



# Indiana Soccer Training Centers

**Topic**

**DRIBBLING TO BEAT AN OPPONENT**

**Objectives (5 W's)**

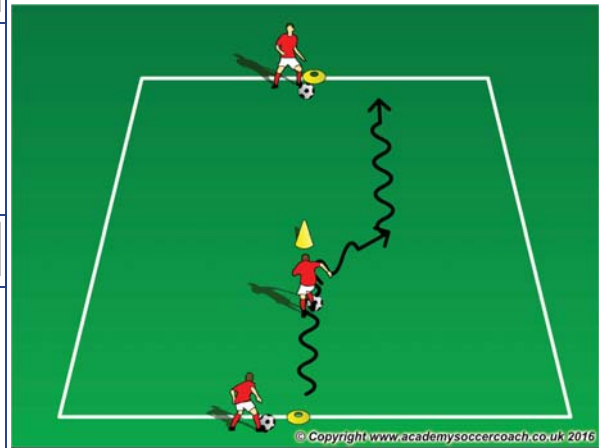
- Who:** Strikers and Midfielders
- What:** Dribbling, Receiving, Playing forward when possible, Create a 1v1
- Where:** In the attacking half
- When:** Confronted by one defender in the midfield or near the goal
- Why:** To penetrate the opponents defense and create goal scoring opportunities

**Organization**

Duration  Intensity

- Area: In 10Wx15L yard grid with 3 cones about 7 yards apart
- Place 2 players with a ball each at one cone and player at the opposite cone with a ball. On coach's command players will perform the moves below:
  - ~ Interval 1: Fake and Take
  - ~ Interval 2: Circle and Take
  - ~ Interval 3: Double Fake and Take
  - ~ Interval 4: Double Circle and Take

**Warm-up / Orientation** Dribble the Cone



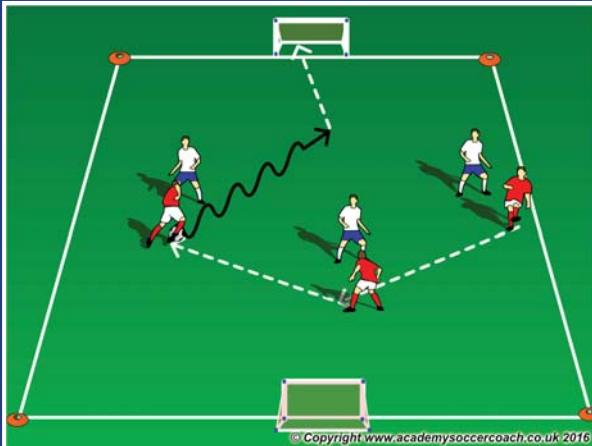
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique of Dribbling to Beat an Opponent**

- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent (cone) quickly

**Orientation** 3v3 Dribble into the Scoring Zone



**Organization**

Duration  Intensity

- Area: 20Wx30L yard field with two small goals
- Play to score in the opponent's goal.
- Points: If a players dribbles an opponents and scores is 10 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why?

**Organization**

Duration  Intensity

- Area: 40Wx30L yard field with a regular goal and 2 counter goals
- Red team scores in the regular goal and the White team scores in ether of the 2 counter goals. All laws apply.

**Learning** 4v5 to a Goals and Counter Goals



**Coaching Points**

Activity Time  Rest  Intervals

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why? - Triangulate: Who? Where? Why?

**Implementation**

**7v7** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play