



## U7 + 8 Week 13 Session 1 + 2 Dribbling to Penetrate - Moves to beat defenders

**Category:** Technical: Attacking skills  
**Difficulty:** Beginner

Mitchell Gibbs, Calgary, Canada

### Description

#### Key Coaching/Tactical Points

- Proper technique when learning new moves
- Burst of speed after making a move
- Head up to see where the space is and where the pressure is coming from
- Change our Direction and Change our speed
- When to dribble vs when to pass

### Warmup - Skill Square (5 mins)

#### Skill Square 10 Minutes

Each player starts with a ball inside the grid and starts dribbling around right away.

The coach will start by demonstrating a skill and then lets the players practice the skill for 1 minute before switching to a new skill.

#### Skills - Moves to beat defenders

Left/Right foot only, Tic-tacs, Toe touches, Roll-overs, inside-outside (left/right foot and both), the pattern, V-cut, and V-cut Variations (Pullback inside of foot - pullback outside of foot - pullback to other foot)

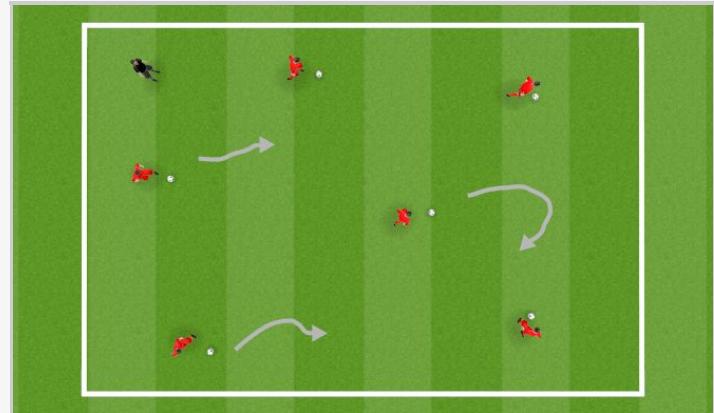
#### Coaching Points

Make sure the players are changing their direction and speed when dribbling - No standing still or walking!

Encourage the players to get their heads up and look for space to dribble into

Start slow with the skills until they understand the motions, then add speed or increase the difficulty!

Players should add a burst of speed after every move



### Boss of the balls + 1

#### Boss of the balls - 1v1 + 1

Split the players up into two teams and have them start on their teams pylon.

Coach starts by throwing a ball into the field and the first player from each team races out into a 1v1.

The players must try and dribble the ball under control into their own end zone.

The round ends once a player scores a point or the ball goes out of bounds.

Rounds should be pretty fast paced

#### Progressions

1 v 1 + 1, if a player wins the ball they can pass to a teammate on the sidelines to make it a 2v1 - If the defender wins then attackers have to do push ups

Instead of dribbling into the end zone, they must score on a goal

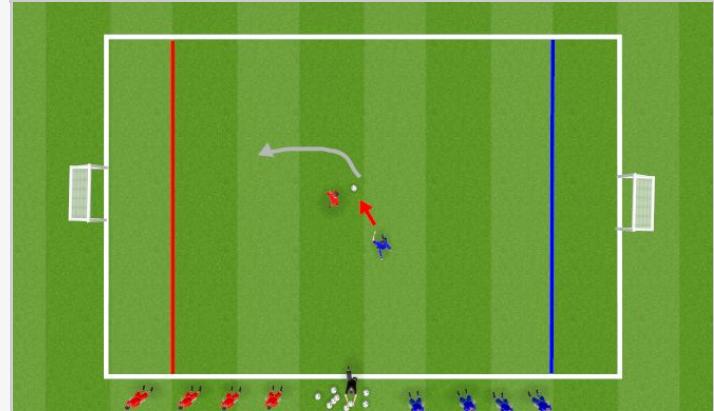
Turn it into a competition - first team to 10 points win

#### Coaching points

Shielding the ball if the defender gets close - put your body between them and the ball

Encourage players to dribble away from pressure

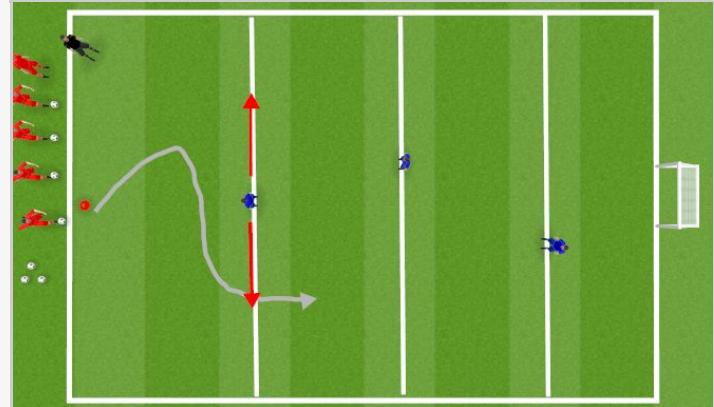
Head up once they win possession to find their teammate



