

Warm Up



Warm Up

Purpose- To get the blood circulating around the body and the bodies muscles warm for exercise.

Organization

Ask players to make two lines and jog up and down the cones as shown in the picture. Add soccer related movements on coaches call "sit down, stand up, open the gate, close the gate, foot to opposite hand, skipping, lunges etc.

Introduction to Dribbling Four



Introduction to Dribbling Four

Purpose- To improve individual dribbling skills

Organization- Five players are placed either side of a 20x20 grid. On the coach's command, players dribble to the opposite side trying to avoid contact with any other player. If you or your ball touch another player, you score one point. The player must then stop the ball on the opposite line. The players with the least amount of points win.

Progression- Ask players to stop the ball both, in the middle and the end line and with their weaker foot.

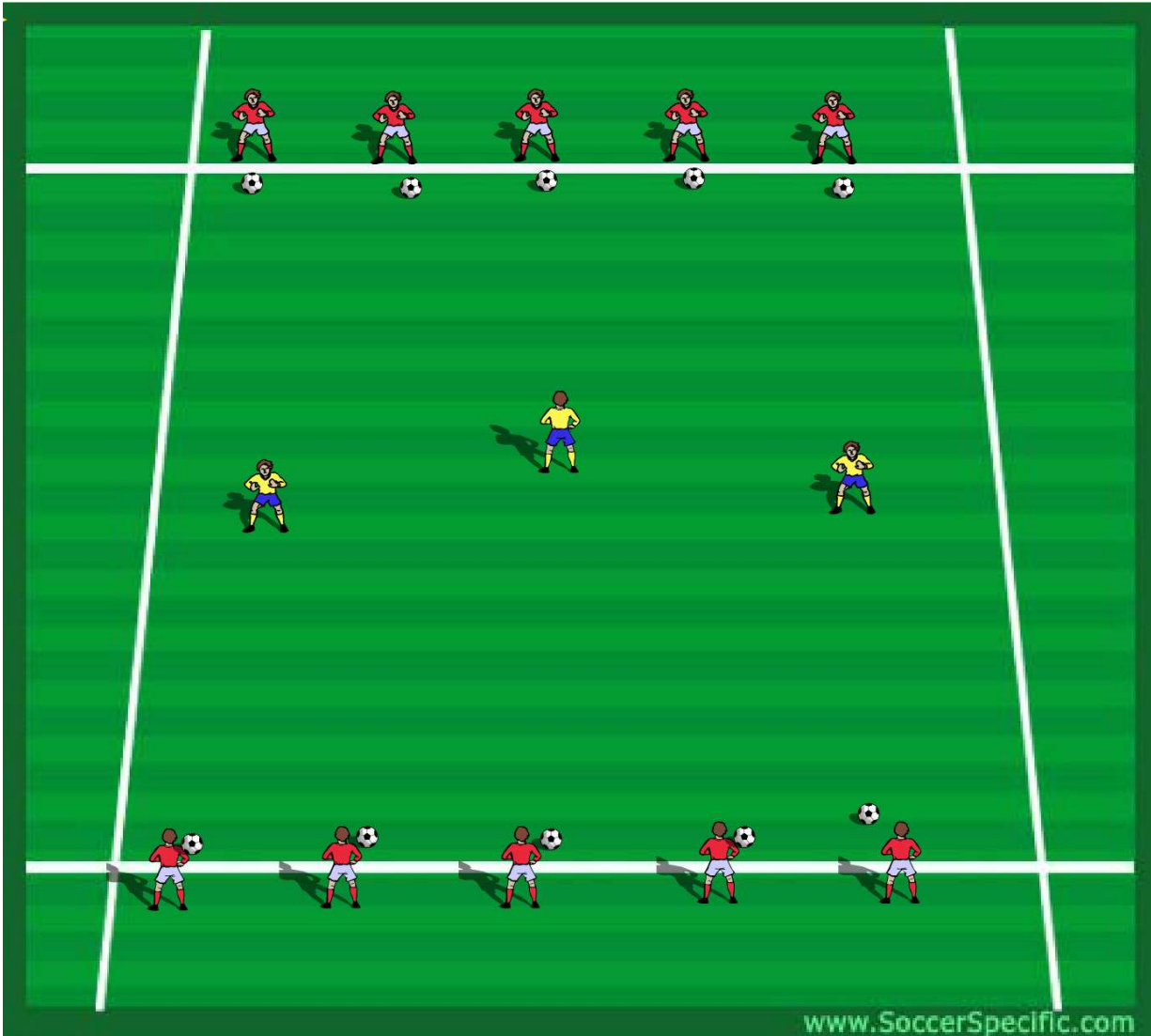
Coaching Points

Keep ball close in tight situations.

Keep head up to see where the space and all the other players are.

Be positive and use all surfaces of the foot to avoid contact with other players.

