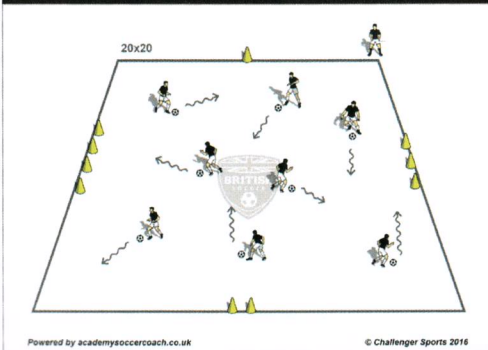


Topic: Dribbling & Running With The Ball

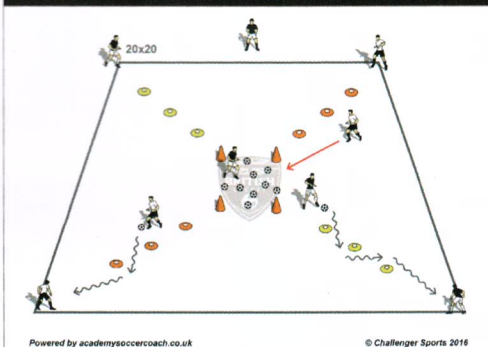
Objective: To develop an understanding of when & where to dribble/run with the ball.

Session Part: Warm-up



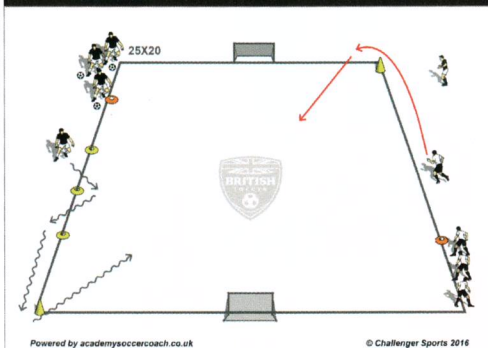
Organization		Time:	10
Area:	20x20		
Numbers:	8 Players		
1 player - 1 ball each. This exercise can be started without a ball to support players understanding. Set amount of tall cones positioned on each side of the area. Players begin dribbling their ball inside the area, performing ball mastery skills on coaches call. When coach calls out a number (1-4) players dribble to the side of the area where that many cones are.			
Progressions		Coaching Points	
Introduce a ball. Coach calls the numbers faster. Coach calls more than 1 number. Increase/decrease area size.		Soft touches - close control. Head up for awareness of side, space and players. Listen for the call and react quickly. Sharp changes of speed and direction.	

Session Part: Technical Fundamentals



Organization		Time:	20
Area:	20x20		
Numbers:	8 Players		
Players are split into 4 equal team of 2 players and begin at each corner of the marked area. Tall cones in the center create a grid (treasure chest) with healthy supply of soccer balls in the middle. 3 disc cones placed in between each corner and the treasure chest. On coaches call, 1 player from each team sprints into the middle, takes 1 soccer and dribbles back to their team through the set of disc cones. High 5 with their partner who repeats the exercise.			
Progressions		Coaching Points	
Increase/decrease amount of soccer balls. Add to obstacles for players to dribble through. Introduce ball mastery skills/turns in central area. Allow players to steal from other teams once all balls are collected from the central area.		Acceleration and speed to the center. Soft touches - close control. Awareness of obstacles and destination. Speed and agility when moving with the ball. Teamwork and communication.	

Session Part: Game Scenario



Organization		Time:	15
Area:	25x20		
Numbers:	8 Players		
Players split into 2 equal teams at opposite corners of the area. Team 1 (attackers) begins with a ball each - team 2 (defenders) without a ball. On coaches call, attacking player dribbles their ball through the cones and into the playing area. Defender also sets off without a ball and into the area to create a 1v1 situation. Players play 1v1 until a goal is scored or the ball goes out of play.			
Progressions		Coaching Points	
Add to obstacles for attackers. Both teams dribble - first to make it to the tall cone plays with that ball. Add a second attacker/defender.		Speed and agility when moving with the ball. Soft touches - close control. Awareness of opponent and open spaces. Use of fakes/tricks to beat the defender.	

Session Part: Small Sided Game



Organization		Time:	15
Area:	30x35		
Numbers:	8 Players		
4v4 game. Each team defends and attacks 3 goals. Each goal has a value for points to be scored within. Players must dribble/run the ball through the gate in order to earn points. Side gates - 3 points. Central gate - 5 points.			
Progressions		Coaching Points	
Change points system for each gate. Create over/under loads for teams - 5v3. Coach calls "New Ball" to restart the play. End with free play.		Teamwork and communication. Quick decision making. Dribble/run with the ball with purpose. Confidence on the ball.	