offside positions and how to avoid them.
Homework: Cutters Juggling Club		
Values through Sport: How will you be responsible this week?		