Introduction to Dribbling Five



Introduction to Dribbling Five

Purpose- Small individual activity to improve dribbling skills

Organization- Set up a 20x20 grid with players on either side and three defenders in the middle. On coach's command, players continuously dribble from side to side. Each time a defender touches a ball, the dribbler scores a point. The winner is the player who scores the least amount of points.

Progression- If defenders win the ball, they change places with the dribbler.

Coaching Points

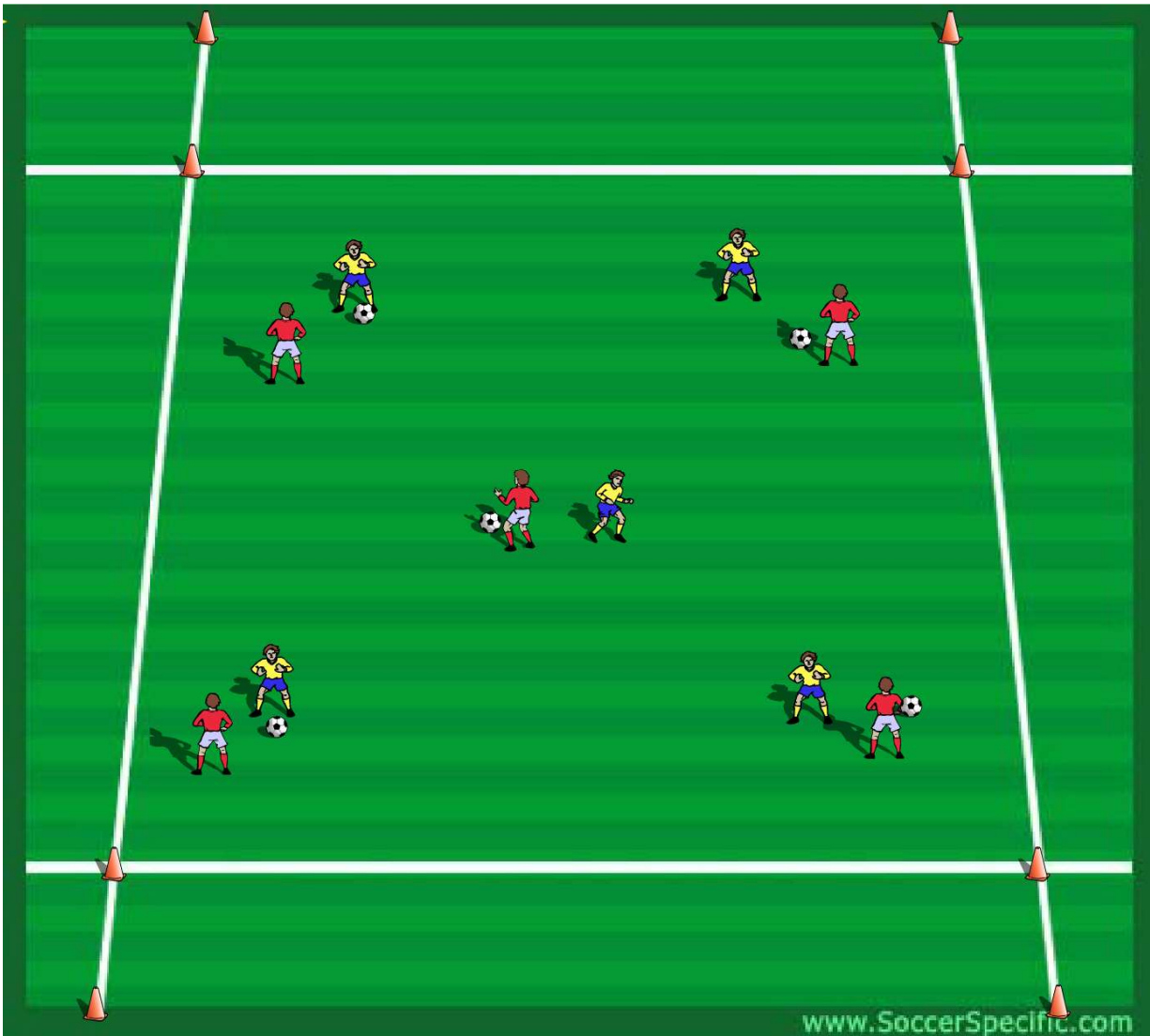
Keep head up to see where the space and defenders are.

Keep ball close, with soft touches.

Accelerate away after beating defender.

Use all surfaces of foot to help beat defenders.

Introduction to Dribbling Six



Dribbling 1v1

Purpose- Small sided activity to improve dribbling skills

Organization- Set up a grid 15x25 with two end zones. Divide teams into two equal teams of four. To score a point players must dribble the ball over the end line and stop the ball. After stopping the ball they then attack the other end. Play for 10 minutes, winning team is the team with the most points.

Progression- Ask players to dribble with weaker foot only.

Coaching points

Encourage players to take players on in 1v1 situations

Keep ball close in tight situations

Keep head up to see all options

Positive first touch and open hips when receiving the ball to give you maximum options

4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.