

Milton 7th/8th Grade -- Week 1

Category: Technical: Dribbling and RWB
Skill Level: U14



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



Free Play (10 mins)

Set Up:

Small-sided games as players arrive

Dribbling Technical2

Drill Explanation

Dribble through the coned 'gates', changing direction and focusing on spatial awareness.

Key Coaching Points

- Keep the ball close to your feet
- Practice with the inside, outside of the foot and with rolling the foot over the ball, using the sole.
- Use both the left and right foot
- Shift your body weight to throw the defender off balance, use fakes to create space for yourself.
- Tricks and skills can add great variety to your dribbling and be effective in tight spaces

- Strength and technique to hold off defenders and shield the ball when dribbling when required. Use an arm to shield yourself from the defender.
- Change of pace and direction to beat a player
- Decision making - when to dribble (not always the right decision) and where to dribble.
- Awareness of what's around you? Where are your teammates / opponents / the space?

Organization

- 1 ball each
- Bibs

Progression

Increase/decrease size of gate

Add in a trick when whistle is blown

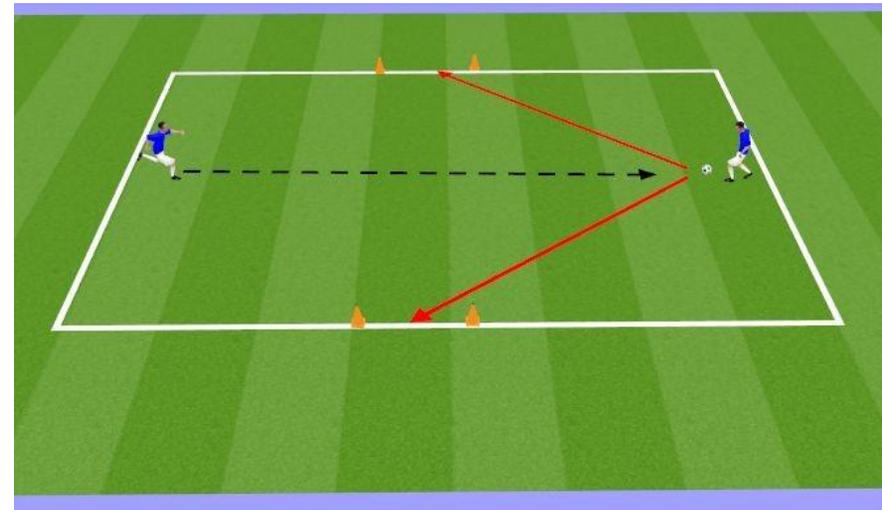
Add in competitive element - How many cones can you dribble through in 30 seconds?



Dribbling Boxes (10 mins)

Passing and Receiving - 10mins

Setup large box (20x20) with smaller box (6x6) on inside - adjust for numbers
9 players - 6 on outside of box with 3 on inside with balls



Dribbling 3

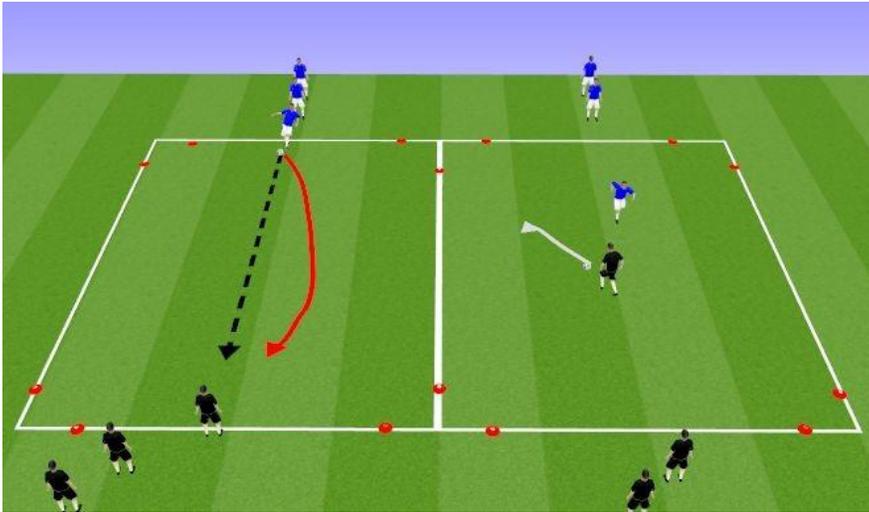
15x12 yards

Ball is passed

Receiving player must dribble through either of the gates to the side

Players on inside dribble through the center box then find a free player on the outside, play a 1-2 then dribble back through the box before they can play another 1-2. Swap inside players every 2mins.

Progression 1. Inside players pass to outside player who swaps places with them and dribbles through box before finding another outside player



Dribbling and Attacking (20 mins)

Organization:

1. 10 x 20-yard area set up as shown
2. 4 players (1 Attacker, 1 Defender)
3. 2 balls

Instructions:

1. Objective is to dribble the ball through the goals at your opponent's end.
2. Both players begin on their own end line, ball is passed to attacker by defender, both players become active
3. If the defender wins the ball, then they can attack their opponent's goals
4. Play 5 repetitions and then rotate players

Coaching Points:

1. Dribble at speed, keeping the ball close
2. Observing positions of other players
3. Use fakes and feints to deceive defender
4. Accelerate after passing the defender
5. Improvisation / Creativity

Progressions:

1. **P – Defender becomes live directly after initial pass**
2. **R – Defender is passive, acts as an obstacle, rather than opponent**

