

BYSC Recreation Session: Dribbling to Penetrate #1

AGE: U7-U8 / 4v4 / 8 players

MOMENT:

Brandon Nichols

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions

 8

 75 min

Play 1: Small Sided (2v2)

Traffic Jam

Sharks and Minnows

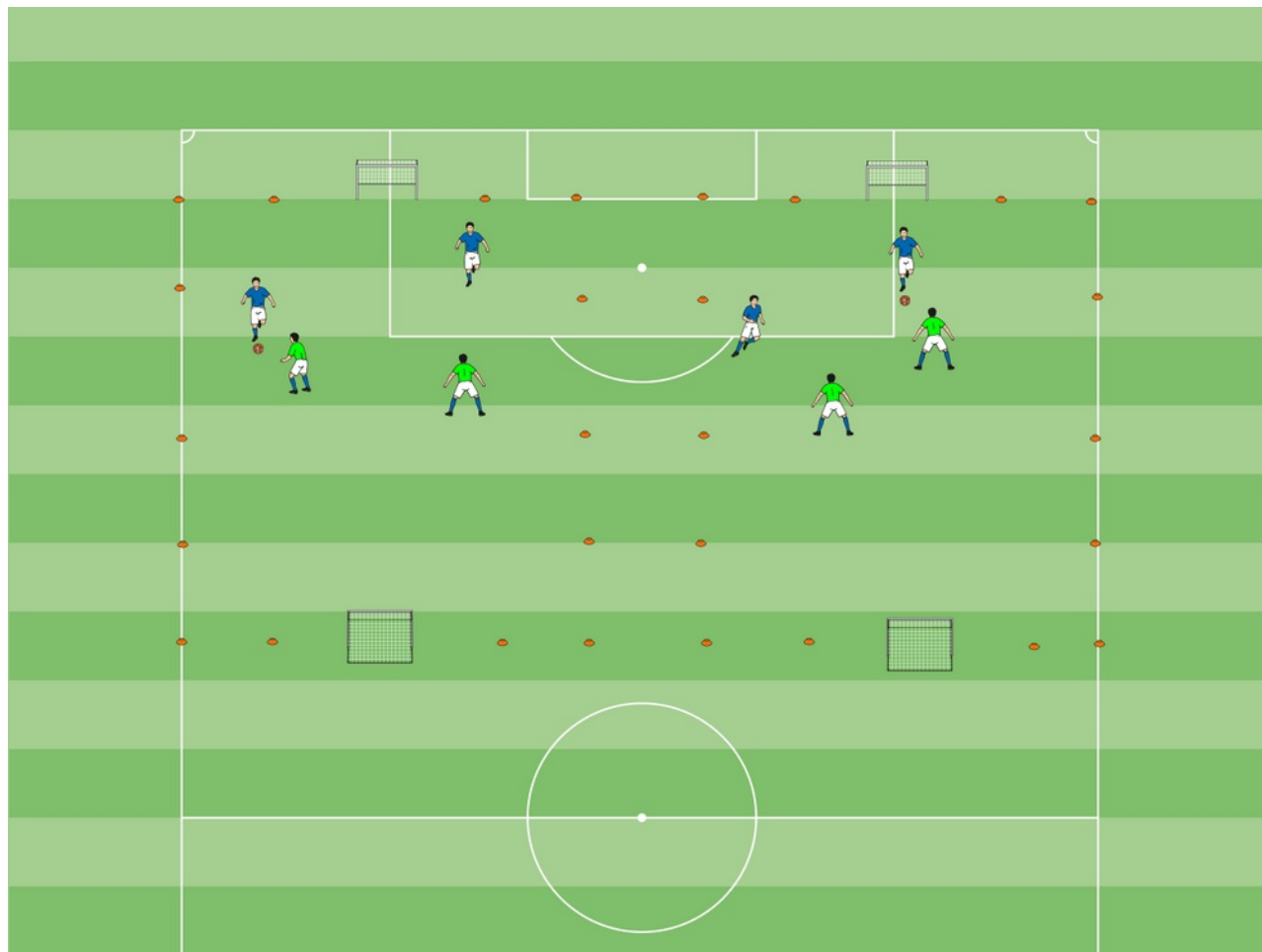
Play 2: 4v4

Play 1: Small Sided (2v2)

