



Description

Diamond Dribble (15 mins)

Set Up

Make 2, 2 yard gates 5 yards apart with a 2 cones 15 yards apart to make a diamond

Instructions

Players dribble between the gate and have an angled touch with the inside of their right or outside of their left to continue dribbling to the next player for a takeover. First progression is all dribbling, no passing. We want to focus on a good first touch using the inside of their foot. They continue to go in a counter clockwise motion for a few minutes then change direction so their touch has to be inside of the left or outside of the right.

Coaching Points

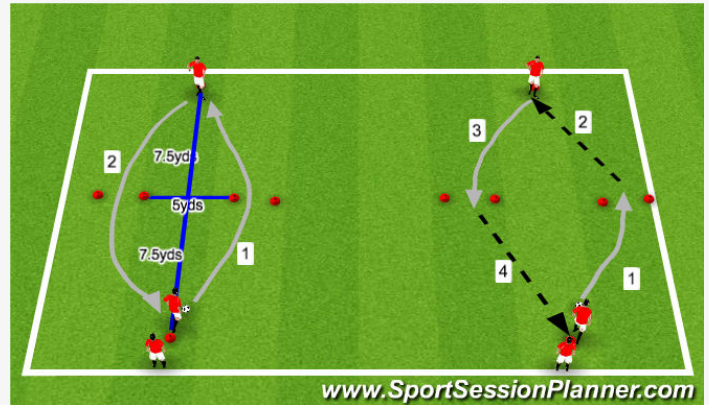
1. First touch technique using the inside of our foot to touch the ball in the direction we want to go.
2. Dribbling technique using our laces when we are at speed and inside/outside when we want to move the ball side to side
3. The takeover with our teammate should be with our inside foot (left foot when going counter clockwise)

Progression

1. Players now dribble to the gate and pass to their teammate from the gate- switch directions after 7-8 minutes

Coaching Points

1. First touch technique touching the ball out of our feet with the inside of our foot at an angle towards the next gate.
2. Good passing technique and accuracy
3. Keep the ball moving the whole time



Diamond Dribbling Race (15 mins)

Set Up

Same as before.

Team on the right goes left and team on the left goes right

Instructions

Going back to the dribble only, players need to go around their diamond 5 full times before the player receiving the ball can dribble through the gate and score. First team to score gets 2 points, the other team can still get one point if they score. After 5 rounds teams switch sides.

Coaching Points

1. The importance of a good first touch so we can move the ball quicker in the direction we want to go
2. Proper first touch and dribbling technique

Progression

1. Use the dribble and pass between the gate for the relay.



1v1

Set Up

20 yard field with two cone goals at each endline

Instructions

Defender passes across to the attacking player who then attacks and tries to score at the two goals. Attacking player has the option to turn back and play the next person in line to make it a 2v1. They must at least attempt to beat the defender. After 4 minutes switch offense and defense.

Coaching Points

1. Good first touch toward one of the two goals to either beat the defender and score in that goal or change direction and score at the other goal
2. If we play back can the receiving player recognize and make a good first touch to space
3. Using our inside cut, outside cut, or pullback when we turn to play in our teammate



4v4

Set Up

30x25 yard space

one 8 yard goal on each endline

Instructions

Have two players on the outside that are neutral and must stay on the outside. It's a 4v4 game where the need to find one of the neutral players before they try to score. Neutral players cannot be defended. When the neutral player receives the ball we want them to take a good first touch in the direction of the attacking team and find a pass or dribble with speed and cross the ball.

Coaching Points

1. First touch technique
2. Knowing where we want to go with our first touch before we receive the ball. Feel free to freeze the play and ask attacking players without the ball where they would take their first touch if the ball comes to them.
3. Finding the outside player quickly and one player providing a supporting option.
4. First touch of that supporting player if they receive the ball.

