

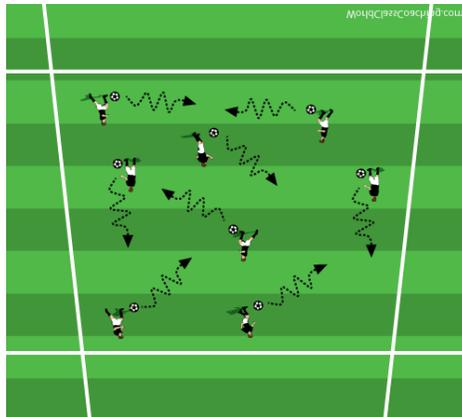
**Joseph Luxbacher, PhD**  
**Director of Coaching & Player Development**  
**USC Travel Soccer Fall 2020**  
**Week #5 Coaching Curriculum**



**SUGGESTED PRACTICE PLAN (80-90-minute session)**

**Warm-Up (15 minutes)**

**Exercise #1. Group Dribbling in Tight Space (5 minutes)**



All players, each with a ball, position within a 20-yard square area. On the coach's command the players begin dribbling within the area, executing sudden changes of speed and direction coupled with deceptive dribbling maneuvers (step-overs, etc) while keeping close control of the ball. The emphasis is on dribbling for close control and avoiding contact with any other player.

**Progress to....**

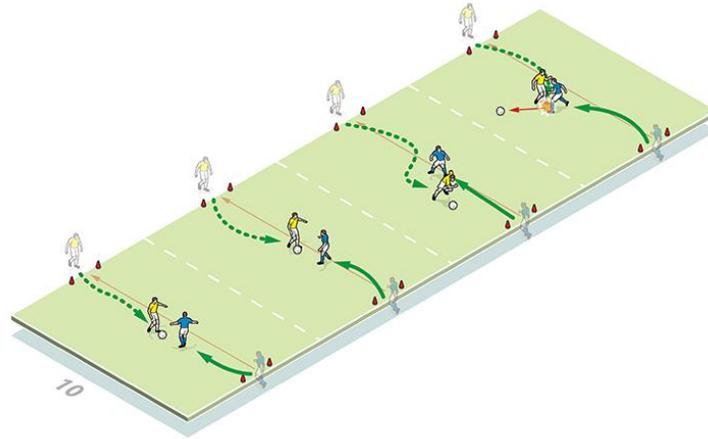
## **Exercise #2. Knock Out. (10 minutes)**

Same set up as Exercise #1. Designate 2 or 3 players as “defenders” who position outside of the area (without soccer balls). All other players station within the area, each with a ball. To begin, players dribble randomly within the area, avoiding other players and keeping the ball within close control of their feet. On a signal from the coach the game becomes “**Knockout**” as the defenders enter the area and attempt to dispossess dribblers’ of their ball. The game ends when only one player remains in possession of his/her ball. Repeat the activity several times with different defenders each time.

## **Dribbling Exercises (25 minutes)**

### **Exercise #3. Dribbling to take-on opponent (passive defensive pressure)**

Players pair with a partner to practice dribbling in a 1v1 situation. Each pair play within a 15×10-yard channel; partners begin at opposing ends of the channel. One player has the ball. He/she begins the exercise by passing the ball to his/her partner (dribbler) and then immediately assumes the role of a “defender” by closing down the distance to the dribbler. **The dribbler uses deceptive moves coupled with sudden changes of speed & direction to accelerate with the ball past the defender.** The defending player applies only passive pressure (50%) and does not actually attempt to win the ball. He/she merely “shadows” the dribbler’s movements to the end line of the channel. Partners return to their original starting positions as repeat after switching roles. Repeat several times with each player taking several turns as the dribbler.



**Progress to.....**

**Exercise #4. Dribble the End Line (1v1) – full defensive pressure**



Use markers to outline a 15-yard wide by 20-yard long field. Divide the group into two teams (A & B) who position on opposite end lines facing one another. To begin designate team “A” as “defenders” – the first player on team “A” passes the ball to the first player on team “B” and immediately moves forward to close down the space and play as a defender. The Team B player receiving the ball attempts to score a point by dribbling across the defender’s end line with control of the ball. After a score, loss of possession, or when the ball travels out of the field area, both players return to their respective end lines and the next players in line compete 1v1.

**\*\* Continue until each member of team “B” had had 4-5 opportunities as the “attacker” (dribbler); teams then switch roles with “A” becoming the attackers and “B” the defenders. Team scoring the most points wins the match.**

**Coaching tips:** Encourage the dribbler to take -on (dribble past) the defender at speed. Reduce the area size for younger players.

## **Dribbling/Shooting Exercises (20 minutes)**

### **Exercise #5. Shooting to Score off the Dribble (no defensive pressure)**

Divide the team into two groups. Groups position in single-file lines (A & B) facing the goal at distance of 30 yards. Each player has a ball. A goalkeeper positions in goal. The first player in each line alternately dribbles forward at speed and shoots from distance of 15 yards or greater (10 yards for younger players). Immediately after each shot the next player in line dribbles forward and does the same, so shooting is continuous. After shooting at goal the player quickly retrieves his/her ball and returns to the end of the line to repeat. Continue until each player has attempted 10 or more shots at goal. To create competition between groups award 1 point for each shot on goal, 2 points for each goal scored. Each player keeps tally of points scored.

### **Progress to....**

### **Exercise #6. 1 v 1 to a Full Goal (with 100% defensive pressure)**

Divide the group into 2 equal teams. One team (defenders) positions on the end line beside the goal. The other team (attackers) position 30 yards front and center of the goal. A neutral goalkeeper is in goal. The coach (server) positions to the side of the penalty area, about 15 yards from the end line., with a supply of balls.

To begin, the coach serves a ball to the 1<sup>st</sup> attacker in line. The 1<sup>st</sup> defender immediately sprints forward from the end line to defend. The attacker has 5 seconds to beat the defender on the dribble and shoot at goal. After each attempt at goal the players return to their respective teams and the coach serves a ball to the next attacker. Continue until each attacker has had 3 attempts at goal, after which teams switch roles and repeat. Keep score – team scoring most goals wins the competition.

## **Concluding Game** (20 minutes)

### **Dribble the End Line to Score**

Organize teams of 5-6 players each. Designate 2-3 additional players as “neutrals” who always play with the team in possession to create a numerical player advantage for the team with possession. Play on a field 25-yards wide by 40-yards long. Use colored scrimmage vests to differentiate teams and neutral players. **Regular soccer rules are in effect except for the method of scoring. Goals are scored by dribbling the ball across the opponent’s end line under close control rather than by shooting.** The entire length of the end line is considered the goal line. There are no goalkeepers. Players should use passing skills as well as dribbling skills to create situations where a player can penetrate on the dribble over the opponent’s end line with control of the ball.

**COOL DOWN: Jog, stretch, review important points of the session.**