



U12U14 Week 6 Losing a Defender and Protecting the ball

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Lose Your Defender (10 mins)

Set Up

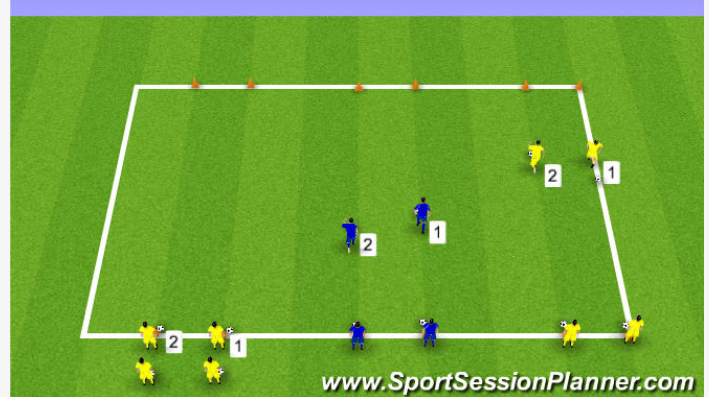
Pairs of cones are placed 15 yards apart in pairs. Players are behind the cones at one end, each player has a ball.

Implementation

The players are in pairs and are competing against each other. The coaches choose which line is the runner (1) and which is the chaser (2). On the coaches' command, Player 1 accelerates towards the cone opposite them, Player 2 attempts to keep up. Player 1 can change direction and attempt to lose Player 2. The turn finishes when Player 1 reaches either the cone at the opposite end or the cone they started at. Player 2 must keep their ball under control the whole time. After each turn, switch roles.

Coaching Points

Positive first touch forward to all for acceleration.
Change direction quickly and sharply, chop down onto the ball.
Get low to the ground when turning.
Use moves and tricks to shake the defender.



1V1 Side Goals (15 mins)

Set Up

In a 10L x 20W box, players are stationed opposite each other. Player 1 is at a single cone, Player 2 is behind a gate of cones. There is a goal on each of the sides of the grid.

Implementation

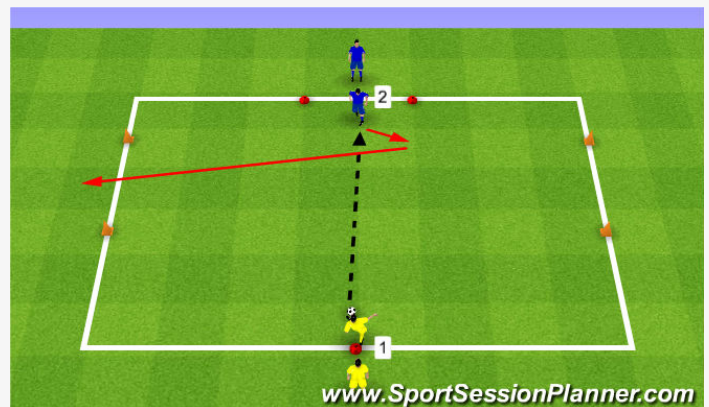
Player 1 starts by passing the ball to Player 2. Player 2 steps through the gate of cones to meet the ball. On receiving the ball, Player 2 attempts to dribble through either of the goals. After passing the ball, Player 2 becomes the defender and pressures the ball.

To score, Player 1 must dribble through either of the goals; they must have control of the ball as they pass through the goal.

If Player 2 wins the ball, they can try and score.

Coaching Points

Meet the ball with a first touch that leads you to a goal.
Change direction quickly and sharply.
Turn away from the defender.
Keep your body between the defender and the ball.
Accelerate towards the goal.



Conditioned Game (15 mins)

Set Up

On a size appropriate field, two teams play a regular scrimmage.

Conditions

Every time a player beats another player with the ball in a 1 on 1 situation, it is worth a goal.

Normal goals are worth 2

Coaching points.

Recognize when you are in a 1 on 1 situation.
Engage the defender.
Use moves and fakes to help you beat them.

