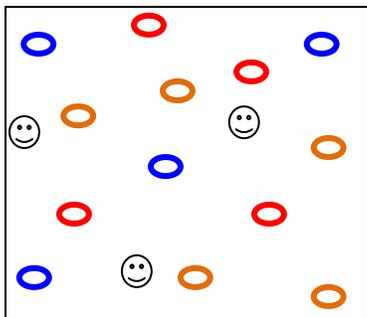


## OYAA Recreational Soccer Skills Training Session

**Topic:** Individual player ball control and dribbling  
**Objective:** Introduce players to technique of dribbling; improve a player's confidence & creativity through dribbling Games

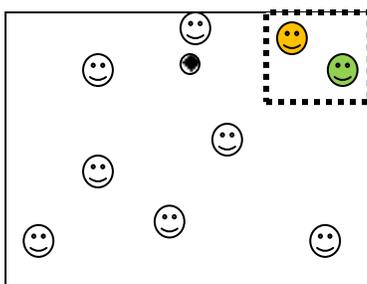
### WARM UP (10-12 Minutes): dynamic movements; technique on demand



**Without Soccer Ball : 3-4 minutes**  
 Players move freely inside grid and perform dynamic movements; add change of direction at cones.  
**With Soccer Ball : 6-8 minutes**  
 Players dribble ball inside grid w/o pressure. Perform dribbling technique on demand. Fast and slow. Change directions at a cone. Players must dribble to color cone held up by coach.

- Ball continuously moving; keep close to the body. "PopCorn"
- Foot speed/Ball Speed
- Balance/Control
- Change of speed/direction
- Eyes Up

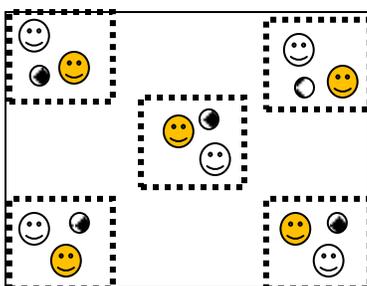
### ACTIVITY 1 (8 minutes): Statue Tag or Sharks & Minnows (with a few twists)



**Fun soccer games with a few twists.**  
 \* Play 1 or 2 regular games (30 secs)  
 Twists...  
 1. Tag team; taggers switch after tag  
 2. Tagger must dribble ball out of grid  
 3. Tagger chased by player with ball  
 4. Players always return to grid; taggers are counting total number of "tags."

- Dribbling under pressure; change of speed when chased. Use body feints and touches to avoid tagger.
- Fitness component
- Vision- eyes up all the time
- Competition

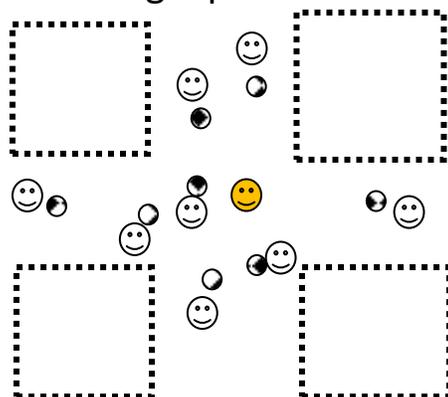
### ACTIVITY 2 (8 minutes): Shielding the ball – timed/ to a line/ to goal



Shielding and Dribbling: at these age groups, players "clump together." Shielding is a necessary skill.  
**Variations: Grids 10x10 up to 15x15**  
 1. Vary time; who has ball; 10/15/20sec  
 2. Dribble over a line  
 3. Go to a goal  
 4. Play 1v2; 2v2 or 2v3

- Protect ball – body b/w ball and def
- Bend at knees, side on pose
- Keep Ball moving
- Use all surfaces of the foot

### ACTIVITY 4 (8 minutes): Dribbling Squares



**Dribbling Squares Variations:**  
 1. Each Square is numbered 1, 2, 3 and 4  
 2. On Coaches command the players try to dribble to grid w/o Def stealing ball. Once safely inside grid must perform dribbling technique (toe touches etc)  
 3. Def wins ball, switch role immediately  
 4. Add more defenders;  
 5. players play in small groups w 1 ball

### ACTIVITY 5 (15 minutes): Free Play 2 games of 3v3; OR 4v4 5v5

