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.

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.
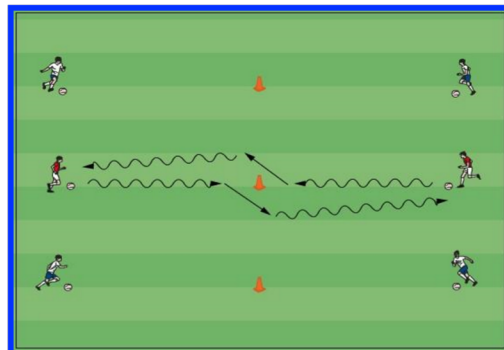
Small Sided Activity
Area: 15 x 20 yards with four small corner goals as shown.
Organization
• Place players into two teams.
• Place teams diagonally opposite each other.
• Coach starts activity.
• Players score by dribbling through a goal.
Coaching Points
• Dribble (keep ball close) as you approach 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.
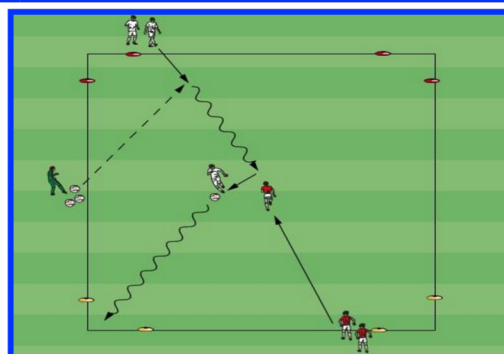
Expanded Small Sided Activity
Area: 35 x 40 with a large goal. Place a restraining line 20 yards from goal.
Organization
• 3 v 3 with a GK & Target.
• Attacking team goes to goal, defending team score by passing to the target.
• Attacking team must dribble across the restraining line before going to 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.

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.