

BYSC Recreation Session: Dribbling to Penetrate #2

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)

Gates

1v1 w/ Speed and Agility

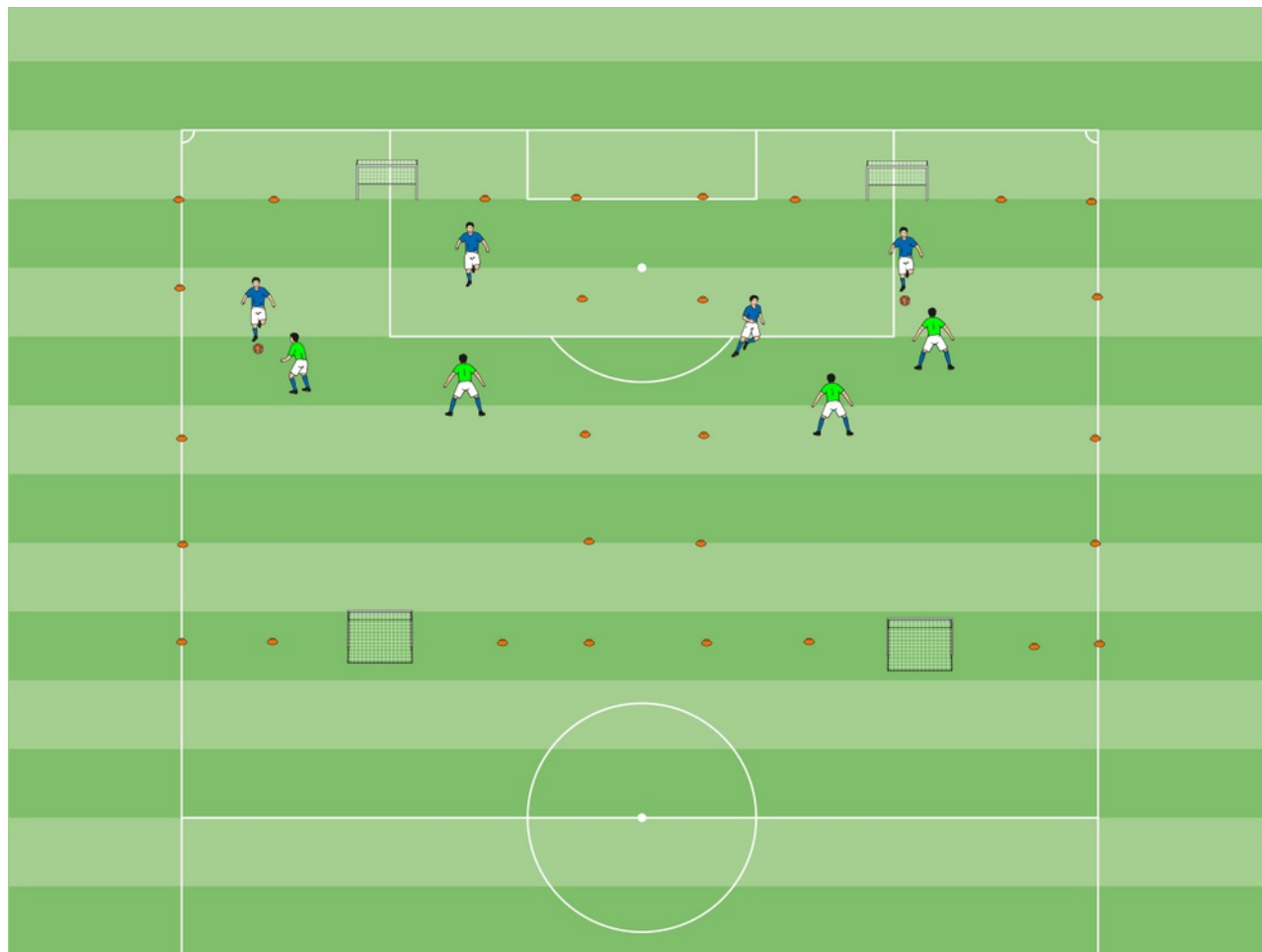
Play 2: 4v4

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

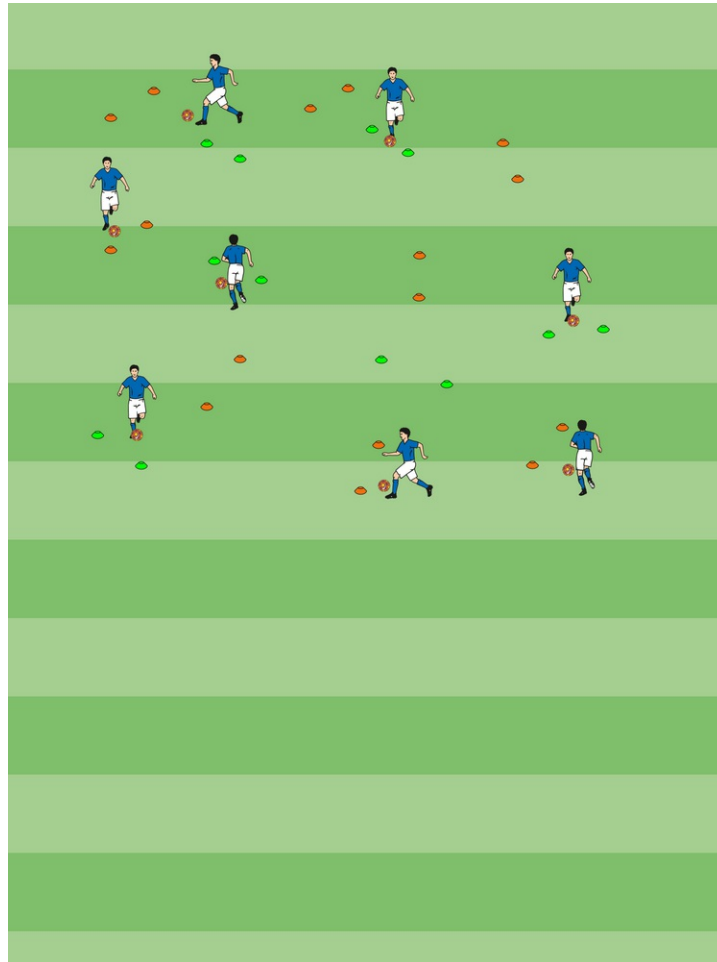
 **DURATION:**
15:0 min

Gates

OBJECTIVE: Improve players ability to dribble/penetrate forward

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Optimal technical, Read game/make decisions



ORGANIZATION:

Set up a number of gates more than the total number of players. Have each player with a ball. Have each player try to find and dribble through as many open gates as they can in 90 seconds. Have them keep count. Start by giving them the freedom to dribble however they want then challenge them to use different touches. Touches: Inside of both feet, Inside/Outside of Right Foot, Inside/Outside of Left Foot, Laces Have players do each touch for two rounds so that that they have one round to learn and then challenge them to beat their score in the second round.