OBJECTIVE: Improve player's abilities to dribble or penetrate forward

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Set up two small sided game fields of about 10x15 yards. Have one goal on each end of the field. Split players into teams as they arrive and allow them to play.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where can we go with the ball to get to goal? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

NOTES:

It is okay if teams are uneven numbers wise, but if teams are uneven to balance out the advantage switch which team/players have the numerical advantage over time. Make sure the playing space is big enough that players have enough open space to attempt to dribble past opponents

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

 **PLAYERS:**
2 vs 2

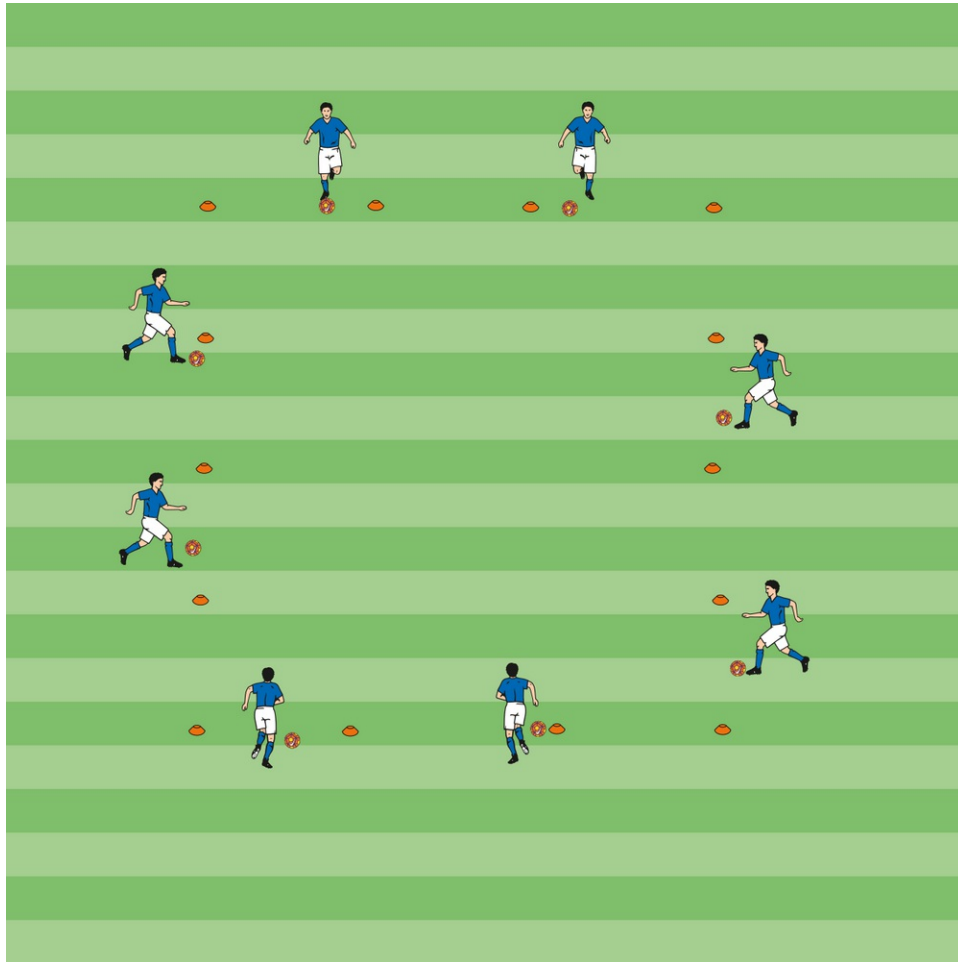
 **DURATION:**
15:0 min

Traffic Jam

OBJECTIVE: Improve players' ability to dribble/penetrate forward

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Create a square grid of about 12x12 yards. Split the pool of players up evenly around the outside of the square. Have players attempt to dribble across the grid to the opposite side and back without crashing into other. If players crash into one another you can have a small technical punishment like doing 10 toe taps or 10 foundations.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where do we want to go with the ball? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

