

BASA U9 Rec Session - Dribbling to possess

OBJECTIVE: To improve the players' ability to recognize when to use fakes/feints to keep possession

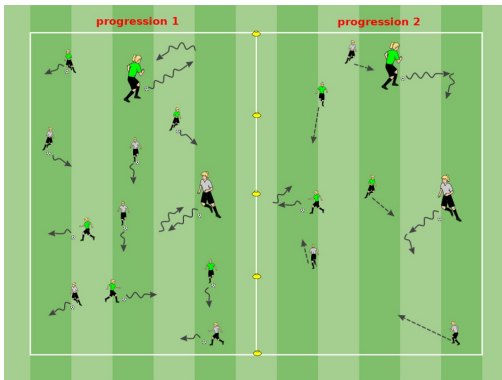
TEAM TACTICAL PRINCIPLES: Pass, dribble, hold, 2v1 / 1v1, Spread out

Emina Zvizdich

AGE: U9 / U9 / 10 players

TEAM FUNCTION: Attacking

DURATION: 60 min

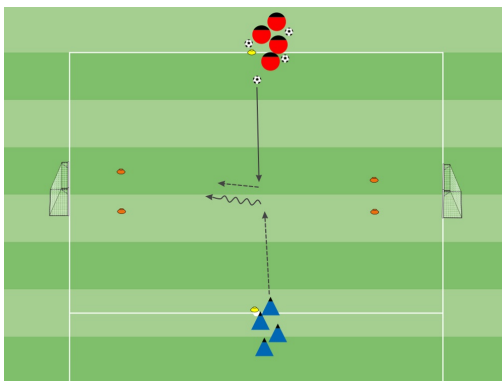


Dribbling to get out of pressure---warm-up

EXERCISE RULES: progression 1--player works on ball mastery, 1v1 fakes/feints, turns, hesitation moves per coach's command; progression 2--4v4 on each half; green team has 2 balls, grey team 1; teams pass and move with own soccer balls until coach says go; then each team tries to win and keep as many balls as possible until time ends

FOCUS TEAM OBJECTIVE: To improve the players' ability to solve pressure with dribbling

NOTES: check shoulder; change direction/speed; dribble forward 1) How can I beat the defender? 2) How do I know when to use a change of direction move? 1) See where they are, turn away from him/her, and change speed; 2) Use a change of direction move when you are next to or behind the defender

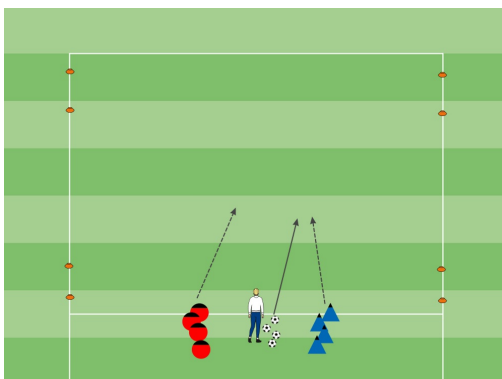


1v1 to 2 Goals

EXERCISE RULES: small goals should be 15 yds apart with a few cones about 4-5 yds from each goal; split players into 2 teams; red team plays a ball out to blue team, they play 1v1, and either player can score on either goal; players must be between the cones and the goal to score

FOCUS TEAM OBJECTIVE: To improve the players' ability to recognize when to change direction to get away from an opponent

NOTES: turn; dribble forward; take him/her on 1) What can I do to gain an advantage against the defender? 2) How can I beat the defender? 3) How do I know when to use a change of direction move? 1) Take your first touch towards one of the goals; 2) See where they are, turn away from him/her, and change speed to get to goal; 3) Use a change of direction move



4-goal game

EXERCISE RULES: 20Wx30L yd grid with 4 small goals; players are split into two teams with the coach in between them with soccer balls; the coach plays a ball out, calls out a number (1v1/2v2/3v3), and that many players from each team play; each team can score on 2 small goals

FOCUS TEAM OBJECTIVE: To improve the players' ability to recognize when to change direction to get away from an opponent

NOTES: spread out; dribble/pass forward; change direction & speed 1) What should we do if we have space in front of us? 2) How can I create more space for my teammate with the ball? 3) How can I keep the ball away from a defender? 1) Dribble and attack the space and commit a defender; 2) By spreading out which might pull an opponent out of position; 3)

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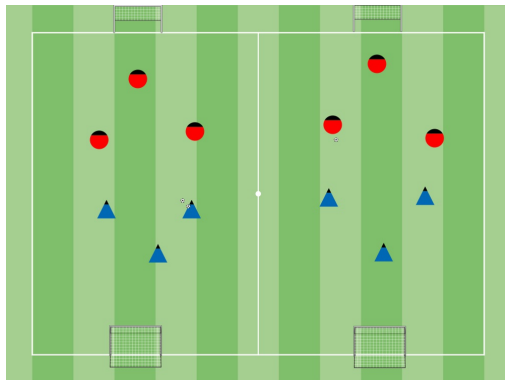
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Play Phase

EXERCISE RULES: 25Wx30L yd grid - teams of 3 or 4 play 3v3/4v4 to 2 small goals; FIFA rules

FOCUS TEAM OBJECTIVE: To improve the players' ability to decide how to penetrate

NOTES: spread out; dribble or pass forward; 1v1/2v1 1) How can you beat a defender? 2) When do you dribble vs when do you pass? 3) What are some ways we can get to goal? 1) Use a fake to make the defender go to one side and accelerate to the other side; 2) Dribble when you have space or if you want to take someone on 1v1, and pass when you are

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?