

Topic: Dribbling and Shooting

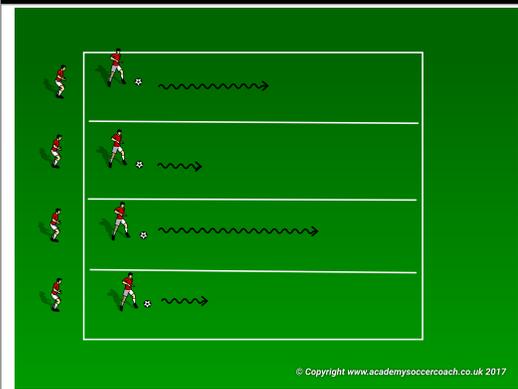
Objective: Technical: close control dribbling, running with ball, stopping ball, ball striking. Motor: running, throwing, catching, kicking

**Session Part: Warm-up**



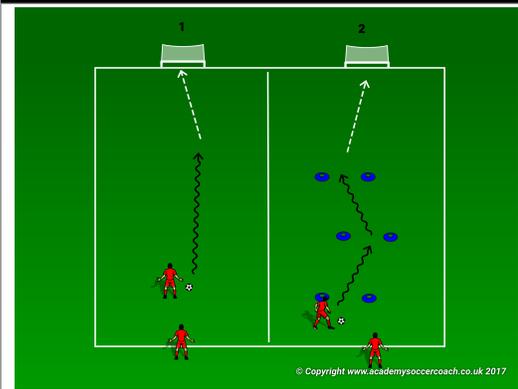
Organization		Time:	10-15
Area:	20x30		
Numbers:	All players, 2 teams		
<b>'The Ball Thief'</b> 2 teams each starting in their own half protecting their teams balls. On the coaches signal the players must go into the opposing sides half and steal a ball (one at a time). Play for 5-8 minutes, team that has the most balls wins. Ball must be returned to your half and stopped in box before going for the next ball.			
Progressions		Coaching Points	
b) use hands to begin and progress to dribbling		What is the best way to get the balls back? Encourage team work Dribbling skills to get around the other players	

**Session Part: Technical Fundamentals**



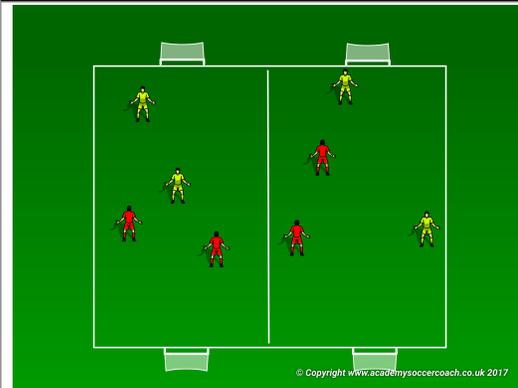
Organization		Time:	10-15
Area:	12x8 channels		
Numbers:	Groups of 2		
Dribble across the channel using the determined dribbling technique. Once halfway across the next player goes. 1 = sole rolls whilst running. 2= lateral rolling whilst running. 3= outside of foot dribbling. 4= inside and outside quick touches. 5= dribbling and stopping (using sole every 3-4 touches).			
Progressions		Coaching Points	
		Keep the ball close, soft touches Head up when possible	

**Session Part: Game Scenario**



Organization		Time:	10-15
Area:	10x15 channels (x2)		
Numbers:	2 groups		
Players split into 2 groups working on the same thing 1 = players move the ball forward with the soles of the foot and when close enough to goal they shoot 2 = run with the ball freely and when close enough shoot 3 = dribble through gates then shoot			
Progressions		Coaching Points	
		Correct shooting technique Bigger touches when running with the ball Use both feet to dribble	

**Session Part: Small Sided Game**



Organization		Time:	10-15
Area:	10x15 (x2)		
Numbers:	Teams of 2		
Set up fields where the players play 2v2 freely.			
Progressions		Coaching Points	
		Encourage players to take each other on and run into space to score Encourage use of dribbling techniques learnt	