



Dribbling and Turning Gates Session

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Michael Caine, derry, United States of America
Individual-Adult Member

Description

Dribble and Turning Session

Warm Up (15 mins)

Organization - 20 x 20 square

Set up several gates inside the square - each gate should be 2 yards apart.

Split the group into pairs, each pair has 1 ball.

Each player must dribble through one gate, then perform a turn, and then dribble back through the same gate again, before dribbling back to their partner.

Add Dynamic stretching - players can use the gate closest to them as the marker -

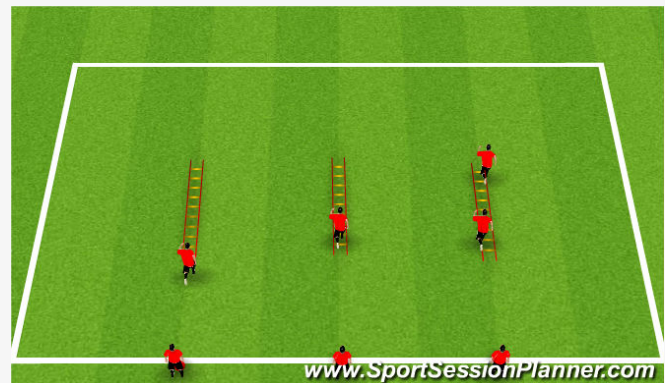
High Knees, Heel Flicks, kick through



SAQ (15 mins)

SAQ Section

1. 1 step
2. Single leg Shuffle
3. Side straddle hop.
4. Side step



Technical (15 mins)

Organization - 20 x 20 square

Set up several gates inside the square - each gate should be 2 yards apart.

Split the group into pairs, each pair has 1 ball.

Each player must dribble through one gate, then perform a turn, and then dribble back through the same gate again, before dribbling back to their partner.

Coaching Points

1. Can players look up and find the gate they want to attack -
2. Can the players explode through the gate - accelerate to get away from the defender.
to do this can we take bigger touches.
3. Can the players slow down to perform a turn? and then explode back through the gate?
4. Can we encourage our players to try turns with both feet.
5. Can we ask our players to attempt different turns - Cruyff Turn - DragBack - inside/outside hook turn - L Turn



Technical Progression (15 mins)

Progressions.

1. Can players complete a Figure 8 Pattern around the cones?
2. Can players Explode through a gate and find a different partner on the outside to pass the ball to too.
3. Can players explode through 1 gate perform a Turn away from another and then find a partner to pass too.

Coaching Points

1. Can players keep their head up, find the space to attack.
2. Sharp turn Away from the cones, quickly find a partner to pass too.
3. Can we use visual clues with our partner to communicate? hands, body shape?
4. Can we take a positive first touch into space- if possible in the direction we want to head in?



SSG 4v4+1 (15 mins)

Organization - 20 x 20 square 4 Goal Game.

Split the group into 2 or 3 teams - you can play 5 minute games - which will give players a chance to rest if needed.

Player set up is 4v4 plus 1 neutral player - who plays for the team who has the ball.

Coaching Points

1. Can we encourage the correct principles of attack
Penetration - by pass or Dribble? attack the defence
2. Support - Can we use the width of the field to help create chances
3. Be positive - attack 1v1 when possible

