

**Carmel United Soccer**  
**U-9 through U-12 Training**  
**Dribbling and Individual Defense**

**Dribbling**

Stress using all the flat parts of both feet and keep ball close to feet. Use ball exercises (Coevers) and activities to improve feel for the ball and change direction quickly. This will lead to better 1v1 attacking skills.

Foundations

Cut ball-with laces (pivot); with outside of foot

Drag ball with bottom of foot; spin move

Vs & Ls

Pullback: fake pullback

Scissor

Group Activities in a grid-the size depends on the number of players: 2 players each with a ball try to touch each other's ball. Remove pairing. Now all players must try to touch another's ball.

½ players with a ball, ½ without a ball. Players without a ball try to dispossess others. Don't let attackers turn. No fouling! Attackers must keep possession.

1v1 Shielding-Put players in pairs. Each pair has a ball (1 defender, 1 attacker). Restrict attackers to only walking. Attackers must walk to deal with pressing defender. Attackers must keep body between ball and defender. Explain shielding side on.

**Defending**

Stress the importance of gaining possession of the ball through **P**ressure, **P**osition, and **P**atience (3Ps)

Attack vs. Defender without ball

1v1 in stacked grid

1v1 on large field-roll ball to attacker

Pressure-Challenge the attacker and don't give up space.

Position-Stay inside & goal side. Jockey to delay attacker and don't over commit

Patience-Focus on ball. Force attacker to make decision. Steal if you can.

**Games**

Knock out: individual and team

1v1-to targets (defender must be within touching distance of attacker). 2 points for outside target, one point for inside. Progress to 2v1.

1v1-to 2 target players. Must get it back 1 touch to score a point.

Sideline Soccer-Teams of 3 or 4 race around cones. (Cut with inside or outside of foot)

Scrimmage-Restriction: can't pass forward until you beat a defender. Must dribble to space.

