



ADENA FC

Coaching Education Lesson Plan



Topic: When to dribble and when to pass

Fundamental Warm-up	Organization	Key Coaching points
-Two passing lines	-Players use all surfaces of the foot (two touch, two touch using outside of the foot, two touch using bottom of the foot, one touch)	-Players can distribute the ball with various surfaces of their feet
Match Related activity	-Defensive player plays offensive player a ball and then steps out to defend them -Defensive player can score by stealing the ball and dribbling over their end-line	-If the defensive player angles their body to give you space, take the space
-One vs. one to end-line		
Match Related activity	-Defensive player plays offensive player a ball and then steps forward to defend them. -Defensive player can score by stealing the ball and dribbling over their end-line/playing it through their goal	-Support player must provide a good angle -The defenders positioning will dictate when to dribble and when to pass (they may choose to cut off the pass and allow the offender to dribble, or they may prevent the offender from dribbling and leave the pass open)
Two vs. one to end-line and then to goal		
Match	-Players could score a point by shooting through their goal. -Players could also score by playing a give and go/overlap pass with neutral player.	KEY:
5 V 5 with neutral player		-Incorporates all previous points
COOL DOWN		