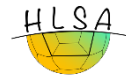


## Milton 5<sup>th</sup>/6<sup>th</sup> Grade -- Week 1

**Category:** Technical: Dribbling and RWB  
**Skill Level:** U12



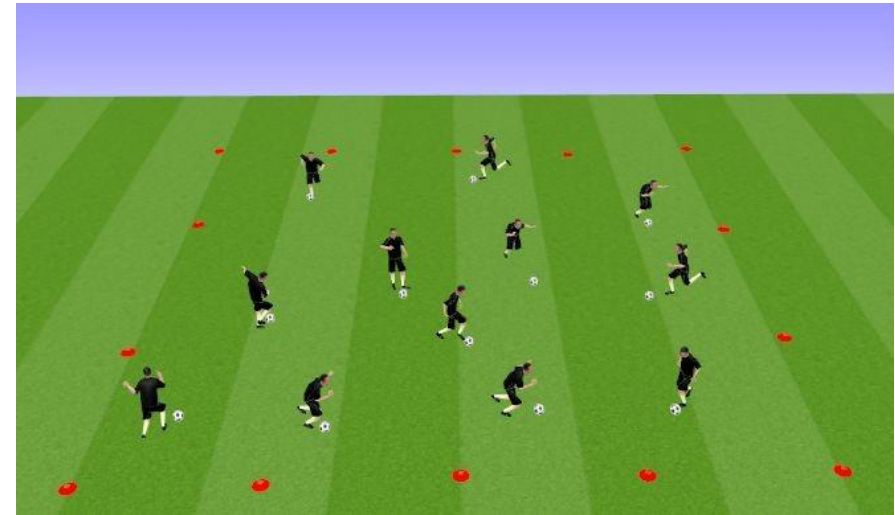
Hermes Lima Soccer Academy,  
Quincy, MA, United States of  
America



### Free Play (10 mins)

**Set Up:**

Small-sided games as players arrive



### Warm-Up: Dribbling Foundation (15 mins)

**Organization:**

12 Players with a ball each in a 40x60 yard (open) grid.

**Instructions:**

The Coach will inquire, with his players, about the dribbling characteristics of three of the top players in the world: (up to the players) The Coach will use these three players to paint the picture and build the foundational dribbling characteristics that the RDS curriculum is built upon.

**Coaching Points:**

Painting the Picture of each one of the player's characteristics:

\* Player 1: Head up looking to get into the gaps using small, quick touches with the Pinky Toe (outside of the foot).

\* Player 2: Head up to recognize when there's no gaps/space, then change of direction (12 o'clock to 6 o'clock), ball comes out of your feet, and then head and eyes up getting into the new space.

\* Player 3: Head up to see when there's a lot of space in front of you, then big touch to accelerate and get your head/eyes up and attack the space.



## Zone Dribbling (15 mins)

### Organization:

- 4 zones setup as shown
- 3- 4 Teams of 3-4 players

### Instructions:

- 3 teams
- Teams score by dribbling the ball into 1 of the 2 zones in the direction they are going
- Once one team scores, the team that scores come off, and the team that is waiting starts with the ball attacking in the same direction as the team that just came off
- Team cannot stay on for more than 2 games
- Games max at 2 minutes
- 4 Teams
- Teams that are not on stay at the end lines when they are not in.
- Games go for 2 minutes

