



12U Fall 2017 Training Sessions

Topic

DRIBBLING FOR PENETRATION

Objectives
(5 W's)

Who: #8, #9, #10
Where: In the attacking half of the field
What: Dribbling and Running with the Ball to Penetrate
When: In possession of the ball with space to attack behind the defense
Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

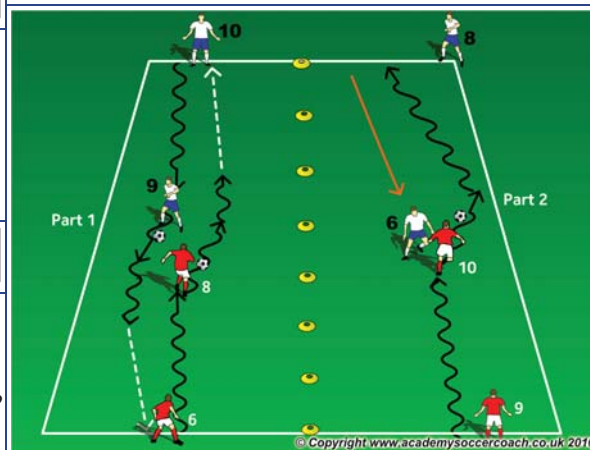
Area: 30Wx40L yard grid divided into 2, 15 yard wide channels.
 Part 1. A player from each endline dribbles toward each other in the channel, performs a move to right side, accelerates past and passes to next player (repeat). Same as before now perform a move to left.
 Part 2. Play a 1v1 game in the channel to the end-lines.

Coaching Points

Activity Time Rest Intervals

•**What? Technique** - Dribbling, running w/the ball, head up, surface of foot to touch ball forward, distance of dribble touch, acceleration into space behind defender, change of direction/pace, use of turns, moves, feints.
 •**Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why?

Warm-up / Orientation Dribbling Lanes



Orientation 4 v 3 to Goal w/Counter Goals



Organization

Duration Intensity

Area: 50Wx40L yard area with a big goal and 2 counter goals
 Target Team (Red): #'s 6, 8, 9, 10 - Opposition Team (White): #'s 1, 4, 5
 Red players alternate dribbling the ball onto the field to start play. Red plays to score on big goal. If White wins the ball they score in the counter goals.
 Goals scored after dribbling by an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

•**What? Technique** - Dribbling to penetrate & beat an opponent, surface of foot, distance of dribble touch. Receiving the ball to go forward, change of direction/pace, acceleration past defender.
 •**Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Create 1v1: Who? Where?

Organization

Duration Intensity

Area: 50Wx60L yard with 2 big goals
 Target Team (Red): #'s 1, 6, 7, 8, 9, 10, 11
 Opposition Team (White): #'s 1, 2, 3, 4, 5, 6, 8
 Each team is trying to score in opponent's goal. All rules apply. Goals scored after dribbling behind an opponent is 10pts, all other goals are 1pt.

Coaching Points

Activity Time Rest Intervals

•**What? Technique** - Dribbling to penetrate. Receiving to go forward.
 •**Team Tactical Attacking Principles** - Play Forward or Hold the ball: Where? When? Why? Create 1v1: Who? Where? Why?

Learning 7 v 7 to Goal



Implementation

9v9 Duration Formation Activity Time Rest Intervals

Organization

In a 50Wx75L yard field, play 9v9. All FIFA Laws apply.

Coaching Points

Technical execution - Team Tactical Attacking Principles, 5W's, Speed of Play