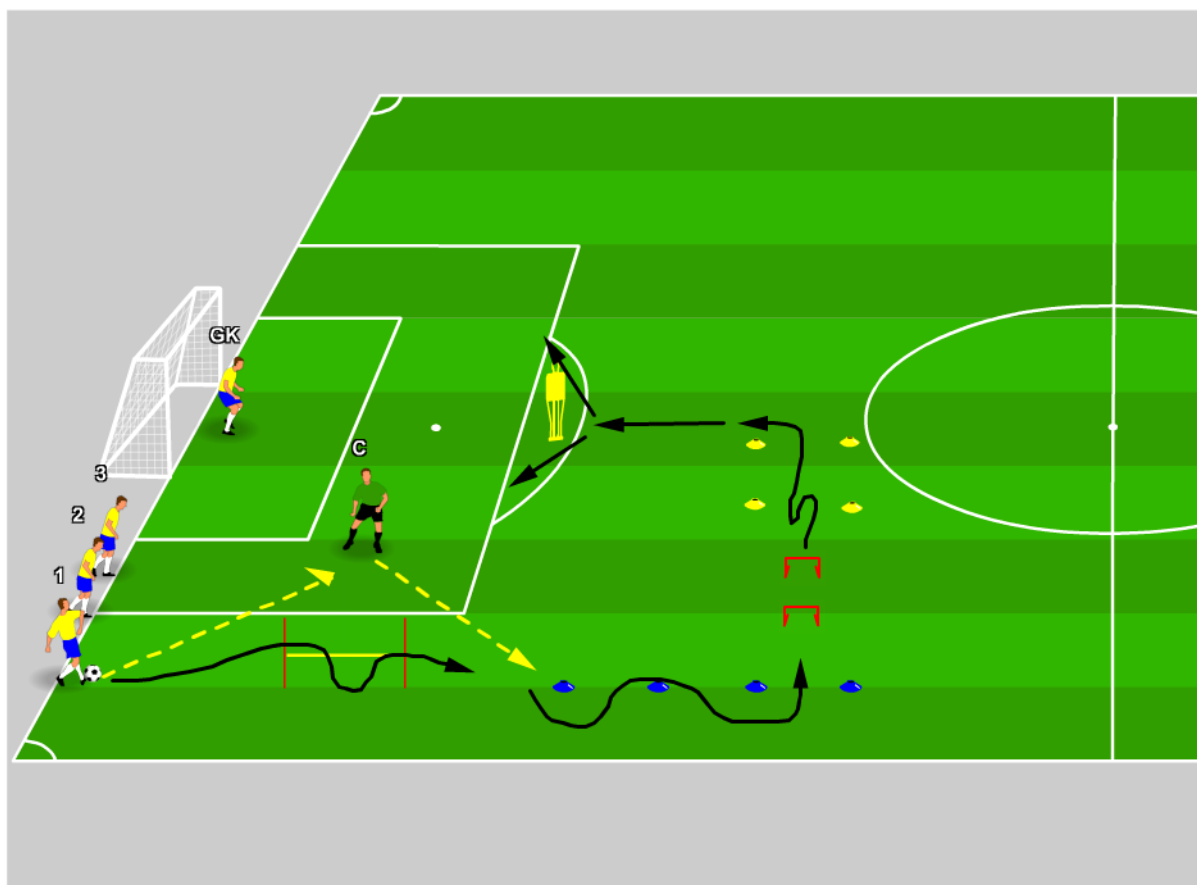


Brazilian Technical Development - Dribbling Circuit Training



Date: 17 June 2010

Measurement: 30 x 50

Time: .

Players: 4+

Duration: .

Level/Age Group: U8 - U12

Description: 5 Continuous stations developing the basic dribbling technique and agility with obstacles in a non-stop way finishing with a shot. After shot, the shooter becomes the goalie. Each player work the circuit 8 times. 1. Pass to the coach and jump over and roll under the big hurdle. Recieve the ball back from coach. 2. Player works on inside foot cutting. 3. 2 Jumps over the hurdles and sole of the foot backwards inside yellow square. 4. Outside foot dribbling, beat mannequin and shoot on goal.

