



Academy Grade 2

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Warm Up (20 mins)

Organization:

Set up a 20 x 20 grid. Each player has a Soccer Ball.

Have players start dribbling around with very little instruction. We would like to see initially what players retained from Grade 1 academy for their dribbling technique. After 5 minutes or so we will get into the session continuing the focus on dribbling technique. Players will dribble around their grid and listen for the coaches commands:

1. Pull back- player puts their foot on top of the ball and pulls the ball back using the sole of their foot while turning 180 degrees the other way
2. Inside cut- players turn the ball back using the inside of their foot
3. Outside cut- players turn the ball back using the outside of the foot
4. Sole Dribble- players will use the sole of their foot to drag the ball beside them
5. Stop and go- players stop the ball with the sole of their foot then go again by pushing the ball forward with their laces
6. Inside outside touches- players alternate using the inside and outside of their foot to dribble
7. If the coach raises their hand, players need to get to a corner of the grid. This helps players learn to pick their head up so they can see their surroundings.

Coaching points:

1. In between commands players should be using our Messi touches with their laces to dribble around the grid
 2. Can we dribble and run on the balls of our feet. We don't want to run or dribble flat footed
 3. When we change direction can we also change our speed
- Feel free to stop every now and then and give the group a stationary challenge:

20 Toe Taps

20 inside instep touches (tick-tocks)

10 single leg hops on each foot

5 Ball hops

10 Jumping Jacks



Dribbling Obstacle Course (20 mins)

Set Up

2 triangles 10 yards in length, 5 yards in width

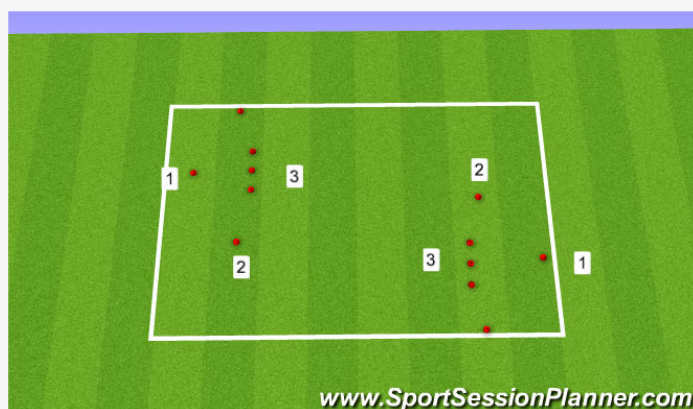
The three cones close together should be 1-2 yards apart

Instructions

Players dribble to cone 1 using their laces. Using an inside the foot touch they then dribble to cone 2. When they get to cone 2 can we use a pull back and then dribble between the three cones under control to get back to the beginning.

Progression

1. When we go through the three cones now we will use a stop and go at each cone. So it should be three stop and go's through that section.
2. Can we get around the triangle only using our right foot, then switch.



Dribble Relay (10 mins)

Set Up

See picture for details.

2 teams

The first player will dribble around their cones using appropriate Messi technique in between the cones and change of direction technique to get around the cones. When they get back to the beginning the next player can go. First team that gets through 2x wins. Play 2-3 rounds then switch sides so players are working on changing direction on the opposite side.



Dribble Races to Goal (10 mins)

Set Up

See picture for details

2 Teams

Instructions

One player on each team dribbles around the cones using appropriate technique then tries to dribble through the goal. Next players don't go until the coach tells them to.

Progression

1. Have players only turn around the cones with the inside of their foot
2. Have players only turn around the cones with the outside of their foot
3. Have players turn only with a pull back

Coaching Points:

- Keeping the ball close through the cones
- Keeping the ball close when we get to goal instead of passing it through
- Using our Messi touches