NOTES:

Use this simple activity as an opportunity to introduce the players to using various surfaces of their feet to accomplish the goal. Players should be able to use the inside of their feet, outside of their feet, laces and bottom of their feet to manipulate the ball. Every couple rounds introduce a new surface for the players to use.

 **MOMENT:**
Attacking

 **AGE:**
U9-U10 / 7v7

 **PLAYERS:**
1 vs 1

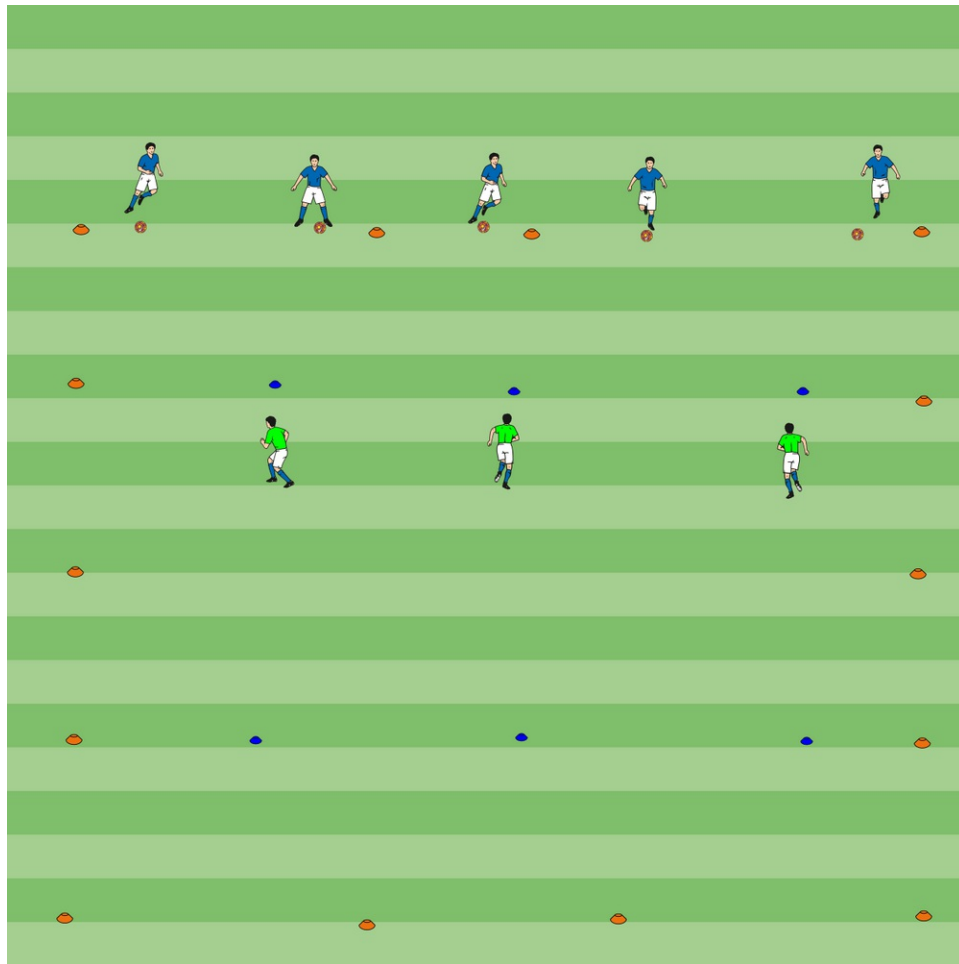
 **DURATION:**
15:0 min

Sharks and Minnows

OBJECTIVE: Improve players ability to penetrate past defenders by dribbling

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Set up a grid that is about 15x20 yards. Inside the grid set up a central channel that will be about 15x10 yards (blue cones in graphic). Select 2 players as sharks. The sharks must stay in the channel. Have the remaining 6 players line up on one side of the grid with a ball. These 6 players are the minnows. Have the minnows attempt to get past the sharks to the other side of the grid without having their ball stolen by a shark. Switch the sharks every 4 rounds to give every player a chance to be a shark.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where can we go with the ball to get to the other side? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

