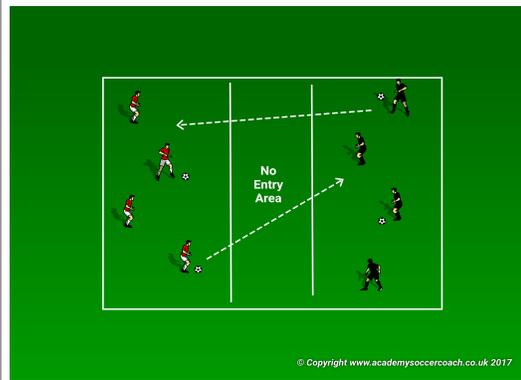


Topic: Dribbling

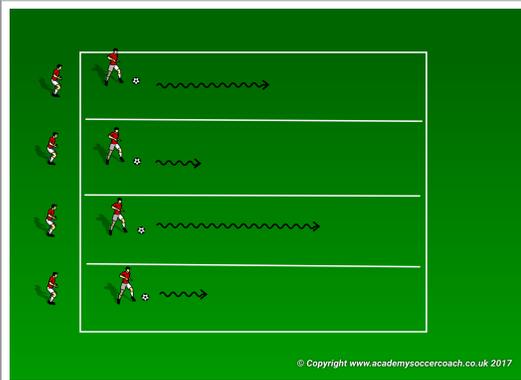
Objective: Technical: ball striking, ball control and mastery, running with the ball. Motor: throwing, catching, walking, running

**Session Part: Warm-up**



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**Session Part: Technical Fundamentals**



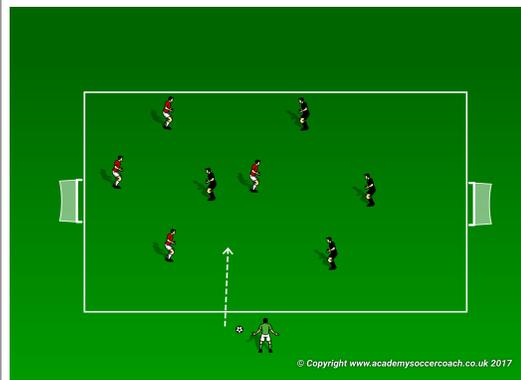
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**Session Part: Game Scenario**



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**Session Part: Small Sided Game**



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**Organization** **Time:** 10

Area: 10x20 (2 yard channel in middle)

Numbers: All Players, 2 teams

**Snow Ball Fight**  
 The players will throw and kick the ball from their area and try to hit the players from the other team while trying to dodge the 'snow balls' that are being thrown/kicked at them.

**Progressions** **Coaching Points**

Play 3-5 mins of throwing the ball, then progress to 3-5 mins of kicking the ball

Create a fun environment  
 All players involved getting as many throws and kicks in as possible

**Organization** **Time:** 10-15

Area: 8x12 channels

Numbers: All players, groups of 2

Players run/dribble the ball from one end to the other using the technique prescribed. Once at the other end the next player goes.  
 1= Sole rolls walking 2= Lateral rolls walking 3= Inside of the foot dribbling

**Progressions** **Coaching Points**

Keep the ball close and under control  
 Try and look up when possible

**Organization** **Time:** 10

Area: 15x15

Numbers: All players

Red players have a ball at their feet and dribble. White player carries ball.  
 On signal from the coach white player looks to knock red players balls out of grid, how long to knock all players balls out?

**Progressions** **Coaching Points**

Have more than one ball carrier  
 Give ball carrier set amount of time and see how many balls they can knock out

Can you keep the ball close away from the carrier  
 Where should you dribble to? Space

**Organization** **Time:** 20-30

Area: Whole field

Numbers: Teams of 3/4

Split your team up into red and blue teams and let them play 3v3/4v4. On signal one team stays and one rotates

**Progressions** **Coaching Points**

When ball goes out play new one in from middle  
 Encourage dribbling skills