



Fall Season Training Themes - Week 3

U8s

Technical: Dribbling to beat an opponent

- Mechanics- Teach many different dribbling moves/skills and turns, along with variations, such as, Scissors, In-Out, Ronaldo Chop, Roulette, V-Pull, Pullback, L-Turn, Cruyff Turn, Stepover Turn.
- Change of Speed- Must change speed after move is executed. Train this without a ball first, simply teaching change of speed.
- Direction- Working to get to the side of and then into the space behind the defender.
- Pressure- After learning how to change speed without the ball, initially work on the moves/skills and turns listed above with no pressure (dribbling through gates or around cones, for example), then progress to live pressure coming from diagonal left, diagonal right, straight ahead and from behind. Use many different activities to work on the same topic, providing players lots of repetition.

Motor Movements: Changing speed going straight ahead, diagonal left, diagonal right, lateral left, lateral right, expose players to running backwards.

U9-U10s

Technical: Dribbling to beat an opponent

- Mechanics- Teach many different dribbling moves/skills and turns, along with variations, such as, Scissors, In-Out, Ronaldo Chop, Roulette, V-Pull, Pullback, L-Turn, Cruyff Turn, Stepover Turn.
- Change of Speed- Must change speed after move is executed. Train this without a ball first, simply teaching change of speed.
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Motor Movements: Changing speed going straight ahead, diagonal left, diagonal right, lateral left, lateral right, expose players to running backwards.

Game Knowledge: Attacking Free Kicks



Fall Season Training Themes - Week 3

U11-U12s

Technical: Receiving to beat an opponent

- Mechanics- Receiving across the body when possible. Teach players body shape before receiving, adjustment of body shape and position to “open up” on first touch, taking a peak and knowing where space, teammates, and defenders are, acceleration after receiving touch.
- Direction- Working to “beat” the defender on receiving touch, not just collect the pass.
- Pressure- Must incorporate pressure from lots of different angles and consistently, the intensity of the pressure can vary from light to heavy (defenders might walk or jog instead of sprint to close down, in order to achieve desired intensity).

Tactical Implications: Show how playing the ball to a certain foot communicates with the receiving player, for example playing to the front foot leads the receiving player in that direction, whereas playing to back foot says you want the ball played back. Where on the field can we attempt difficult passes? Where on the field should we keep it safe?

Motor Movements: How to feint one way while receiving the other

Game Knowledge: Attacking Free Kicks

U13-U14s

Technical: Receiving to beat an opponent

- Mechanics- Receiving across the body when possible. Teach players body shape before receiving, adjustment of body shape and position to “open up” on first touch, taking a peak and knowing where space, teammates, and defenders are, acceleration after receiving touch.
- Direction- Working to “beat” the defender on receiving touch, not just collect the pass.
- Pressure- Must incorporate pressure from lots of different angles and consistently, the intensity of the pressure can vary from light to heavy (defenders might walk or jog instead of sprint to close down, in order to achieve desired intensity).

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Motor Movements: How to feint one way while receiving the other

Game Knowledge: Attacking Free Kicks