Lesson 3

**AGE GROUP:** U9 or U10 players  
**TOPIC:** Individual Attacking - Dribbling to Penetrate

**OBJECTIVES:** Teach players how to dribble, running with the ball and fakes & feints. Establish situations (1 v 1) in the attacking half of the field where players should look to take risks and beat opponents on the dribble to create goal scoring opportunities.

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**Warm Up Activity**  
**Area:** 5 x 20 yards per pair with a large cone in the center.  
**Organization:**  
- Place players into pairs and place as shown.  
- Each player has a ball.  
  1. Players dribble and run with the ball to opposite side.  
  2. Players complete a designated move at the center cone & dribble to opposite side.  
**Coaching Points:**  
- Dribbling & Running with the Ball Technique.  
- Execution of fakes & feints.

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**Small Sided Activity**  
**Area:** 15 x 20 yards with four small corner goals as shown.  
**Organization**  
- Place players into two teams.  
- Place teams diagonally opposite each other.  
- Coach starts activity.  
- Players score by dribbling through a goal.  
**Coaching Points:**  
- Dribble (keep ball close) as you approach the defender.  
- Use a move to fake the defender before changing direction of the ball.  
- Change pace coming out of the move and exploit the space behind the def.

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**Expanded Small Sided Activity**  
**Area:** 35 x 40 with a large goal. Place a restraining line 20 yards from goal.  
**Organization**  
- 3 v 3 with a GK & Target.  
- Attacking team goes to goal, defending team score by passing to the target.  
- Attacking team must dribble across the restraining line before going to goal.  
- Progression: remove the dribbling restriction.  
**Coaching Points**  
- Technical execution: dribbling, fakes & feints and running with the ball.  
- Decision in Possession - penetrate or possess? 1 v 1 vs. 2 v 1?  
- Support of teammates - angles & distances.

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**Game**  
**Area:** 50 x 60 yards with two large goals.  
**Organization:**  
- 5 v 5 with GKs.  
- Game rules apply.  
**Coaching Points**  
- When, Where & Why would we dribble to penetrate?  
- Safety vs. Risk.  
- How do we do this in a game?  
- Supporting options provided by the closest teammates.