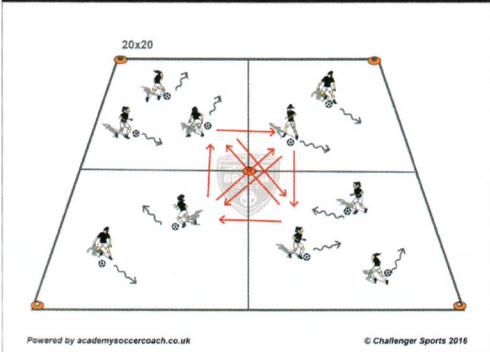


Topic: Dribbling & Running With The Ball

Objective: To improve an understanding of how to dribble/run with the ball at different speeds and directions.

**Session Part: Warm-up**

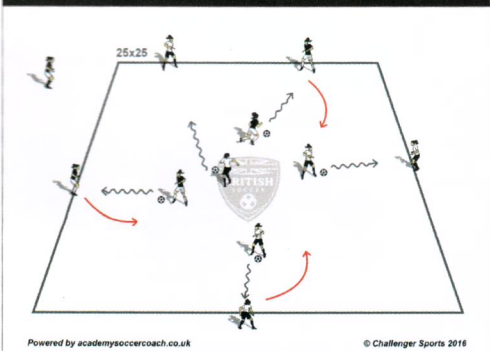


Organization Time: 10

Area: 20x20  
 Numbers: 10 Players  
 1 player - 1 ball each.  
 4 equal sized grids with 2-3 players stationed inside each.  
 Players begin the warm up dribbling their soccer ball inside their designated area.  
 On coaches call of "Clockwise", players dribble their ball in that direction and into the next grid along.  
 Introduce ball mastery skills for players to execute.

Progressions	Coaching Points
Coach calls "Counter Clockwise".	Soft touches - close control.
Coach calls "Crisss Cross" - players dribble diagonally.	Use of different surfaces of the foot.
Calls become faster/more complicated.	Awareness of space.
Add defenders to apply some pressure.	Awareness of other players.
	Changes of speed and direction.

**Session Part: Technical Fundamentals**

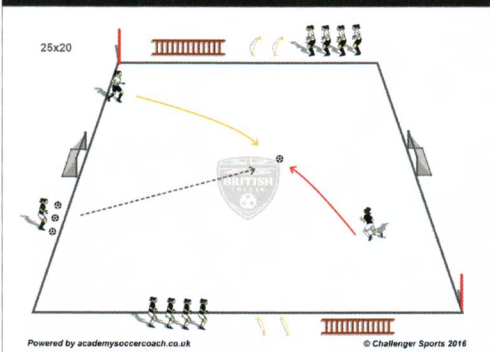


Organization Time: 20

Area: 25x25  
 Numbers: 10 Players  
 5 players with a ball in the center of the area - 5 players without a ball around the outside.  
 Players with a ball dribble/run with the ball towards an open player on the outside.  
 The dribbler stops the ball with the sole of the foot and switches roles with the outside player.  
 The player entering the area now repeats this process.

Progressions	Coaching Points
Specific surfaces of the foot to dribble.	When to dribble?
Use of both feet.	When to run with the ball?
Increase/decrease area size.	Use of different surfaces when dribbling.
Add a defender to apply pressure.	Head up - awareness of open players.
	Communication.

**Session Part: Game Scenario**

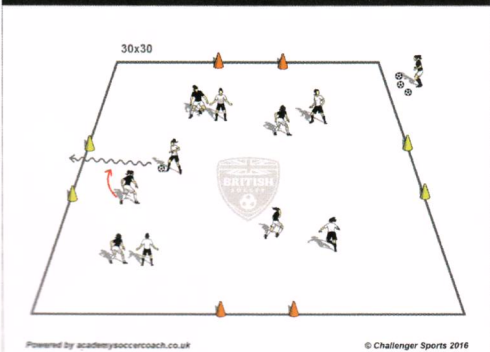


Organization Time: 15

Area: 25x20  
 Numbers: 10 Players  
 Players split into 2 equal teams of 5 players.  
 Each player is numbered 1-5 and stand at either side of the field.  
 On coaches call of a number, 2 players perform specific footwork through a ladder & into the area.  
 Coach plays a ball into the area and those players begin a 1v1.  
 Players aim to dribble past their opponent and score a goal.

Progressions	Coaching Points
Set a time limit to score within.	Execution of footwork through the ladder.
Change footwork through the ladder.	Quick decision making.
Give 1 player a head start on their opponent.	Use of fakes/turns to gain an advantage.
Add a second player or create an overload.	Close control when in possession.
Introduce a points system.	

**Session Part: Small Sided Game**



Organization Time: 15

Area: 30x30  
 Numbers: 10 Players  
 5v5 game.  
 4 goals/gates - 1 on each side of the area.  
 Team #1 plays from top to base, team #2 plays left to right.  
 To score a goal, players must dribble the ball through the gate.  
 When a goal is scored, the opposing team gain possession of the ball and the game restarts.

Progressions	Coaching Points
Change direction teams are scoring.	Awareness of space.
Add a second ball to the game.	Movement off the ball to receive.
Create overloads for a team.	1v1 domination.
End with free play.	Teamwork and communication.