




Eagan Rec. Soccer

Age Group	5th – 8th Grade
Theme	Dribbling and 1 vs 1
Time	40 minutes of training / 20 minute scrimmage

Activity/Drill	Notes and Coaching Points
	<p>Dribbling, Touches and Juggling</p> <p>1. All players begin with a soccer ball dribbling in the space - touching the ball every step. 2. Restrict players to dribble with right foot, left foot, sole, inside and outside of the foot. 3. Coach will yell a command and the players have to listen while they are dribbling. 4. Coach Commands: Turn, move, stop-go, switch balls, speed up, slow down, juggle and touches. 5. Once the players are warmed up play a game of knock-out. The players dribble in space and try to knock-out their teammates ball out of bounds. If your ball is knocked out of bounds you can re-enter the game by juggling 5 times without a bounce. See who can be the final player left with a ball.</p> <p>Question for the team: What should you do after you complete a move or turn? How can you find open space?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Dribble the ball with small touches close to your body. • Pick your head up to see where open space is. • Change your speed after you complete a move or turn. • Goal: 15 juggles without a bounce on the ground
	<p>1 vs 1 to Goal</p> <ol style="list-style-type: none"> 1. Teams of 2-3 players on opposite sides of the field. One team in pinnies 2. Defenders start with the ball in the corner of the field. Defenders pass the ball into the attacking team and step on the field to defend. The game continues 1 vs 1 to goal. 3. Defender tries to cut off the goal and win the ball back. 4. Attacking player tries to beat the defender on the dribble and score a goal. Player should use inside of their foot to finish between the cones. <p>Question for the team: Do you think it is easier to defend a player who only dribbles in one direction or both directions? When is a good opportunity to shoot the ball?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to change direction and speed to beat the defender. • Players need to pick their head up to see when the goal is open. • Work hard on defense and try to win the ball back.
	<p>2 vs 2 to Goal</p> <ol style="list-style-type: none"> 1. Two teams of 4-6 players on opposite sides of the field. One team in pinnies. 2. On Coach Command the players in the front of the line sprint around the cone on the end line and enter the game. The coach passes the ball into either team and the game continues 2 vs 2 to goal. 3. The game is played until the ball goes out of bounds or a goal is scored. The next team begins right away. 4. Encourage the defenders to defend the goal and work hard together to win the ball back. 5. The attacking team is looking to take on 1 vs 1 or connect a pass with their teammate. <p>Question for the team: When is a good time to look to pass? When is a good time to dribble?</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to dribble the ball 1 vs 1 and take on the defender. • Transition from offense to defense quickly. • Encourage players to pass and connect with their teammates to lose the defender on the field.



Scrimmage / Game Play

- 5 vs 5 or 7 vs 7 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – dribbling, ball control, and taking on 1 vs 1.

Coaching Points

- Have fun.
- Encourage players to dribble when they have space.
- Pick their head up on the dribble.