

Individual Dribbles - Head Up (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.

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

Let kids make own sequence

Awareness - if the coach puts their hand in the air the players need to get to a corner asap. Last player does a funny forfeit.

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



Gates (10 mins)

Set Up: 10-12 Gates for players to dribble through in a 20x20 grid.

Aim: All players have a ball and must dribble through the gates to score points. Have the players keep count how many points they scored in 30 sec. Repeat and ask players to beat their score.

Round 1 will use 1 foot right or left foot.

Round 2 will use turn with inside of foot through gate

Round 3 will be pull back through the gate

Round 4 will be a hook turn through the gate (Advanced)

Coaching Point:

Head up to find space/gates

Speed - be first to the gate

Check shoulder when dribbling/turning - AWARENESS



Gates with defenders (15 mins)

Set Up:

10-12 Gates for players to dribble through in a 20x20 grid.

All players have a ball and must dribble through the gates to score points.

Have the players keep count how many points they scored in 30 sec.

Repeat and ask players to beat their score.

Select 2/3 players to be the Bandits/defenders. They will try to steal the ball from players trying to score point.

If they steal the ball the dribbler loses all their points.

Play minute games, changing the defenders each time. See how many points each player can score.

Coaching Points:

Awareness - avoid defender

Lift head, find space

Attack the space with speed

Small touches to get move ball and get around defender, bigger touches to attack the space beside/behind defender.



Rugby – End zones

Set up-

On a small field 2 teams, each trying to score in the opposite end zone (coned out)

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.

To progress and to encourage dribbling forward/ attacking play you can add that players can only pass backwards meaning to advance up the field they have to dribble

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)