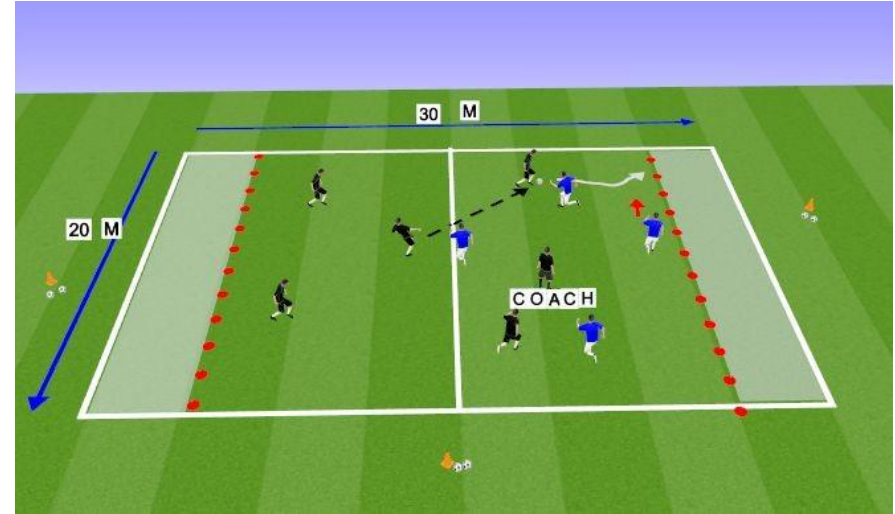
### Coaching Points:

Player led questioning to lead to:

- Identifying gaps or spaces in defense to penetrate
- Identifying defenders or the other team's position
- Recognize when space is available and use proper touches to take space
- "What/Who should you look for?"
- "How can you take advantage of the other team?"

### Progressions:

Spend a few minutes covering each Foundational Player's characteristics separately and ensure the players have a good picture of the characteristics during each scenario.



## Dribbling SSG (15 mins)

### Organization

1. Area size 30 meters by 20 meters or adapted to age and ability of players.
2. Two teams bibbed before starting SSG.
3. Game time to be determined by coach.
4. To score players must dribble into coned off area.
5. Personal challenges can be how many successful dribbles or passing assists can certain players do.

### Regression

1. Make the area bigger or make the teams uneven. ( 6 v 4 ).
2. This will make more space for one team to dribble into.

### Progressions

1. Limit time on the ball
2. Add additional Gates to score goals

### Mechanics

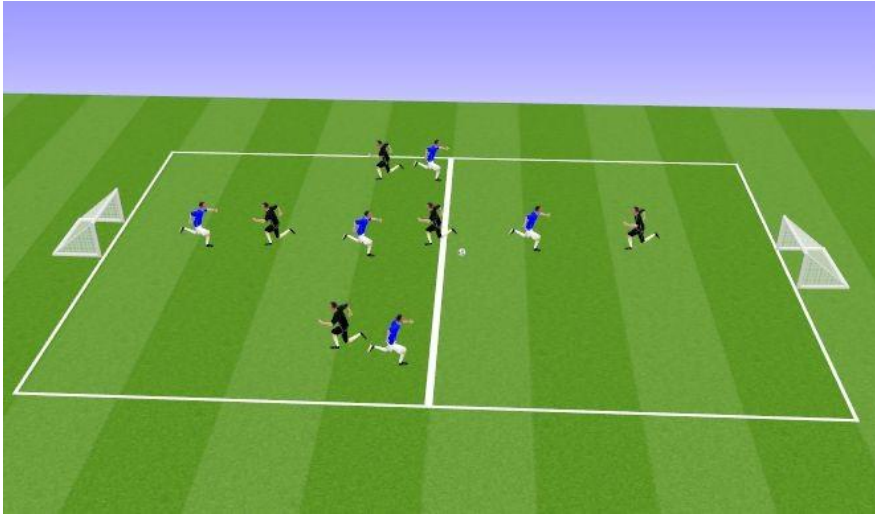
1. Keep ball close
2. Vary surfaces of the foot
3. Head Up
4. Change of pace
5. Change of direction

### Coaching Cycle

1. Observe
2. Diagnose

- "Can you look for gaps or holes in the other team?"
- "Can you get away from the other team?" "How should you do that? (Fast? Slow?)"

3. Accurately Recreate Situation
4. Provide Feedback
5. Demonstrate
6. Rehearsal
7. Play Live



### Free Play (15 mins)

Small side games get the players engaged on arrival, need buffer for set up given use of the field starts immediately at 5:30pm

