

“Serve and Protect (Attack)”

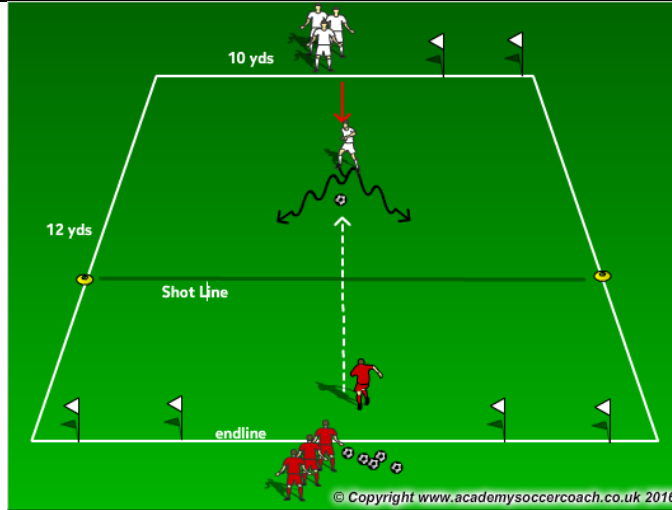
East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To develop mastery of ball receipt, dribbling and moves under pressure

Duration: 10 minutes

The Basics



Organization

10yd x 10yd grid (or 15yds x 15 yds for older age groups), 2 cone or flag goals at one endline.

Group divided into 2 teams

Team at goal endline with a supply of balls

Activity

First player from red team serves a ball to the first white team player, white player attacks, trying to score through either goal or possess the ball to the endline and stop it there. Red player defends.

If ball goes out of grid or attacker scores, each player returns to the end of their team’s line and another pair immediately begins.

If defender steals ball, she can score from any distance in the lone opponent’s goal.

1 point for a goal, 2 points for possessing and stopping to endline.

Switch attacking/defending teams after 3 minutes or after 5 points are scored.

- Encourage attacking players to move to the ball and have a positive (forward) first touch.
- Encourage/require players to utilize different dribbling moves/techniques: shielding, feints/cuts, scissors, step-overs, Cruyffs, etc.
- For 2-pt score at endline, attacker must bring ball to a dead stop on the endline (requires more ball control skill).
- If attacking players are shooting from distance instead of dribbling close for a shot, add a “shot line” that must be crossed before a shot can be taken.

None

Prog Mod Coach Pts