## Zig Zag Dribbling (15 mins)

### Zig Zag Dribbling 15 Minutes

- 3 players start as defenders on the 3 lines while everyone else are attackers and start with a ball at the pylon.
- The attackers are trying to dribble past all three of the defenders and score on the small net.
- The attackers must get past all 3 lines before shooting.
- The defenders can only move side to side along their line and can't go forwards or backwards.
- Once an attacker dribbles past a defender, the next attacker can go.
- If the defenders can kick an attackers ball outside the grid then they have to restart at the back of the line.
- You should play around 2-3 rounds and rounds should last around 3 - 4 minutes before switching the defenders.



### Coaching Points

Changing our direction and speed is crucial to get past defenders

Players should try and dribble side to side as opposed to straight at the defenders

Don't wait for the defender to get ready - look for open spaces to dribble into

### Progressions

Defenders start between the lines and can defend the zone - move freely within their zone

## 1v1 Recovery (15 mins)

### 1v1 Recovery

Coach should split the players up into two teams, one team starts as attackers (Blue) and the other starts as defenders (Red). The defenders start by passing a ball over to the attackers and pressuring them right away. The attacker can score on either net but they have to dribble inside the zone in order to score. Once they score or the ball goes out the goal line, both players will race to the other side of the field. If defenders win the ball, they can score on either of the nets too. Your team gets 1 point for scoring a goal and 1 point for winning the race back. The first team to 10 points wins and then you switch attackers and defenders.

### Progressions

Move the nets to the top of the zone and turn the around so they are facing the opposite way

Turn it into a 2v2 but each team must make 1 pass before scoring

Instead of defenders passing to attackers, coach can throw in a

50/50 ball. Whoever wins the ball can pass it to their next teammate in line and create a 2v1 situation. Last team across the line loses the race

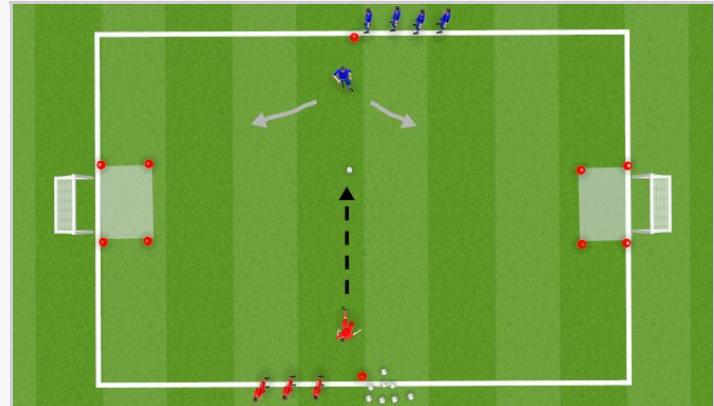
### Coaching points

Attackers should make quick decisions when receiving the ball - don't wait for the defender to get close to you

Attackers will need to focus on getting their first touch right so they can start an attack right away

Defenders can't give up on the ball and must try and defend at all times

Encourage players to attempt the turns they practiced in the warm-up



## Kings/Queens Castle (15 mins)

### Kings/Queens Castle

All the players who start with a ball are attackers and their will be 1 player without a ball who starts as the king/queen. The attackers job is to dribble past the queen and put their foot on the ball past the end zone line (blue line). Then, the attacker will become the new king/queen and the previous queen/king will become an attacker at the back of the line. As soon as an attackers ball goes out or they become the next queen/king, the next attacker can go right away. The king/queen must stay inside their castle (zone) until the attacker enters before pressuring or tackling.