NOTES:

You can use this activity as an opportunity to challenge the players to use the various surfaces of their feet that were worked on previously. You can require using certain surfaces to complete specific rounds. To make things more challenging you can add more sharks or you can change the size of the central channel. The bigger the channel the harder it is for the minnows to get across the activity

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

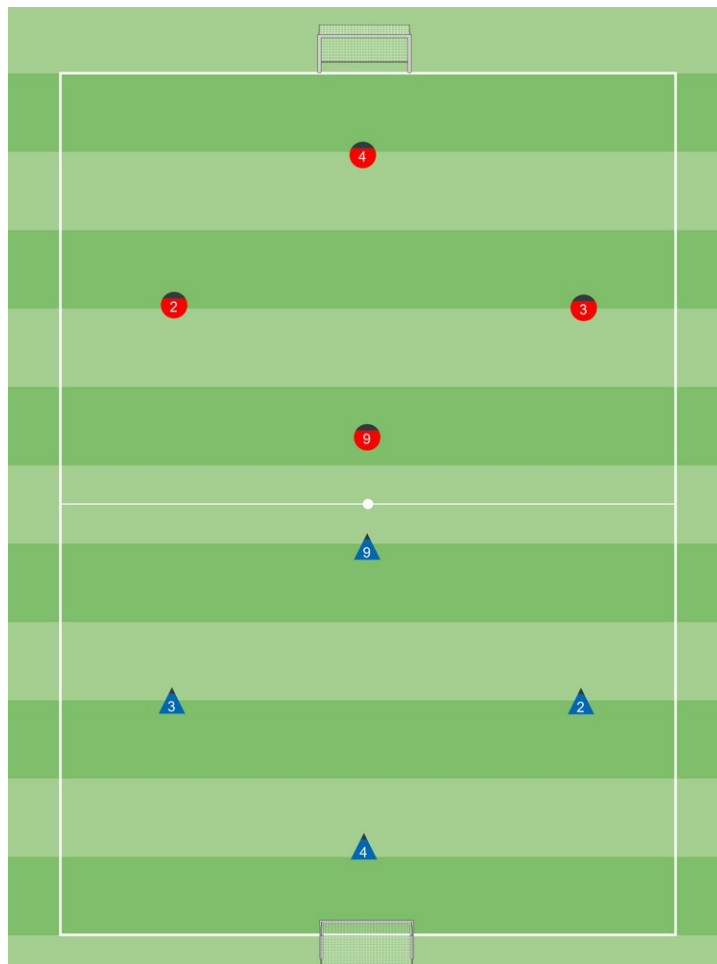
 **DURATION:**
20:0 min

Play 2: 4v4

OBJECTIVE: Improve players' ability to change direction to find open space

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions



ORGANIZATION:

Set up a 4v4 match to simulate the match environment in training.

KEY WORDS:

Open Space, Eyes Up/Scan the Field, Small touches near opponents, big touches to open space

GUIDED QUESTIONS:

1) Where can we go with the ball to get to goal? 2) How can we find open space? 3) What kind of touches should we make to help get the ball to open space?

ANSWERS:

1) Open Space 2) Eyes Up/Scan 3) Small touches near opponents and big touches with open space

 **MOMENT:**
Attacking

 **AGE:**
U7-U8 / 4v4

 **PLAYERS:**
4 vs 4

 **DURATION:**
25:0 min

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PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Optimal technical, Read game/make decisions

Brandon Nichols

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 75 min

Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: