



Recreation Coaching Sessions

U11 – U12: Week 1

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Recreation Coaching Sessions U11 – U12: Week 1

Creative Dribbling: Part 1



Creative Dribbling Part One- Exercise 1v1

Purpose- Dribbling to beat a player.

Organization

Player One passes to player two. Player one plays as a defender and Player 2 plays as an attacker and tries to score in oppositions goal.

If player one (the defender wins the ball)they go to opposite goal and try to score.

Team plays as defenders for three minutes and then teams reverse roles.

Winning team is the team who scores the most goals after six minutes.

Progression

A player is given a time limit to get to the other side.

Coaching Points

Encourage the attacking player to be creative (using moves and change of speed to beat opposition)

For example player needs to get defender off balance using moves and then burst by defender when he/she is off balance by using a burst of speed

Encourage players to be positive at all times and be creative.

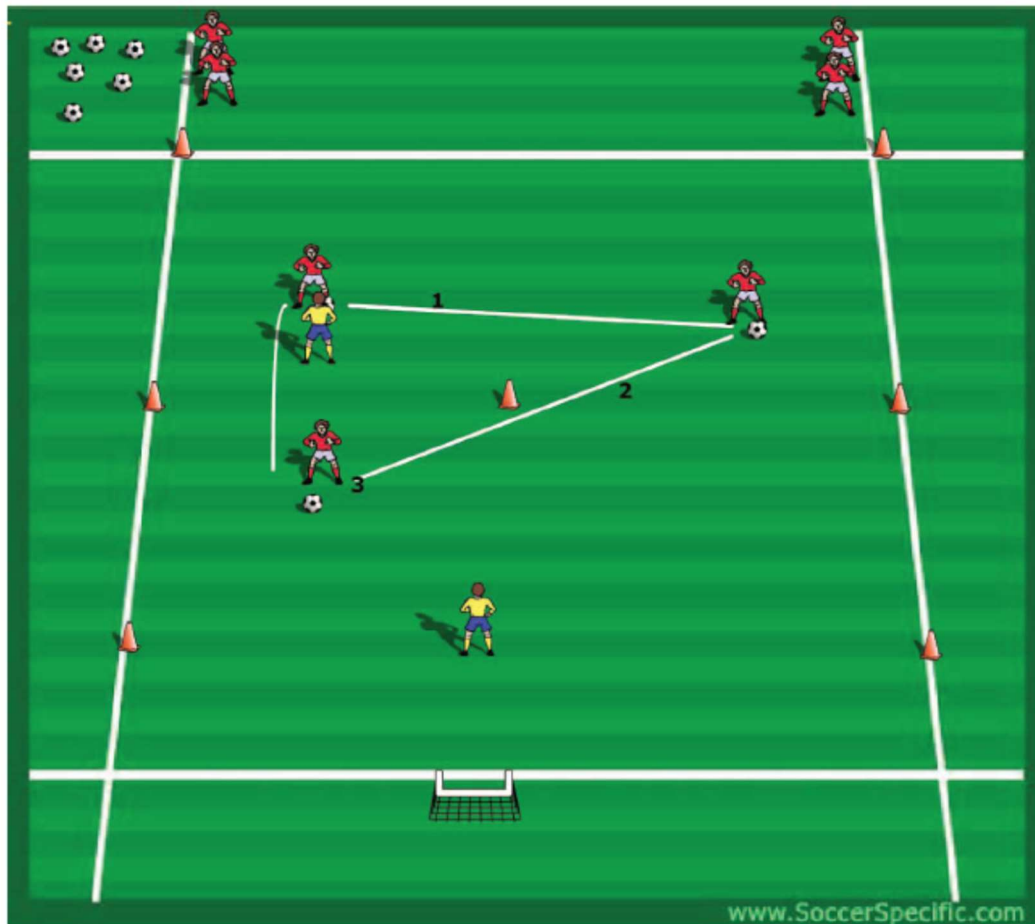
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Dribbling: Part 2



Dribbling Part two- Beat the defender

Purpose- To introduce creative running to beat defenders.

Organization

Set Grid up 10x20

2 attacking players play against one defender. One defender is in an area of 10 x10 and is not allowed outside this area.

If attacking players beat the first defender they then take on second defender who is only allowed to defend their own grid

The object for the attacking players is to score in the goal at the end of the grid

If the attacking players score they go back to the line and become attacking players

If attacking players fail to score they become defenders and defenders go to attacking line.

Progression

Allow defenders anywhere in the grid.

Coaching Points

Players look to play combinations to beat defenders (player 1 draws defender passes to player 2 who returns the pass to player 1)

Before passing player 1 must draw defender

Good weight of pass

Timing of run (burst back onto the ball)

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Dribbling: Part 3



Dribbling Part Three- Beat the defender

Purpose- To encourage players to be creative and beat defenders.

Organization

Set up grid 10x20

As in dribbling part two

Overlapping runs to beat defender

Player 1 dribbles at defender in middle of grid from position A

Player 2 runs behind player one from position B performing an overlapping run

Player one then must decide weather it is best to go on their own and take defender on or play the ball to player 2 who has made the overlapping run

Progression

Players have a time limit to score.

Coaching Points

Player must attack the defender by dribbling quickly and attacking the middle of grid

Communication between players

Attacking player must make a good decision weather to fake defender or pass

While dribbling at defender keep ball close

If passing play the ball with a good weight so player 2 is bursting onto the ball

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Dribbling: Part 4



Dribbling Part Four-Beat the Defender

Purpose- Encourage creative running to beat defenders.

Organization

Set up grid 10x20 area

As in dribbling part one two and three

Diagonal runs to beat defenders

Player 1 dribbles at defender in the middle of the grid from position A

Player 2 starts at position B and makes a diagonal run behind the defender

Player one then passes to player 2 and then makes a diagonal run in front of the defender who then passes back to player one

Progression

Can both players make diagonal runs to beat both defenders.

Coaching points

Good communication

Play quickly

Good weight of pass making it easier for teammate to control and return the pass

Timing of runs

Overall players get use to making diagonal runs which are alot harder to defend than when players only play in straight lines

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Dribbling: Part 5



Dribbling Part five

Purpose- Encourage players to dribble and take on defenders.

Organization

On a half size field set up a field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions

The restriction on the players are that they are only allowed to pass the ball backwards or sideways. This forces the players to dribble the ball and take on players to attack the opposition goal.

Progression

Play a normal scrimmage, but award an extra goal if they beat a player before scoring.

Coaching Points

Communication between players is essential

Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up

Head up to see options on the field

Encourage players to dribble, use moves to unbalance defenders and encourage players to be aggressive

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Conditioned Game 7v7 Plus Goalkeepers



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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