

Topic: Build from the back - When to dribble, when to pass

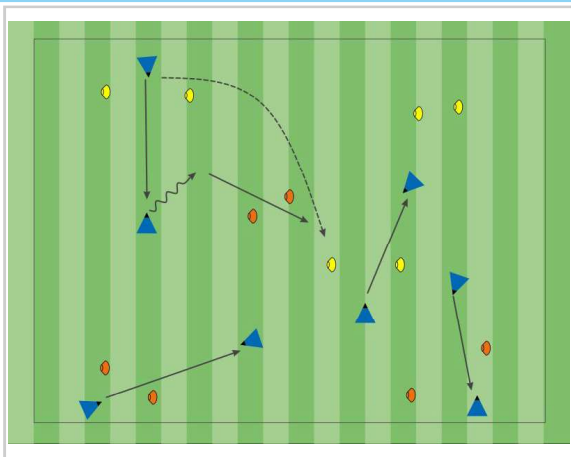
Objective: To learn tactical awareness of when to dribble and when to pass based on opposition cues

Player Actions: Dribble, Receive, Pass, Defend, Support



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: To dribble in space and pass through gates for technical warmup

Organization:

In a 25W x 35L yard grid with multiple "gates" - different colors is preferable. With one partner and ball - pass through as many gates as you can in 2 minutes. Repeat to see if their numbers get better.

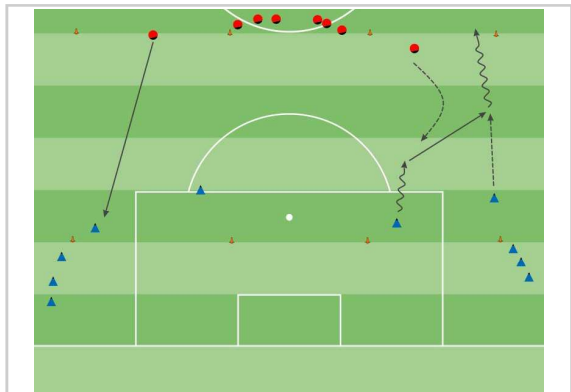
Coaching Points/Guided Questions

What do you do if you have space between gates? Dribble with laces.

Where should your partner go if you have the ball? To the next gate opening.

What part of the foot can you pass accurately with? Inside

If you know which way you are going to go next, can you play to the foot that will get you there quickest?



Objective: To get defender to commit to pass around and beat defender using a teammate

Organization:

In a 12W x 18L grid in the defensive end of the field

Lines on both sides, two come in to attack from closest to the goal, one comes in to defend from other side

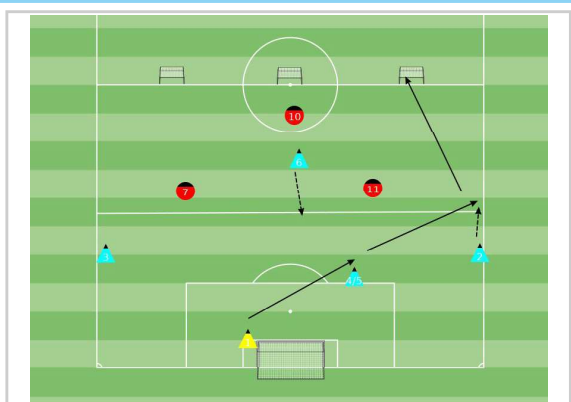
Defending player (red) passes ball in - balls should be placed close to middle at center circle for ease

Coaching Points/Guided Questions

What can you do to bring the defender closer? Dribble at him/her

Why would you want to bring the defender closer? To create space for my teammate

Where would your teammate want to be if you have the ball? Wide and higher up the field



Objective: In larger numbers, build out of the back with a numbers advantage

Organization:

Half field length and full width

Start ball with goalkeeper about 75% of the time

4v3 plus a GK to three counter goals

Coaching Points/Guided Questions

As soon as the GK saves it, where should we go? How? Demonstrate what that should look like and when (cues are gk save, shot off the endline, pass back to GK)

Who should we look to for support? Which players are involved?

Can we go backwards if we can't go forwards?

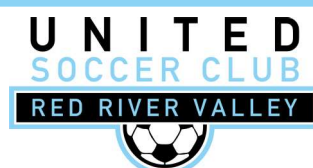
Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) - Best to play a 3-1-2 for numbers in the back - can always get outside backs forward

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 ☐ 7v7 ☒ 9v9 ☐ 11v11 ☐

Moment: When we have the ball in defensive 3rd ☒

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