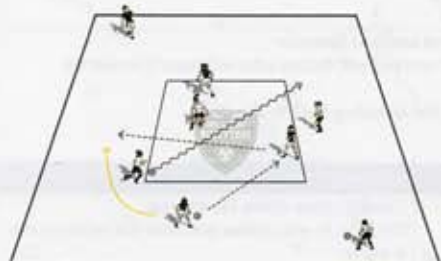


Topic: When to pass and when to dribble

Objective: To recognize the best options on the ball and effectively execute good technique in passing and dribbling

Session Part: Technical Warm-up



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Organization	Time:
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Area: 35x35	
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Numbers: 12	
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Players pair up to play around the grid with the objective of trying to play through the smaller central area. As multiple pairs are playing at once this will cause some congestion and so players need to keep scanning the area to recognize opportunities to get the ball in and through the grid. They may do so with either a dribble or finding their team mate on another side of the smaller area with a pass. Ball and players should always keep moving when finding the central space.

Progressions	Coaching Points
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Play combinations around other players while finding a way through.
 Quick triangle passes within smaller grid if more efficient

Ball movement and ability to scan field while on the ball
 Passing accuracy
 Change of pace when opting to dribble through central grid

Session Part: Small Sided Game



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Organization	Time:
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Area: 25x15	
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Numbers: 12	
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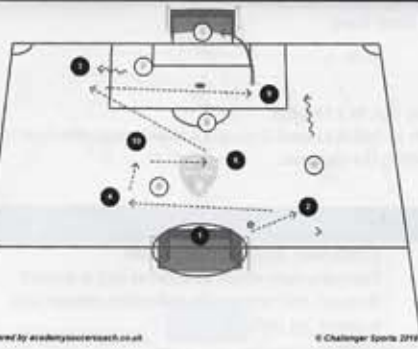
2v1 to target
 Defender plays the ball into 1 of 2 attackers then closes down. Attackers attempt to beat the defender to play the ball to the next defender in line by deciding when and where they should dribble or pass. Defender dribbles over line if wins ball.

Progressions	Coaching Points
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If the defender wins the ball they can play the ball into the next defender in line which creates a 2v2
 Passing and dribbling options now depend even more on the 2nd attackers movements

1st attacker should look to draw in defender before passing or knocking it around to beat them
 Run at defender at pace

Session Part: Expanded Small Sided Game



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Organization	Time:
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Area: Half field	
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Numbers: 12	
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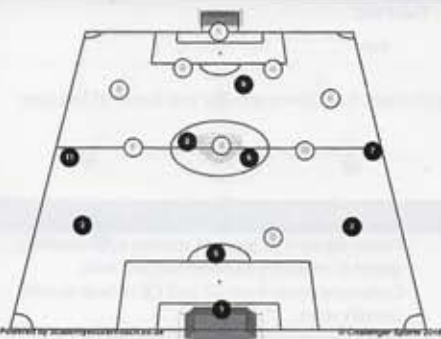
7v5 to Goal
 Black GK must play ball to teammate's feet. Work on creating space and attacking with a penetrating pass or dribbling in space.

Progressions	Coaching Points
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Can players score by passing only to score and then can they combine dribbling and passing to score.

Decision making
 Finding the space to run in to
 Playing a leading pass
 Work off the ball to create space for team

Session Part: Game



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Organization	Time:
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Area: Full Field	
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Numbers: 9v9	
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3-4-1 vs 4-3-1
 Good width and depth in attack for time and space on ball.

Progressions	Coaching Points
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2 goals awarded for 1 goal when player beats a defender then passes to player before scoring.

Can supporting players help player on the ball by creating space or creating a good angle to support.