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

 **MOMENT:**
Attacking

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

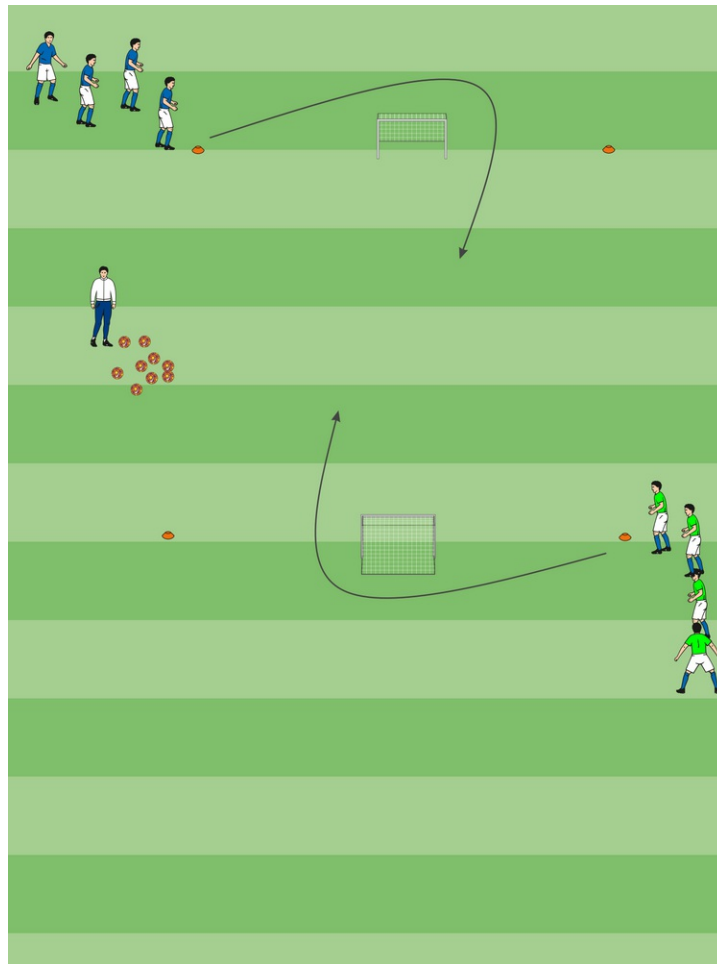
 **DURATION:**
20:0 min

1v1 w/ Speed and Agility

OBJECTIVE: Improve player's ability to dribble/penetrate forward

PLAYER ACTIONS: Pass/dribble, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Set up a grid of about 12x12 yards. Split players in half into groups of 4 players. Have the groups positioned in opposite corners of the grid. Play starts with the coach saying "Go". On "go" have the players who are first in each teams line do some sort of speed and agility move while moving around the goal on their side and then go 1v1 trying to score in the goal across from their starting position. The coach will play the ball into the center of the grid when they say "go". Once a goal is scored or the ball leaves the grid start the next pair. Award 1 point for each move players demonstrate and 1 point for each goal scored. Speed and Agility ideas can be: Running, Two Foot Jumps, One Foot Jumps, Karaoke, Crab Walk, Bear Crawl, or you can place cones and do ladder work or anything else you can think of.

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

NOTES:

This is a great time to encourage players to use moves demonstrated earlier to get past an opponent

 **MOMENT:**
Attacking

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

 **PLAYERS:**
1 vs 1

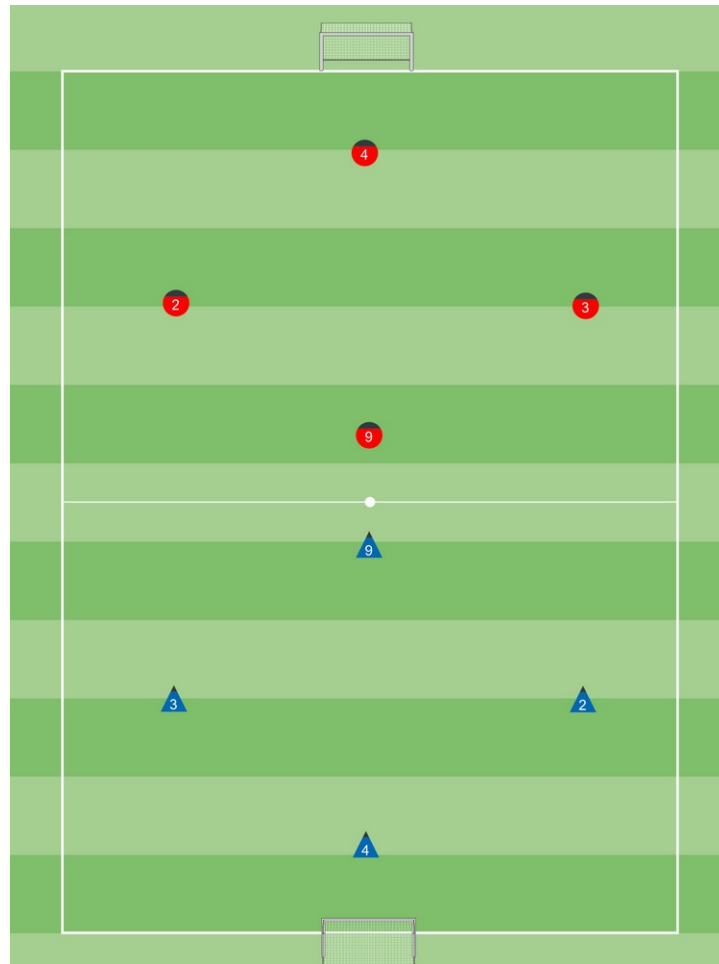
 **DURATION:**
20:0 min

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

BYSC Recreation Session: Dribbling to Penetrate #2

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

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: