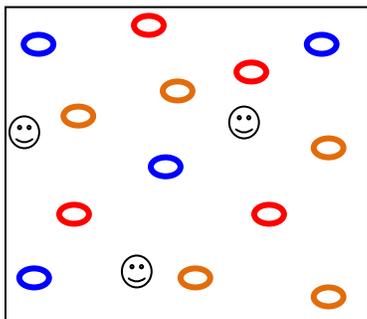


OYAA Recreational Soccer Skills Training Session

Topic: Individual player ball control and dribbling

Objective: Introduce players to technique of dribbling; improve a player's confidence & creativity through dribbling Games

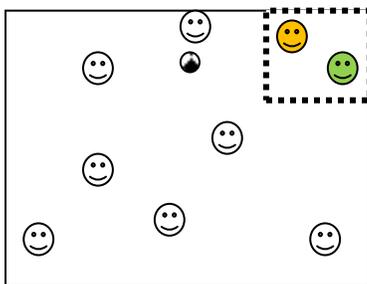
WARM UP (10-12 Minutes): dynamic movements; technique on demand



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

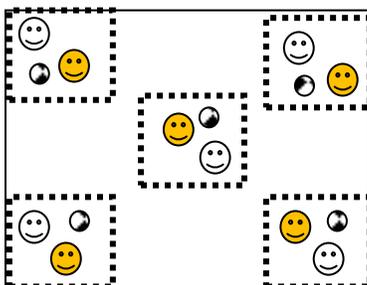
ACTIVITY 1 (8 minutes): Statue Tag or Sharks & Minnows (with a few twists)



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

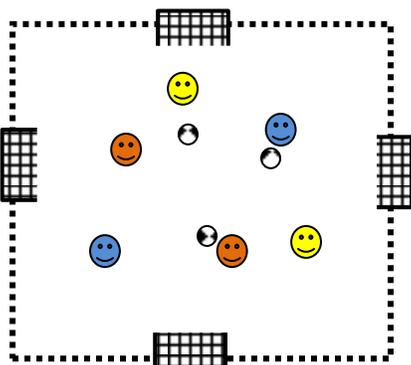


Shielding and Dribbling: at these age groups, players "clump together."
 Shielding is a necessary skill.
Variations: Grids 10x10 up to 15x15
 1. Vary time; who has ball; 10/15/20sec
 2. Dribble over a line
 3. Go to a goal
 4. Play 1v2; 2v2 or 2v3

- 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):

2 games of 3v3; OR 4v4 5v5



Scrimmage to 4 goals For the final 2 activities, try playing games where each team defend and attack two goals.
Variations:
 (1) change goal position, see diagram.
 (2) play 3v3, 3v2 or 4v3;
 (3) have three teams so its 2v2v2.
 (4) add multiple soccer balls
 (5) Play for short periods – 2, 3, 4 mins

ACTIVITY 5 (15 minutes): Free Play

