



08 / U10G - 1v1 to Maintain Possession

Category: Tactical: Possession

Difficulty: Beginner | Start Time: 30-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

1v1 to Maintain Possession

Phase: Possession to Advance

Principle: Getting Unmarked/Open - Creating Separation from Defenders

2v2 to Lines (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Players split into two teams with equal numbers at each cone on each end of the grid.

*Coach plays in ball to any player and each player in front of line enters to play 2v2.

*Score by stopping the ball on the end line.

*When goal is scored or ball goes out of play, players exit quickly and coach immediately plays in new ball.

COACHING POINTS:

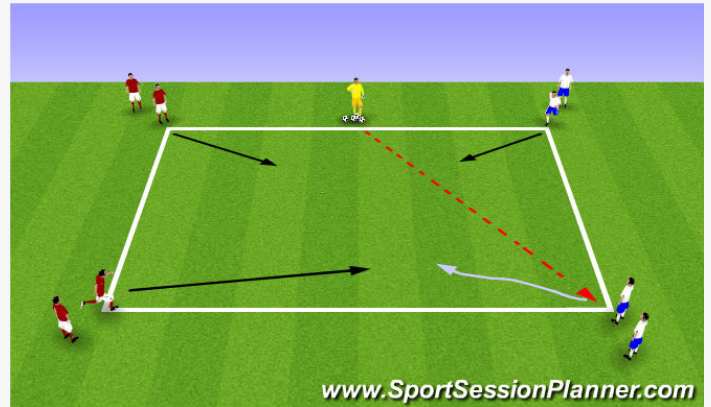
*Face up and attack aggressively to goal whenever possible

*If you get even with a defender be sure to dribble with your body between the ball and defender so they can not tackle it.

*If you get beyond the defender dribble into their path so that they can't get between you and the goal.

*If at risk to lose the ball and you don't have anyone to pass too, can you shield the ball to keep possession until a teammate can help you out.

*When defending - step between attacker and the ball to make it yours whenever possible.



Rapids Box-Dribbling (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*4 cones spaced 8 yards from the center of the side of a 6 yd x 6 yd central box

*players split equally between the 4 outside cones with one ball at each line

*player from each line dribble into central box and turn towards the left (right) to exit box - pass to teammate in line you are facing as soon as you exit the box

*follow your pass to the end of that line

***Variations to dribble into grid (vary between favorite and non-favorite foot): rollover, push with sole of alternating feet, lace-lace-sole-lace, outside R-inside R-outside L-inside L

***Variations to change direction (90 degree turns): V's & L's

COACHING POINTS:

•Good first touch out of feet and be very positive

•Head up between touches to be aware of other players and box boundaries

•Small quick touches and steps - good control of ball

•Keeping ball the proper distance from body - smaller touches as you near other players or sidelines

•Low center of gravity with good balance and ability to change direction

•Explosive touch as you turn to find open space and escape box

*Body between ball and other players to protect it while you dribble and turn



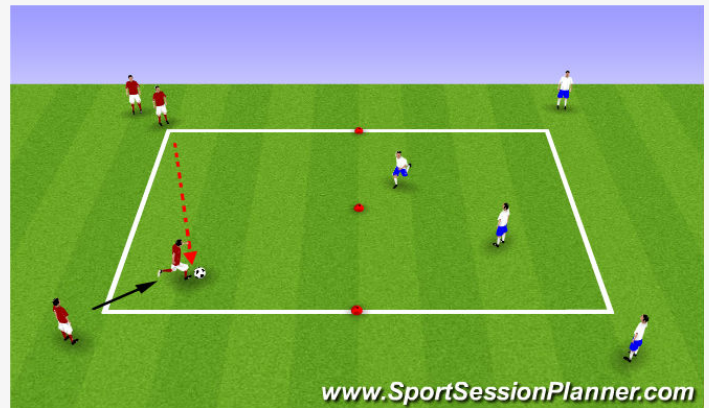
2v2 to Lines (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *2 defenders begin inside their half of the field
- *1 attacker passes into teammate but can't join until juggling another ball 3 times with feet (from hands)
- *1 defender may enter the attacking half immediately to try to win the ball
- *once 2nd attacker enters, players are free to move anywhere on the field
- *Score by stopping the ball on the end line
- *Rotate attacking and defending groups

COACHING POINTS:

- *While you are outnumbered, try to keep possession of the ball until your teammate joins the attack - shielding techniques
- Body sideways on to create greatest separation between defender and ball
- Play ball with foot opposite from defender
- Sink at the knees, low center of gravity, good balance, engage defender and use forearm to protect space
- *If you get even with a defender be sure to dribble with your body between the ball and defender so they can not tackle it.
- *If you get beyond the defender dribble into their path so that they can't get between you and the goal.
- *Face up and attack aggressively to goal whenever possible
- *When defending - step between attacker and the ball to make it yours whenever possible.



FUNino (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

FUNino - Official Rules:

- *Game starts with coach throwing ball into middle of field,
- *Goal can only be scored from inside the scoring zone (6-yard line),
- *When a goal is scored, one player from each team must be substituted on the fly,
- *After goal restart game with a pass or dribbling in from 6-yard line,
- *Infringements: staying inside a goal for more than a second, hand ball, violent play-free pass *Penalty attack for fouls inside shooting zone
- *No corner kicks *No offsides *Pass or dribble in when ball goes out on the sidelines

COACHING POINTS:

- *Which of the two goals is less defended?
- *When and how to use the dribble to maintain possession / create and use space

