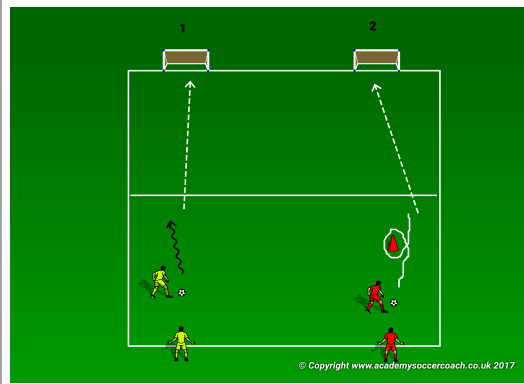


Topic: Dribbling

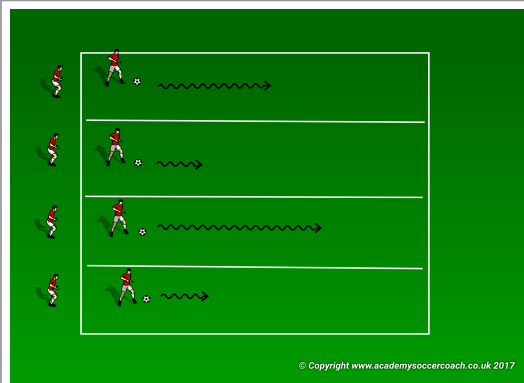
Objective: Technical: Running with ball, dribbling, ball striking, 1v1 moves. Motor: Running, kicking, reacting.

Session Part: Initial Game



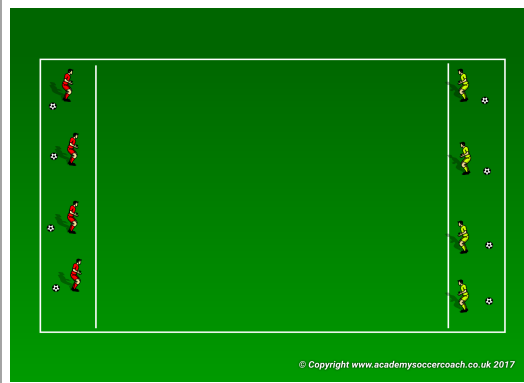
Organization		Time:	10-15
Area:	15x20		
Numbers:	2 groups		
Shooting range 2 groups, 1 from each group goes at a time. They dribble their ball out and look to score in the goals. Must shoot before the line. Each goal is worth 1 point.			
Progressions		Coaching Points	
2) must dribble around a cone before shooting		Ball striking Set up touch before shot Close control around cone	

Session Part: Technical



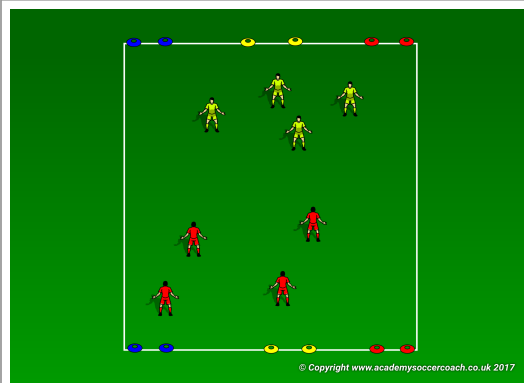
Organization		Time:	10-15
Area:	12x8 channels		
Numbers:	All, groups of 2		
Players dribble across the channel showing off the dribbling skills they have learned. Dribble using inside/outside/sole of foot. Moves to include scissor, double scissor, chop, iniesta, maradona Turns to include drag back, cruyff, outside hook, inside hook.			
Progressions		Coaching Points	
		Encourage kids to show off	

Session Part: Technical Game



Organization		Time:	10-15
Area:	25x15		
Numbers:	2 teams		
Ball Steal 2 teams, 1 in each end zone. When coach shouts 'go' each player leaves their ball and goes and steals a ball from the other teams zones and dribbles it back. Ball must be stopped in end zone before going for another one. Team with most balls in their zone after 2 minutes wins			
Progressions		Coaching Points	
b) can only use the sole of the foot to bring ball back		Running with the back Dribbling with sole Stopping ball	

Session Part: Final Game



Organization		Time:	10-15
Area:	20x30		
Numbers:	2 teams		
4v4 with 6 small goals. 3 goals that each team attacks and defends (each one is a different color). Aim is to score in one of the goals.			
Progressions		Coaching Points	
b) call out a color goal that teams cannot score in c) award different point for different goals		Encourage players to use dribbling skills learned Encourage players to take each other on	