

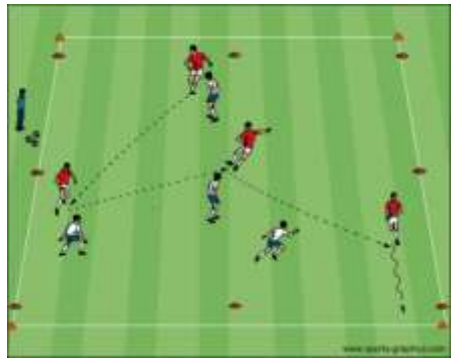




# Holden Youth Soccer -- U14 -- Week One

## Topic: Dribbling for Penetration

**Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Free Dribble :</b> All players dribbling in a defined space. Players should use all surfaces of their feet. Coach will prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc..</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>2v2 -4 Corner Dribbling to End Zones:</u></b> In 20x25 yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close to you under control</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender</li> <li>• Encourage players to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>4v4 to End Zones:</u></b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yds. if 8v8, play in a 55x80 yds. Play with Goalkeepers and encourage him/her to communicate with teammates</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	