

**Vicki Stamp, Casper, WY, US Soccer D Course, 11/16/08**

**“How to recognize when to dribble and when to pass”**

**Technical Warm-up:**

Each player with a ball in a 20x40 grid dribbling using all surfaces of the foot. At the whistle, do a move, accelerate and cut in behind. Partners in grid passing and moving. Call for the ball, receive, do a move, and accelerate.

**Small-sided Activity:**

4v2 in 20x20 grid. Offensive players attempt to connect 5 passes for a pt. or split the 2 defenders for a point. Rotate defenders after 1-2min. Focus on passing technique, when to pass and when to use dribble to get out of pressure.

2v2v2 in 30x30 grid. 3 teams of 2 with 2 teams playing against 1. 2 teams on offense try to score by getting across endline. Defense switches rolls and transition quickly with whichever team they steal the ball from.

**Expanded Small-sided:**

4v2+2 in 20x40 grid divided into 1/3s. 4v2 in one area where 4 players try to get 5 passes for a point and the 2 try to win the ball and send to the 2 waiting players in the opposite 1/3 of the field. Focus on keeping the ball moving out of pressure with pass or dribble. Quick transition.

4v4 with 4 small goals in 20x40 field both teams attacking 2 goals and defending 2 goals. Players need to look for 1v1 opportunities to attack space behind or pass to a teammate. Key is to maintain possession with pass or dribble looking for opportunity to go forward.

**Final Game:**

6v6, 7v7, 8v8 to big goals with keepers. Identify coaching moments when players should be looking to pass and when to attack the space with the dribble.