



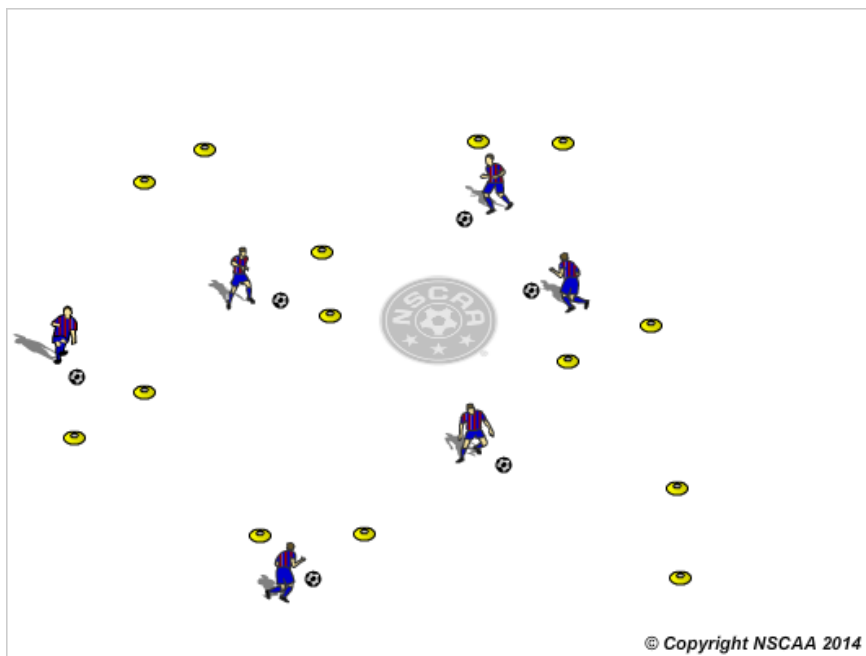
Lakeville Soccer Club  
Model Training Session  
Dribbling to Penetrate  
Chad Moore (1.11.2015)



The topic of the Progressive Session will be on the dribble penetration (getting behind the defender). Coaching points will be technical in nature and activities will allow for player to have many repetitions manipulating the ball.

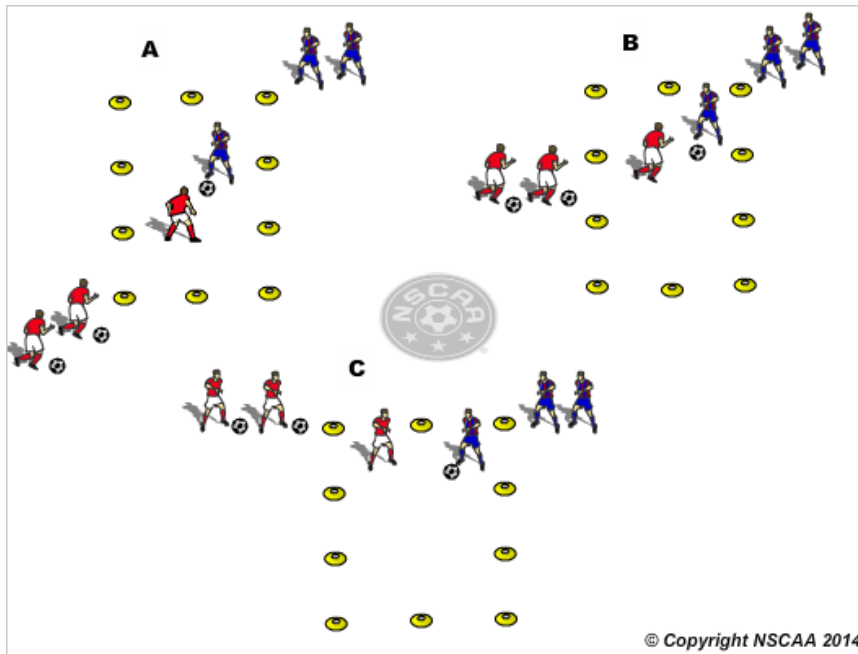
Coaching Points:

- Change of pace
- Change of direction
- Fakes and feints
- Decisions on when and where to dribble



Gates Warmup

- Each player with a ball to start
- Dribble through 2-yard gates
- Introduce three fakes
- Make it competitive



1v1 to endlines (12 yards x 8 yards)

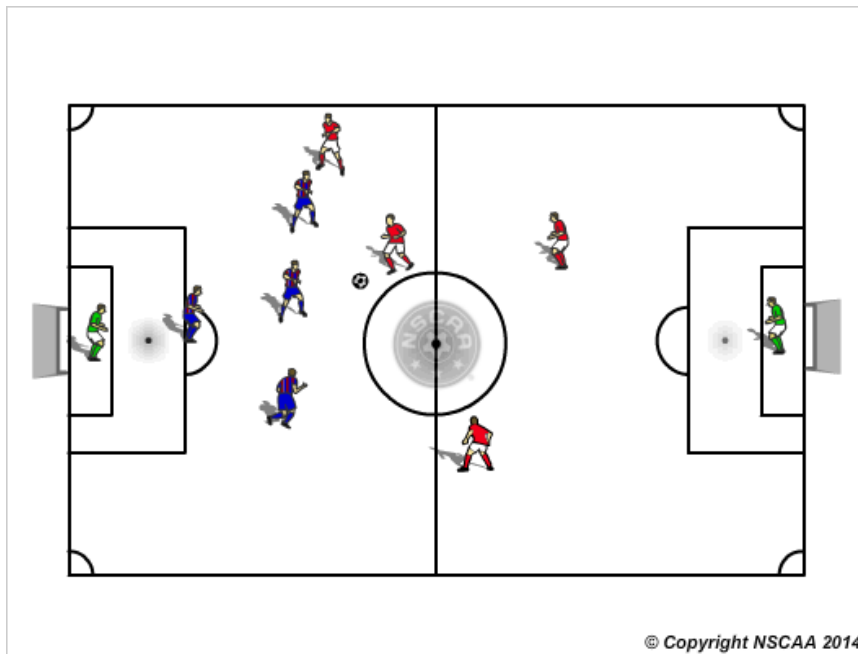
Play starts with one player passing a ball across the grid to an opponent

Players attempt to dribble the ball across the endline

Players switch lines after each 1v1 battle

Change point of service (A, B and C)

Make it competitive



5v5 to Goals (40 yards x 30 yards)

All match rules apply