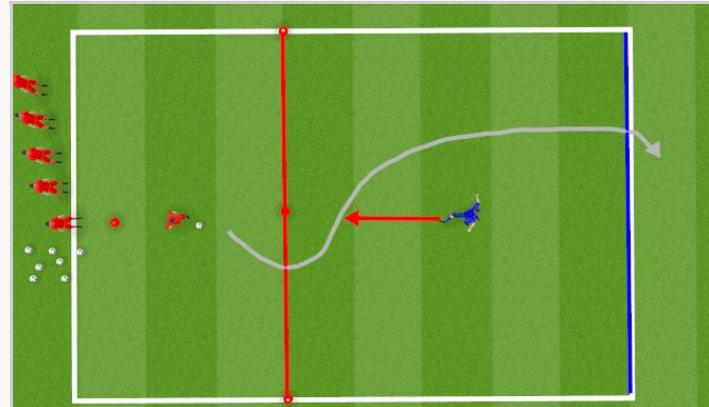
#### Coaching Points

Attackers should get their head up and look for open space to dribble into - Don't wait for the defender to be ready!

Big touches for open space and smaller touches when you have to get around the defender

Attackers should be looking to make a quick change of direction and a burst of speed to get around the defender

Attackers need to keep the ball under control when they cross the line or it won't count - no kick and chase!



## Optional - Lower the Boom

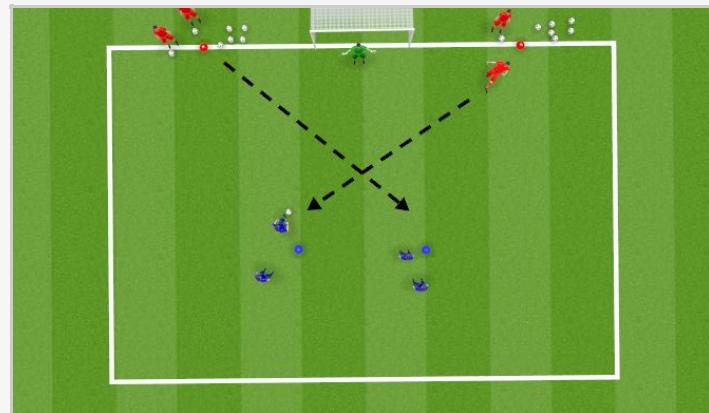
### Lower the Boom

#### Setup

- Split the group into two teams
- One team starts with balls on either side of the net as defenders
- One team starts on the blue pylons without balls as the attackers
- One goalie or no goalie if using small nets

#### Play

- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1,2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous for 2-3 minutes before switching roles



#### Progressions

- Defender can pressure the ball as soon as they make their pass
- Defender now throws the ball at the attacker - Attacker gets an extra touch to deal with an aerial pass
- Turn it into a competition - team with the most goals win - bonus point for nothing but net

#### Coaching points

- First touch is crucial - should set them up for a good shot
- Shot needs to be taken quickly or the defender will close them down
- Defender should not dive in
- Defenders pass need to be firm

## Optional - 1v1 Transition Game (15 mins)

### 1v1 - Reaction to a lost ball

Keep the same teams from the warmup relay races. Teams get 1 point for scoring and the first team to get 10 points wins. After a round is over, teams should find a new team to play against while keeping track of their score.

#### Set Up

- Area set up 10m by 5m
- Mini goal at each end
- Flat markers dividing the area horizontally at the halfway mark.



#### Explanation

- A player dribbles the ball and attempts to score, as soon as they score or the ball leaves the area, a player from the opposite end drives in to try and score at the opposite end.
- The player that took the shot must recover defensively to prevent the player from trying to score.
- Players cannot shoot for goal until across the half way line.
- This continues with players entering at alternating ends, with the player that just attacked, becoming the defender.

#### Coaching Points

- Reaction to a lost ball - how quickly can the player try to win back possession or prevent the player from scoring a goal.
- Aggressiveness in duels - without injuring their teammates and being reckless we want players to be determined to win the ball back. Some side on side contact is acceptable.
- Recovery run - not chasing the player with the ball but getting in their running path

## End Game

### Scrimmage

Split the players up into two evenly strong teams in order to play 4v4. Someone can play as a sweeper keeper but they are not allowed to use their hands. Practice CMSA game rules (dribble-ins, corner kicks, etc.). Remember to take a water break halfway through the game.

### Conditioned game

Players must make a set amount of passes before scoring - 1 or 2 passes

Players can score on either net but must make a pass across the center line to score

Goals are worth how many passes are made before them. Ex: 4 passes = 4 point goal, 0 passes = 0 point goal

### Coaching Points

Set the players up in a shape before starting the game - Diamond or Square

Encourage players to focus on the skills they worked on in practice and praise the players who apply what they learned

Tactical - when to pass vs dribble, where and how to support player on the ball, where never to pass (front of net or the heart)

