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National Youth Certificate Course
Lesson Plan

Topic: Dribbling

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
1. Red light, Green light			
1. Stop & go per command. 2. Teach a penetration move. 3. Add yellow light	1. On green light – go. Encourage free movement throughout grid. On red light – stop as quickly as possible. 2. Show move(s) (e.g. step-over, faint) 3. On yellow light, have player perform move (change direction) and explode into open space (change speed).	RED LIGHT GREEN LIGHT 	• Use different surfaces of foot • Maintain vision of field • Body in athletic position (low center of gravity, etc.) • Change of direction • Change of speed
2. 1v1 Ladder, Competition			
1v1 to line * Field – 15 x 12 yd. (length) x (width)	• 45-60 second games • Stop on line to score • Winner moves up, loser stays (loser on top field goes all the way to bottom • If tied, Rock, paper, scissors.		• Set up opponent • Make move • Finish move (cut off defender's recovery)
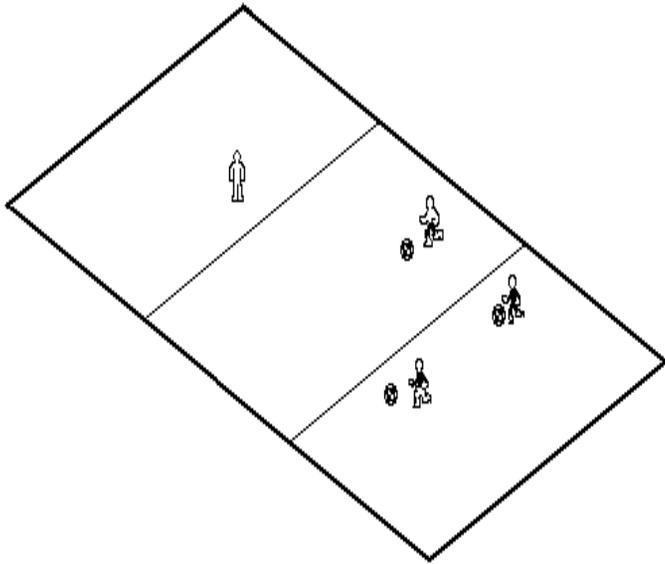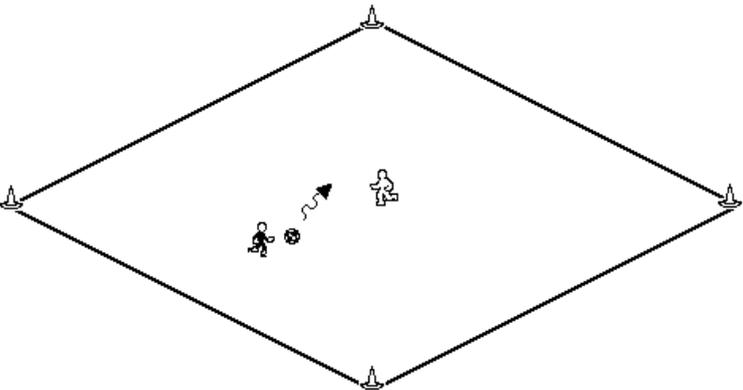
| 3. 2v2 Cooperative, Competitive			
2v2 to line * Field – 15 x 24 yd.	• Play is initiated with pass from one team to other. • To score, dribble through end line. • Players switch teammates.		• Face defenders • Dribble at defenders • See space behind defenders (no cover)
4. 4v4-1			
4v4-1 through gates (4v3) * Field – 35 x 25 yd.	• Each team defends two 6-yard gates placed on the end line, five yards from touchline. • To score, dribble through gate. • One player on team without ball takes a knee so the team defends with three. When team wins possession, said player becomes live and a player from opposing team takes a knee.		• Spatial awareness • Dribble at defenders • Teammates stay out of the way when 1v1 isolated.
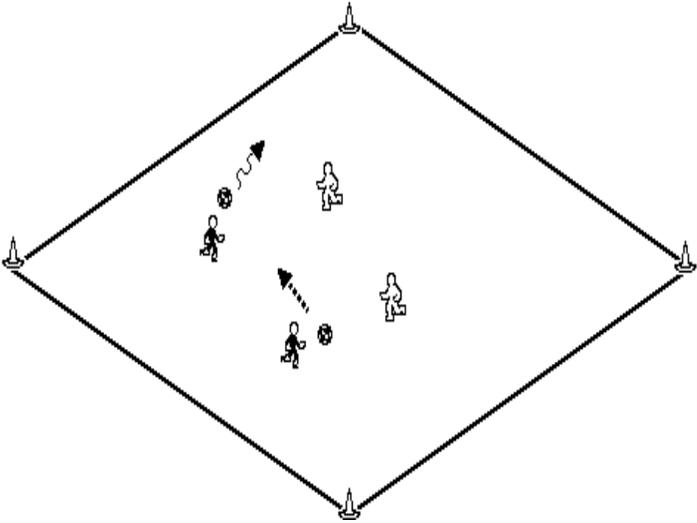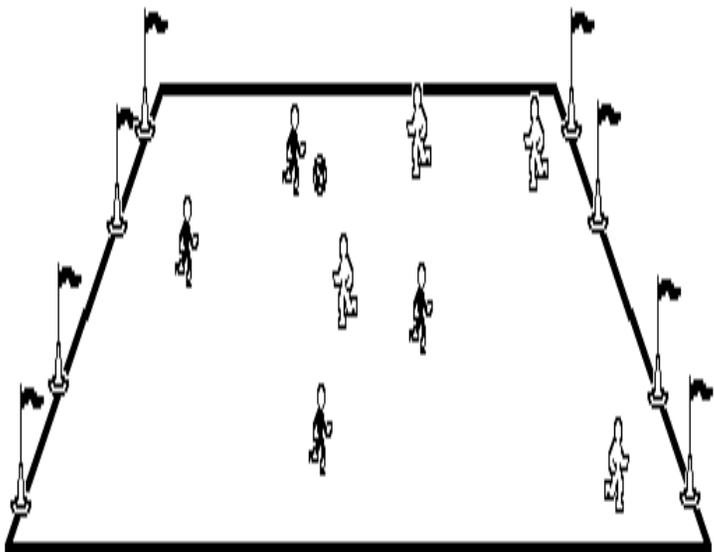
5. The GAME			
8v8 to big goals (7v7 + GK) * Field – 75 x 50 yd.	Organize each team in a 2-3-2 formation to ensure 1v1 throughout the field.		• Play hard • Have FUN!