

Topic: Dribbling

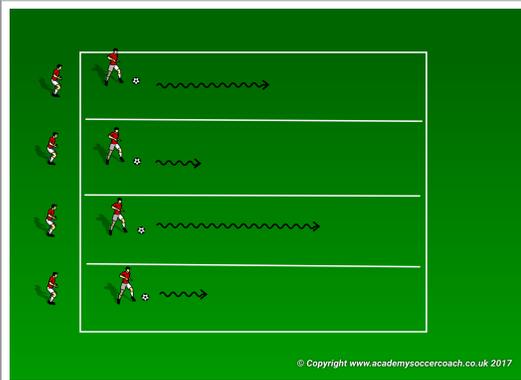
Objective: Technical: running with the ball, 1v1 moves, keeping ball close. Motor: running, jumping, crawling, kicking

Session Part: Initial Game



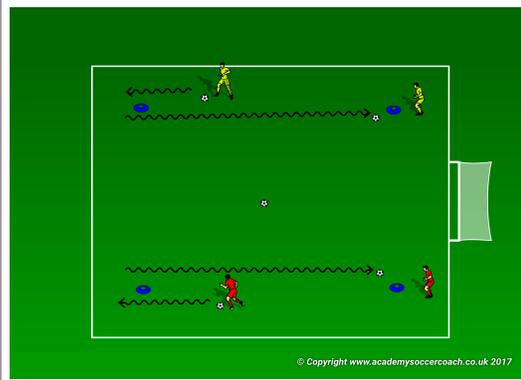
| Organization | | Time: |
|--|---|-------|
| Area: | 15x15 | 10-15 |
| Numbers: | All players | |
| Rabbit and the Hunter Players move freely inside the area. 2 hunters and 6 rabbits. Hunters capture rabbits by tagging them, once captured, stop on spot and open legs. Other rabbits must crawl through legs to free. | | |
| Progressions | Coaching Points | |
| Change hunters every minute or so (b) once captured crouch, other rabbits must jump over (c) all rabbits carry ball, to free must pass through legs and pick up on the other side | Urge players to help their team mates when they are captured Soft pass/touch through legs Keep ball close and under control | |

Session Part: Technical Fundamentals



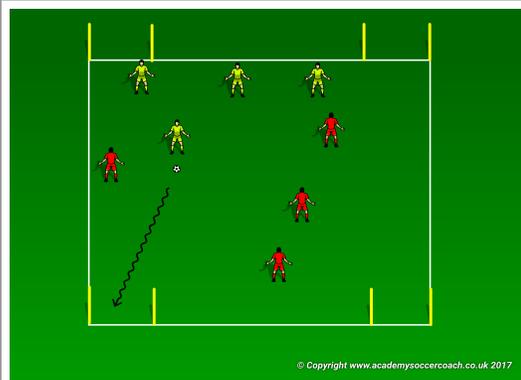
| Organization | | Time: |
|--|--|-------|
| Area: | 12x8 channels | 10-15 |
| Numbers: | Groups of 2 | |
| Players dribble across the channel, every 3-4 touches they perform the required skill. Once halfway across the next player begins. 1= scissor. 2= double scissor. 3= step over outside cut. | | |
| Progressions | Coaching Points | |
| | Keep ball close Slow down to perform move, fast after it Sell the fake | |

Session Part: Game Scenario



| Organization | | Time: |
|---|---|-------|
| Area: | 20x15 | 10-15 |
| Numbers: | 2 groups | |
| 2 teams, one player from each team goes at a time. Players dribble their teams ball to the cone in front of them, around it and back to their home cone. They leave their ball at the home cone and run to the ball in the middle. Player who gets to the ball first becomes the attacker and they try to score. The player who gets to the ball 2nd becomes the goalkeeper and they try to stop the shot. | | |
| Progressions | Coaching Points | |
| | Running with ball Slowing down to go around the cone Fast to the ball and take it to goal | |

Session Part: Small Sided Game



| Organization | | Time: |
|---|--|-------|
| Area: | 20x20 | 10-15 |
| Numbers: | 2 teams | |
| 4v4 with 4 dribble gates as goals. Each team defends and attacks 2 goals (made up from cones). To score, a player has to dribble the ball through the gate and stop the ball with the sole of the foot. | | |
| Progressions | Coaching Points | |
| | Encourage players to take each other on and not just kick the ball Encourage the use of the dribbling skills learnt | |