



Age Group: U6 to U9

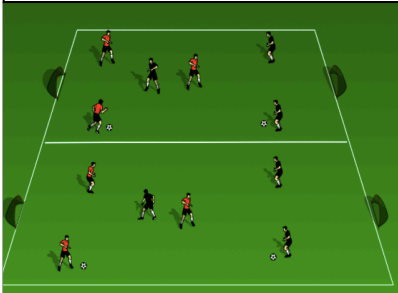
Date: 04/07/18

Topic: Dribbling

Development Center

Equipment: Cones, Pinnies, and Pug Goals

Pre Warm-up Task: Kids who arrive early: 100 toe taps, 100 tic tocs, and juggling challenges (one bounce, kick, one bounce)



Warm-up/Physical Development: 10 minutes

Small Sided Game: 2 balls to increase touches

Encourage players to dribble into space and beat the defender

Pre Set-Up- Pennies arranged in a triangle (or diamond) shape to encourage tactical awareness

Coaching Points: Chin up, look for space & defenders. Small touches, using all parts of the feet.



Technical Development: 15 minutes

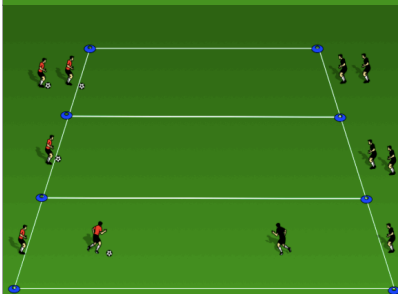
Ball wizardry- Players have a ball each and dribbling around the area

First one to 30 touches sit on their ball, next round first to 50 touches

Skill move this week: Pull (Drag) back. Use both feet, one to drag the other to take away into space

Progression: Tag- taggers w/out ball tag players, each time one point (2 or 3 rounds)

Coaching Points: Change speed & direction, use all parts of the feet, head up, looking for taggers/space.



Skill Development: 15 minutes (two or three fields depending on #'s)

1 v 1 to end lines

Attackers have to dribble over the opponents line to win the point

Defenders win the ball they try and dribble across opponents line

Coaching Points: Quick rotations, **NO LINES (two max)** and players waiting for than 30 seconds. Decision making on the ball, take the space in front and draw the defender out. When: to beat the defender (space in between DF and ATT)



4 v 4 Scrimmage (3 v 3, 3 v 2 depending on the numbers) : 15 minutes

Coaching Points: All the coaching points above.

Re-Cap: 5 minutes

Create a FUN, SAFE and CHALLENGING environment where the player loves their soccer. Players must strive to master the ball, be excellent at the basics of ball control, passing, dribbling and shooting. Coaches must develop the physical elements in combination with developing the technical and tactical elements of the game.

