

Individual Dribbles (10 mins)

Set up

20x20 area every player with a ball

Foot Communication

Dribbling around area calling out which part of the foot they are using.

P1) Add Sequences (Inside, Inside, Outside, Outside. Stop Switch)

P2) Let kids make own sequence

P3) Play Dribble Tag. Each player dribbles around and has to tag the shoulder of another player. Then ask how many they got and tell them to beat it by 5.

Coaching Points:

Head Up

Movement

Close control

Use different surfaces

Change speed

Change direction

Lots of Touches - soft touches for close control - big touches to escape defender and attack space



Attack the cone (10 mins)

Set Up:

- 3-4 area set at 10x20 yards with 3 or 4 cones on the half way line of each area

- 2-3 Players in each line at each end

- Each Player with a ball

Instructions:

- 1 Player from each side will enter the grid dribbling at the set of cones.

- Players will perform a move at the cones and finish his run to the opposite line.

- Use inside of foot/ Outside of foot/ sole of foot/ drop shoulder (fake out 'defender')

Coaching Points:

- Ball close enough to the body, but not caught up under their feet

- Head up, avoid collisions and find open space

- Dribble with good speed

- Accelerate away from pressure

- Timing of move - not too close to defender but not too far away either



First touch to goal (20 mins)

Set up

10x10 player start in opposite corners

2 gates for goals in the other opposite corners

Set this up multiple time no more than 3 players in each line Blue passes ball to red and immediately becomes a defender Red has to try and score by dribbling through either of the 2 goals. switch lines/positions after goal or ball goes out of bounds. Coaching Points

Points

Receive with a good first touch towards goal.

Changes of direction and speed to deceive defender.

Utilize tricks, feints to put defender of balance.

What part of foot do they move the ball with? (first touch)



End zones

End zones

Teams play 3v3 to end zones. Blue score in the red flag end zone and red score in the Yellow flag end zone. Players score by dribbling into the end zone.

Coaching Points:

Speed of dribble

Turn away from pressure

Recognition of space/opponent

Possess the ball by playing backwards if needed.



Scrimmage (30 mins)

Unconditioned Scrimmage

Let them play small sided games.

Try not to coach too much but if you do, reiterate the coaching points covered through the session

Coaching Points:

- Attack space with speed
- Change direction and speed
- Creativity with moves
- Distance of move (body's length)

