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

SESSION KEY

Dribble Pass / Shot -Movement -----

TECHNICAL TOOLS

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

PHASE 1 – PLAY 15 MINS

1 MINUTE REST 3 MINUTES PLAY

Learn fundamentals, purpose, direction & rules of the game

> Dribbling Block 2

Play to discover

4 v 4

Me and my ball



AREA 20 x 30 yard field
DESCRIPTION Players play 1v1, 2v2, 3v3, 4v4 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

NEW ENGLAND REVOLUTION



Dribbling to protect the ball

PHASE 2 CIRCLE SOCCER GAME – 15 MINS

Week 9



PHASE 3 SURFACES OF THE FOOT - 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. 1st 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 x 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





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