

Topic: Dribbling and turning

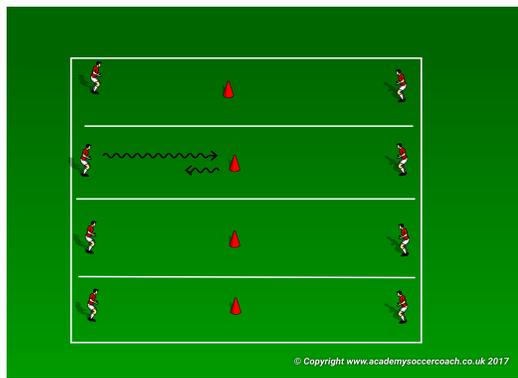
Objective: Technical: dribbling ball under control, running with ball, ball striking, performing turns. Motor: running, quickness.

**Session Part: Initial Game**



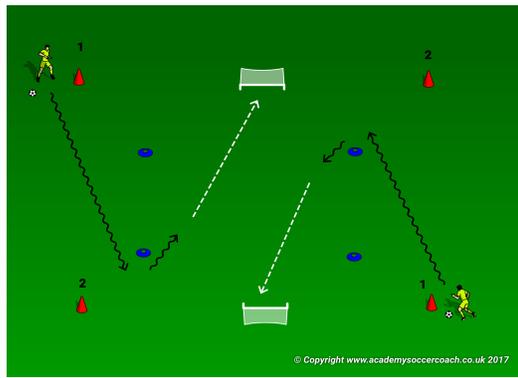
Organization		Time:	10-15
Area:	15x15		
Numbers:	All players divided up into pairs		
<b>The battle</b> Game starts without the ball and one player from each pair will have a bib like a tail. Players run free inside the area and on the coach's command the other play must try to grab the tail from their opponent. Change opponents frequently			
Progressions		Coaching Points	
(b) this time using the ball, the player who starts with it must defend the ball as long as possible while the other player tries to gain possession		Close control of ball Use body to protect Use feints and turns to get away	

**Session Part: Technical Fundamentals**



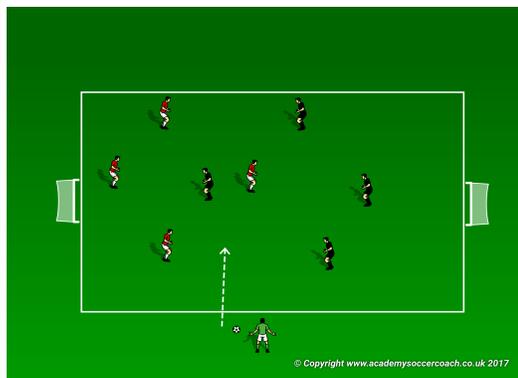
Organization		Time:	10-15
Area:	12x8 channels		
Numbers:	All Players		
Players dribble towards the middle cone and perform a turn and dribble back to their starting position. 1= drag back. 2= cruyff. 3= inside hook. 4= outside hook. 5= any of their own.			
Progressions		Coaching Points	
		Close control on the way in Slow down to turn, fast away Execution of turn	

**Session Part: Technical Game**



Organization		Time:	10-15
Area:	20x15		
Numbers:	2 groups		
Players begin and cone 1 and dribble out and around furthest away blue cone, once around the cone they shoot on goal.			
Progressions		Coaching Points	
b) start from cone 2 to work other side c) make into competition		Running with the ball Close control to turn around cone Shooting technique	

**Session Part: Final Game**



Organization		Time:	10-15
Area:	15x20		
Numbers:	4v4		
4v4 free play. Each team defends and attacks one goal.			
Progressions		Coaching Points	
		Encourage players to take each other on Encourage the use of dribbling skills learned	