

SESSION PLANNER



Topic: Dribbling techniques

Objectives: Develop ability to dribble, create/find space through dribbling and beat opponents

Goal: Develop technique of dribbling in passive situations

Technical Aspects covered

Dribbling techniques, dribbling moves, first touch

Warm-Up Phase



Description:

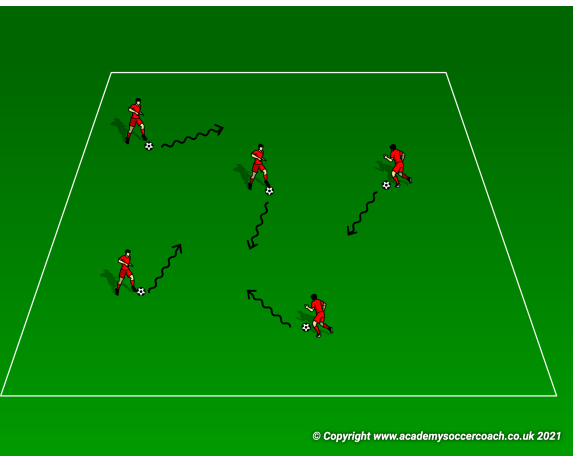
1v1s, 2v1s leading into a scrimmage as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

Duration: 10-15 Mins

Intensity: High

Coaching Points: Session will be heavily based around dribbling so encourage the players to dribble as much as possible.

Individual Ball Mastery, Technique Isolation



Description: Individual ball mastery – dribbling moves, turns etc. Coach will bring each player in and demonstrate each of the moves found below.

Inside Chop, Outside chop, Ronaldo Chop, Scissor, Pullback

Duration: 5-10 mins

Intensity: Medium/high

Coaching Points:

- Encourage use of both feet, head up, push self out of comfort zone
- Head up and constantly **scanning the field**
- **Checking shoulder** before turning, **accelerating into space** (individual ball work)
- Create space by moving ball, defender will naturally follow leaving one side exposed, defenders move when the ball moves
- Look for defender lifting back foot, this is the optimal moment to go past him/her...accelerate, don't delay

SESSION PLANNER



5 W's

What: Develop dribbling techniques – laces for speed, inside/outside to change direction

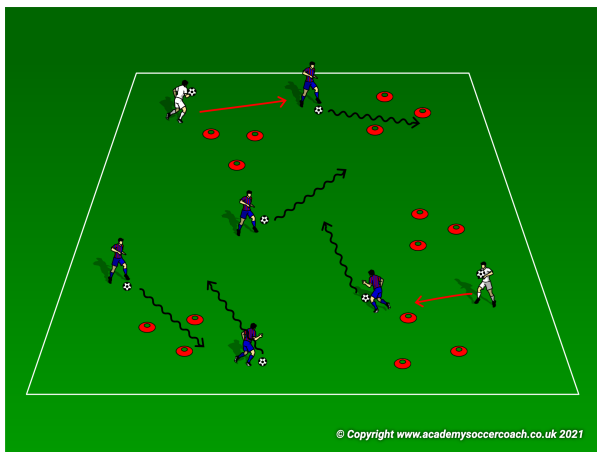
Who: Entire group

Where: Attacking areas, 1v1 situations

When: 1v1 scenarios, wide play, final third of field

Why: To beat opponent, create space for self/others, create shooting/passing/crossing opportunities

Opposed/Conditioned Technical Drill



Description: Open field with numerous triangles around the field that will be planets. Select two players to be aliens who will have soccer balls in their hands. The rest will be astronauts and will have the ball at their feet.

On coaches command the astronauts look to dribble through as many planets as possible while avoiding the aliens. The aliens look to tag NOT THROW their ball into the astronauts. If an astronaut is tagged they must do 5 toe taps to continue playing. Each time an astronaut dribbles through a planet they get 1 pt. Each time an alien tags an astronaut they get 1 pt. After 1 minutes bring the players in see how many pts they got and then switch the aliens.

Progression: Add an alien

Regression: remove an alien

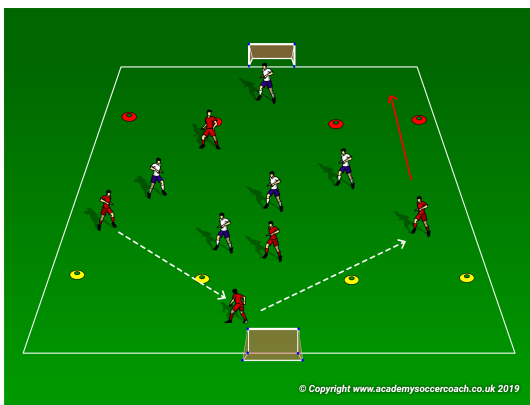
Duration: 15 minutes

Intensity: Medium/high

Coaching Points:

- Head up & scanning the field
- Looking for spaces to attack. If none on, can you move away from the defenders into open space?
- Dribbling moves if required
- Accelerate, don't hesitate
- Be clinical

SSG



Description:

Small sided game. Additional gates that can be used to condition game, coaches discretion.

Duration: 20 Mins

Intensity: High

Progression: Take gates away and allow players to play freely while looking to create opportunities to attack in wide areas.

Coaching Points:

- If you see space, use your pace
- If you hit a wall share the ball
- If you see a hit, let it rip