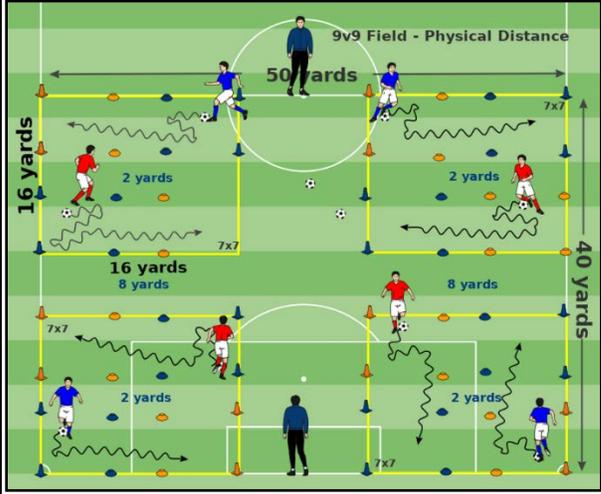


Spring 2020 U11-U12 9V9	<b>PHYSICAL DISTANCING TRAINING SESSION</b> <i>(In accordance with the COVID - 19 Guidelines)</i>						
	<b>GOAL</b>	Improving the technique of Dribbling to Beat an Opponent					
	<b>MOMENT</b>	ATTACKING	<b>DURATION</b>	45	<b>PLAYERS</b>	8	

**SKILL ACQUISITION:** Dribbling- Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace) after the defender is beaten.

**ACTIVITY 1: BALL MASTERY** **DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2 min --REST: 1 min**



**OBJECTIVE:** To dribble the ball forward.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Place two players with a ball inside one of the small squares. The player with the ball will dribble it around performing the following tasks:

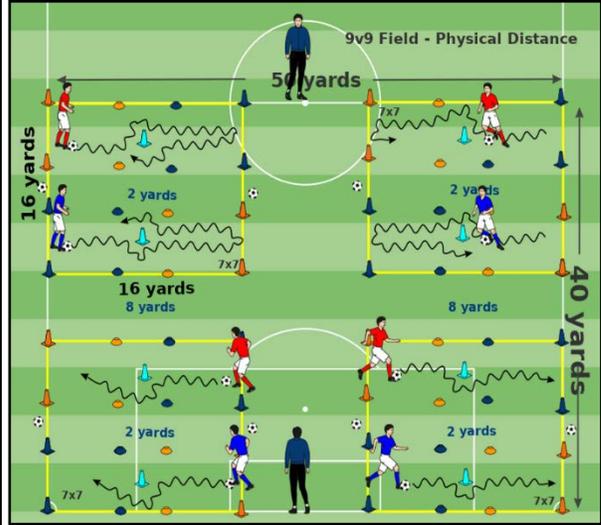
1. Inside-outside-inside-outside-Inside-outside-stop, switch square. *One Interval.*
2. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
3. Inside -outside- laces-laces -inside-inside-roll, switch square. *One Interval.*
4. Inside -outside- laces-laces -inside-inside-roll-circle take, switch foot. *One Interval.*

**KEY WORDS:** Look up and Surface.

**GUIDED QUESTIONS:** 1. Why do you need to look up? 2. What surface of the foot should you use to go straight, change direction and to stop the ball?

**ANSWERS:** 1. To see where to go with the ball – 2. To go straight use the laces, to change direction the outside or the inside of the foot and the sole to stop the ball.

**ACTIVITY 2: 1v1 RACE** **DURATION: 16 min -- INTERVALS: 16 --ACTIVITY: 40 sec --REST: 20 sec**



**OBJECTIVE:** To dribble the ball forward.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Both dribblers are at one end of the grid. One player will say GO!. They will perform a move at the cone, go to the end line and come back performing the same move at the cone again. The player who gets back first wins the race. The player with the ball will dribble it around performing the following tasks:

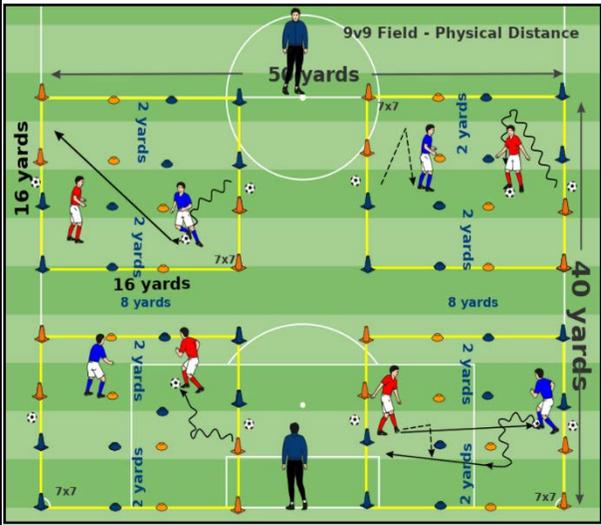
1. Inside and outside of one foot. *Four Intervals.*
2. Touch with inside right, touch with inside left. *Four Intervals.*
3. Fake and take. *Five Intervals.*
4. Circle take. *Five Intervals.*

**KEY WORDS:** Control, Fake, Accelerate.

**GUIDED QUESTIONS:** 1. How can we control the ball before performing the move? 2. Why do you need to fake a defender? 3. When do we accelerate?

**ANSWERS:** 1. We will take smaller touches – 2. The fake throws the defender out one way – 3. As soon as we are past the defender (cone).

**ACTIVITY 3: DRIBBLE AND SCORE** **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec**



**OBJECTIVE:** To dribble the ball forward.

**PLAYER ACTIONS:** Dribble the ball forward.

**ORGANIZATION:** In a half field (50Wx40L), create two 7Wx16L yard lanes with a 2Wx16L yard zone in between the two lanes. The defender will pass the ball to the dribbler. The dribbler will receive, lose the defenders and score in any of the two goals. **No one is allowed to cross the neutral 2 yard zone.**

**KEY WORDS:** Commit and Fake

**GUIDED QUESTIONS:** 1. How do you commit the defender? 2. Why do you need to fake a defender?

**ANSWERS:** 1. Dribble straight at the defender – 2. The fake throws the defender out one way.

**See video links to some of the moves below**

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>3. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

<b>1v1 moves links</b>	
Bish- bash	<a href="https://www.youtube.com/watch?v=8CBpSYuUIJ8">https://www.youtube.com/watch?v=8CBpSYuUIJ8</a>
Fake and Take	<a href="https://www.youtube.com/watch?v=Zuu7mDzZA2g&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=3">https://www.youtube.com/watch?v=Zuu7mDzZA2g&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=3</a>
Scissors	<a href="https://www.youtube.com/watch?v=6dcW1VhK3Yw&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv">https://www.youtube.com/watch?v=6dcW1VhK3Yw&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv</a>
Step over	<a href="https://www.youtube.com/watch?v=biZKX2zE0dQ&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=8">https://www.youtube.com/watch?v=biZKX2zE0dQ&amp;list=PLE_XRZxiHafbhzhAB7bXFb0XxqcvR_yNv&amp;index=8</a>