## Week 9 Dribbling to protect the ball

OBJECTIVE | Learn how to use different surfaces of the foot

## COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space and teammate
3. Dribble into open space

## GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?

## KEY WORDS

Keep it close, Drive, Take Space, Pick head up

## PLAYER ACTIONS

Dribble, Change speed, 1v1 moves

## TECHNICAL TOOLS

Block 1: Keep the ball close; Block 2: Different Surfaces;
Block 3: Accelerate, Ready position

SESSION KEY
$\xrightarrow[\text { Pass / Shot } \longrightarrow \longrightarrow]{\text { Movement } \rightarrow-\cdots}$

Learn fundamentals, purpose, direction \& rules of the game

Dribbling Block 2

PHASE 1 - PLAY | 15 MINS


3 MINUTES PLAY | 1 MINUTE REST

## AREA

$20 \times 30$ yard field

## DESCRIPTION

Players play 1v1, 2v2, $3 \mathrm{v} 3,4 \mathrm{v} 4$ as they arrive with the focus on passing. Encourage players to take on opponents by dribbling into space.

## SCORING

Score on mini goal for 1 point
MORE CHALLENGING
Make fields smaller

REVOLUTION ACADEMY SESSION PLAN

## Week 9 Dribbling to protect the ball

PHASE 2 CIRCLE SOCCER GAME -| 15 MINS
4 MINUTES PLAY | 1.5 MINUTE REST

## AREA

Circle of cones alternate colors in center of field

## DESCRIPTION

Players start without a ball and run around the circle back to their cone. Add change of direction. Then add ball each working on dribbling with close control and change of direction moves (pull backs) adding races back to cone. $1^{\text {st }}$ back gets to shoot first to knock over cones for a point.

MORE CHALLENGING
Add multiple change of directions

## 4 MINUTES PLAY | 1.5 MINUTE REST

## AREA

$15 \times 20$ yards, 3 yard gates

## DESCRIPTION

Players with their own ball start in a gate. Coach asks them to place different body parts (knee, toe, foot, back, head.....make it fun) on the ball before saying "GO" and they then dribble to open gate. Now ask players to do same using different surfaces of foot. Progress to then dribbling in area using all surfaces of foot.

## MORE CHALLENGING

Remove gate/s
Add defender to steal balls.

PHASE 4 -GAME | 15 MINS


6 MINUTES PLAY | 2 MINUTE REST

## AREA

$20 \times 30$ yards

## DESCRIPTION

Play 4v4 game
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING
Make field smaller

