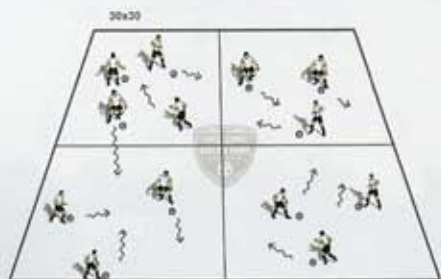


Topic: **Dribbling & Running With The Ball**

Objective: **To improve awareness when dribbling and running with the ball using close control.**

Session Part: Warm-up



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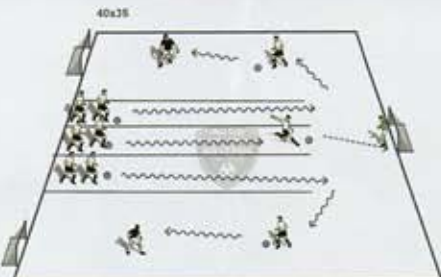
Session Part: Technical Fundamentals



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Session Part: Game Scenario



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Session Part: Small Sided Game



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Organization	Time:	10
Area:	30x30	
Numbers:	12 Players	
Area split into four zones - 3 players in each zone with a ball each. All players are given a number 1-3. Players perform ball mastery skills in their zone; 1. Drag Back. 2. Cruyff Turn. 3. Inside/Outside Hook. Coach calls out a number 1-3 that player moves into another zone directed by the coach.		
Progressions	Coaching Points	
Use of both feet. Speed & execution of ball mastery skills. Use specific surfaces of the foot to dribble. Add a defender to apply pressure.	Plenty of soft touches on the ball Head up when dribbling (awareness) Knees and body low for good control Accelerate once done a move into space Inside and outside of feet	
Organization	Time:	20
Area:	30x25	
Numbers:	12 Players	
Split the field in half - both groups working on the same exercise. 4 balls working across the 2 groups - 1 ball at the front of each group either end of the field. 1 player from each group will dribble the ball 20-25 yards. Player waiting in line calls for the ball and the dribbler passes diagonally to them once they move. This player receives the ball and repeats this action on the other side of the disc cones.		
Progressions	Coaching Points	
Change sides to encourage use of left/right foot. Add a defender to beat before being able to pass the ball to a player waiting in line. Increase/Decrease dribbling distances.	Soft touches, close control. Attack the space, slow down to pass. Awareness of team mate asking for the ball. Use different surfaces of the foot to move the ball.	
Organization	Time:	15
Area:	40x35	
Numbers:	12 Players	
3 channels (15x5) in the center of the field - 3 goals. Players are split into 3 groups - 1 ball per player. Player in the central channels dribbles the ball and strikes the ball at goal that has a goalkeeper. 2 outside players in channels dribble forward before turning back into the side channels to play 1v1 into small goals. If the defender in the 1v1 steals the ball they attempt to score.		
Progressions	Coaching Points	
Set a time limit to score in 1v1. Rotate channels and goalkeeper every 5 minutes. Rotate the two defenders every 5 minutes. Add points for beating a defender.	Fakes/tricks to beat a defender. Imagination and confidence when attacking. Slow down defender then accelerate to put them off balance. Soft touches, close control, awareness of space.	
Organization	Time:	15
Area:	50x40 (10 yard end zones)	
Numbers:	12 Players	
7v5 overload game. Teams score points when a player dribbles into the opponent's end-zone and stops the ball. Overload one team to place emphasis on dribbling and keeping the ball. Rotate which team has the overload to build confidence on both teams. Coach resets the play with a new ball if it goes out of bounds.		
Progressions	Coaching Points	
Progress into small sided game - 6v6. Free play with goalkeepers. Remove end zones but encourage dribbling in those areas of the field.	Encouragement to find & attack the space. Patience and good decision making. Confidence in possession of the ball. Positive first touch.	