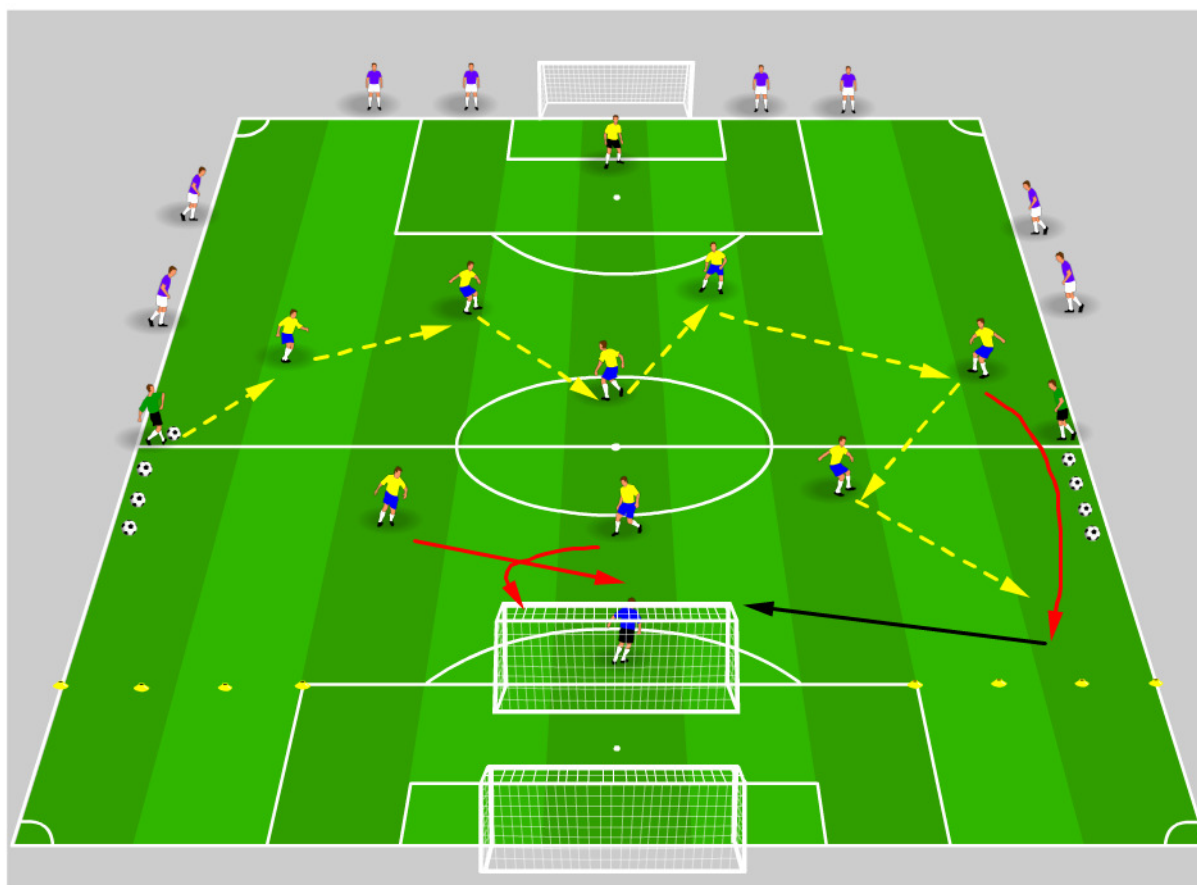
Objective: To develop dribbling, agility and speed with a ball

Coaching Points:

1. Speed of improvisation - Movement must be quick and shape whilst maintaining good technique
2. Dribbling technique development - Use both feet
3. Introduction of shooting basics steps - Approach, body shape, contact and follow through..

Progression: Introduce player to make a wall pass past the mannequin before shooting on goal. The player making the wall pass then follows in on rebounds. The player shooting, becomes the wall pass and rebound player, then becomes the GK.

Brazilian Tactical Development - Building from the Back 4 Defenders +4



Date:	17 June	Measurement:	2 Thirds
Time:	.	Players:	10+
Duration:		Level/Age Group:	U13+

Description: In three quarter of the field, the training consists of a transition starting in the defensive zone linking to the midfield side, switching the point of attack in a fast and unpredictable way. Both coaches stay on each side of the field distributing the balls. In this progression a Centre Midfield Offensive player is added completing all 4 midfielders in a diamond shape.

Objective: To Develop building from the back.

Coaching Points:

1. Create space and drop back when switching play.
2. Use back foot to receive pass and body shape open to play.
3. Create space by checking before receiving the ball
4. Good communication between players, letting each other when and where they want the ball.

Progression:

1. Switch from both sides.
2. Two switches before scoring.
3. Introduce 2 defenders at a time.

The Practices were taken from Brazilian Soccer Academy Books Vol. 1 (U8 - 12) and 2 (U13 - 18)



Purchase both books

Rest of the World Shop:

<http://shop.soccertutor.com/Brazilian-Soccer-Academy-2-Book-Set-COMBO-p/wcc-b1084.htm>

Vol.1 and Vol. 2 can also be purchased individually

US and Canadian Shop:

<http://shopusa.soccertutor.com/Brazilian-Soccer-Academy-2-Book-Set-COMBO-p/wcc-b1084.htm>

Vol.1 and Vol. 2 can also be purchased individually

Diagrams were created using www.Soccertutor.com Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>