



AMHERST SOCCER ASSOCIATION LESSON PLAN



Topic: Dribbling to beat an opponent

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 1v1 * Defender plays it into the attacking player * The attacking player must try and score between the defenders goal. * If the defender wins it they must try and score through the attackers goal <p>Progress to a 1v1 ladder</p>	<ul style="list-style-type: none"> * First Touch out into space * Penetration * Positive Attitude * Keep the ball moving * Encourage the attacking players to face up 1v1 instead of shielding the ball * Attacking the space behind and to the side of the defender * Accelerate into space
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3v3 * Ball can only move forward * Teams score by successful dribbling into the end zone of the other team * When the team scores they must drop back to the half way line to allow the other team to come out 	<ul style="list-style-type: none"> * All of the above * Keep the ball moving * Team Shape * Safety/Risk factor
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the field into thirds, one team in each third * GK are neutral * Middle team starts with the ball and attacks one side * If the defending team wins the ball they then become the attacking team, but the team that lost the ball, must try to stop them getting into the middle zone which is neutral * If successful they then attack the other side * If goal is scored, Gk starts with the ball and plays to the defenders 	<ul style="list-style-type: none"> * Attacking with speed * Team shape * Transition of play
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group in too two equal teams * Teams now have GK in the goals * Players can score 2 points for successfully dribbling past a defender or scoring on goal * Have extra balls placed around the field to keep the game moving quickly * Emphasize the Safety/Risk Factor 	<p style="text-align: center;">LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Run with out the ball = Pass = End Zone = Goal Net
<p style="text-align: center;">COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.</p>	