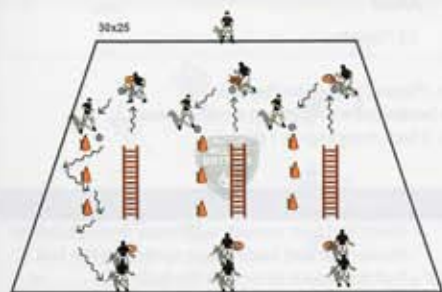


Topic: **Dribbling & Running With The Ball**

Objective: **To develop confidence when travelling with the ball.**

**Session Part: Warm-up**



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Organization		Time:	10
Area:	30x25		
Numbers:	12 Players		
3 ladders, 3 tall cones to the side of the ladders, small cone after the ladder. Different footwork variations through the ladder and tall cones - ladder work with ball in hand. 1 - One foot through the ladder, dribble in and out of tall cones. 2 - Face sideways - two feet through the ladder, dribble through cones using inside of the foot only. 3 - Two feet through the ladder, dribble using outside of the foot only.			
Progressions		Coaching Points	
Perform ladder work facing forward not down. Add a ball into ladder work if possible. Encourage use of both feet for dribbling exercises. Perform a fake/turn at the small cone following ladder work.		Fast feet through the ladders. Emphasis on good technique. Close control of the ball, soft touches, head up. Use inside and outside of the foot. Knees bent and low center of gravity.	

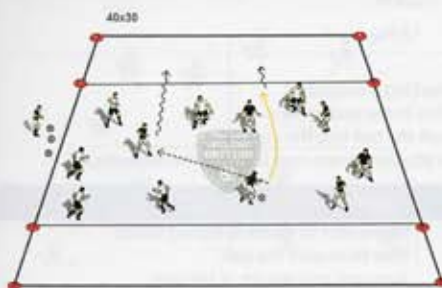
**Session Part: Technical Fundamentals**



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Organization		Time:	15
Area:	30x25		
Numbers:	12 Players		
2 groups of 5 players with a soccer ball each. 2 goalkeepers - 1 in each goal at the top of the field. 1 player from each group dribbles towards two central cones (gate) at speed. The player performs a fake/trick through the gate before having a strike at goal.			
Progressions		Coaching Points	
First player to score receives a ball from coach at the top of the field. 2 players play 1v1 to bottom two goals - first player to score wins a point for their team. Rotate goalkeepers and groups switch sides.		Quick acceleration. Different fakes/tricks through the gate. Use both feet and different surfaces of the foot. Good first touch to build speed and momentum. Quick Transition/Reaction for 1v1.	

**Session Part: Game Scenario**



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Organization		Time:	20
Area:	40x30		
Numbers:	12 Players		
2 teams of 6 each with an end zone at either end of the field. To score a point, players must dribble/run the ball into the end zone and stop the ball. 10 points = Dribbling/run with the ball into the end zone. 20 points = Perform a fake, trick or turn to beat a defender before entering the end zone.			
Progressions		Coaching Points	
Limit touches for all players. Overload teams (7v5 etc) to build confidence. Add neutral players to play with team in possession. Increase area size to create more space.		Head up - soft touches. Change direction at speed. Quick decision making - when to pass/dribble. Awareness of space and opponents.	

**Session Part: Small Sided Game**



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Organization		Time:	15
Area:	40x30		
Numbers:	12 Players		
6v6 with two goals. 30x40 field divided into three zones with cones. Each player is assigned one of the three zones to play in. Players can dribble the ball into another zone. Players can only pass the ball to players in their own zone to encourage them to dribble.			
Progressions		Coaching Points	
Set min./max amount of touches for teams. Increase freedom out of zones for players. Overload teams to build confidence.		Positive attitude and confidence to dribble. Use of fakes/tricks to beat a defender. Support team mates in a zone to create an attack. Awareness of space and team mates.	