



Indiana Soccer Training Centers

Topic

DRIBBLING TO SET UP A PASS

Objectives (5 W's)

Who: Strikers and Midfielders
What: Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - **Where:** In the central and flank channels the attacking half
When: Dribbling at defenders near the opponent's box
Why: To improve penetration and create goal scoring opportunities

Organization

Duration Intensity

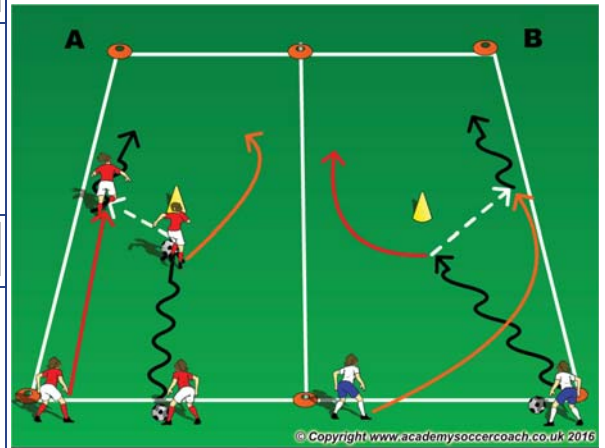
- Area: in a 15Wx20L with a cone in the middle of the grid. Set up the players as show in the diagram.
- **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate
- **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his team mate.

Coaching Points

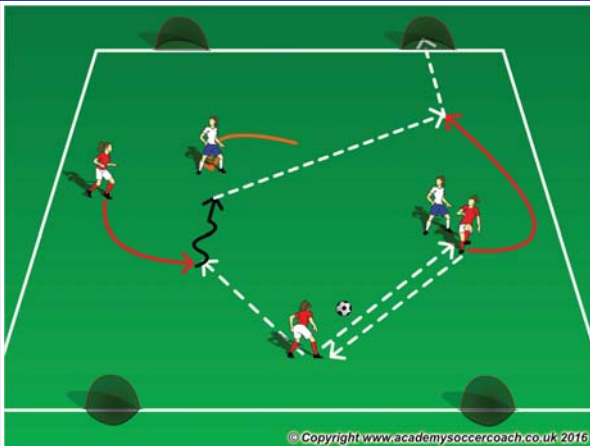
Activity Time Rest Intervals

- **What? Technique of Dribbling to Set up a Pass:**
- ~ Keep the ball close, use the Laces to go forward, Inside/Outside/ sole to change direction
- ~ Commit the opponent (cone) prior to making the pass
- ~ Execute the pass with either the inside of the foot or the outside of the foot

Warm-up / Orientation Dribble - pass Patterns



Orientation 3v2 to Four Small Goals



Organization

Duration Intensity

- Area: 20Wx30L yard field with two small goals.
- Play to score in either opponent's goals.
- Points: If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: When? Where?

Organization

Duration Intensity

- Area: 40Wx30L yard field with a regular goal a and 2 small counter goals
- Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: Where, When? Why? Create Diagonal Passing lanes: Where? Why?

Learning 5v5 to a Goal and 2 Counter Goals



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