



CYA Week 4 Session 2: Dribbling / Penetration (U12-U15)

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

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Individual-Young Member

Description

L-Turn Tekkers Tourny (10 mins)

Organization:

. Two lines of players with two goals on each side of them

Instructions:

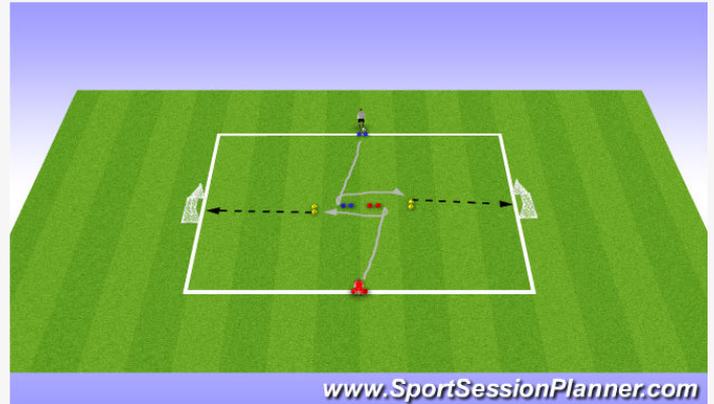
- * Players at red cones dribble up to the red cones in the middle of the grid and blue team goes to the blue.
- * When they get to the outside of the cones they perform an(V) L-turn and dribble to score on the goal that is to the left of them (described above)
- * Progression (yellow cones): To work on finishing/passing add a cone line as a marker that they cannot shoot past it so they have to pass it into the goals.

Coaching Points:

- * Small messi touches as we approach our cones (defenders)
- * Take the ball away with the closest foot to the ball after the L-turn (if performed with the right foot, take a quick extra touch with the outside of the left foot to ensure the ball gets away from a defender)
- * Awareness of defender positioning (I want you to dribble beside the cones, where does this mean our defender will usually be when need to use this skill?)

Progressions:

- * Make it a competition against groups on who can get to a certain goal count first while performing an L-tun.



Main Activity (15 mins)

Organization:

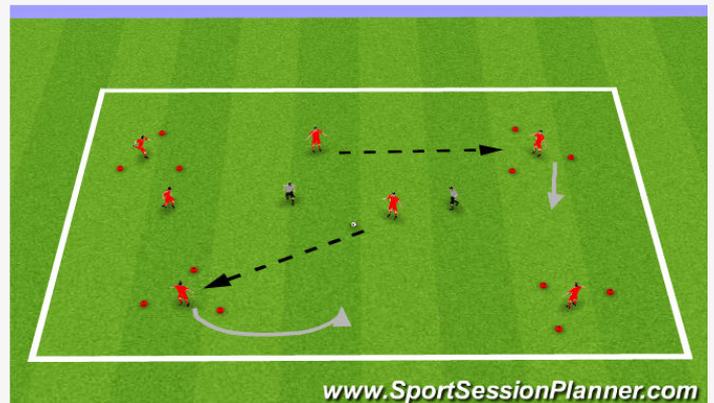
30 x 20 yard area
4 players in triangle
2 players outside with ball
2 defender
2 balls
(Adjust as needed with group)

Instructions:

- Red Team to keep ball away from Yellow
- One player in per triangle "Safe area" - No ball in triangle
- Player passes into triangle and takes place of player who was there in order to be "safe"
- Points for Red everytime we play into a triangle succesfully
- Defenders must win ball back from Red, Once they win ball, they score by passing to teammate (Each pass between is a point.)
- If this happens, Red is allowed to win the ball back.

Coaching Points:

- When/How to pass
- Inside push pass technique
- First touch to receive into space/break the line
- Head up



Conditioned Game (10 mins)

Instructions:

2v2 /3v3 4v4

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- Score by dribbling into end zone and then they can score into small goal. .
- Enter endzone and score - 2
- Scoring = 1 pts
- enter endzone and score on opposite side - 5 points
- If they enter end zone by dribbling, and shoot and score on goal, the score of the combination can be up to 3pts. (Ex: If they dribble in but don't score, then only 2 points)
- **All restarts are Free kicks (Middle third of field)**

Coaching Points

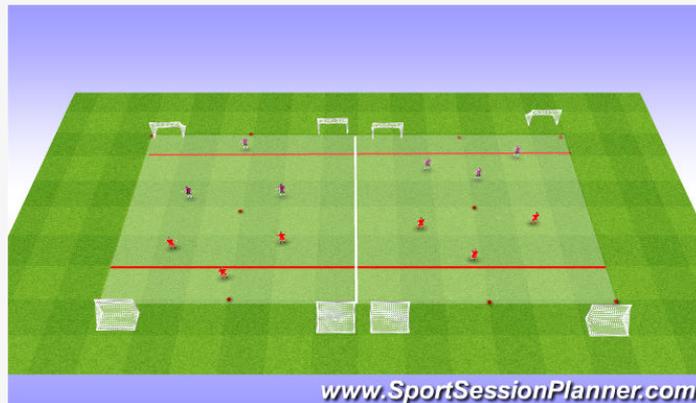
HW what to do if your path is blocked

- Pull with soul and push out
- Create the space
- Recognize space

-- Role of the 1st attacker **Regressions/Progressions:**

R: Make goals bigger

P: 4v4



Match (20 mins)

3v3/4v4 max

- **If one field, then play winner stays on (3 min games or two goals)**
- Principles of play:
 - Role of the 1st attacker (Player with ball- Dribble/Pass/Shoot)
 - Role of the 1st defender (Player closest to ball - Pressure)

