

Coach: Stephen Bird

Team: Development Center

Topic: Dribbling

Week: One



A Lifetime of Soccer

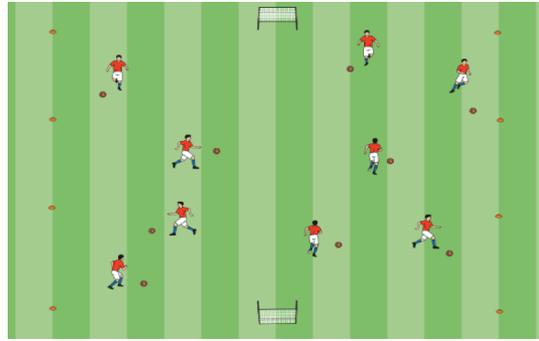
What: Keeping the ball close and beating the defender(s)

Warm-Up

Work: 10 Mins

Players are dribbling around the area. When the coach shouts the following:

- 1) Turn with the ball
- 2) Skill move (Pull back)
- 3) Throw the ball above your head and control the ball with foot
- 4) 10 Toe taps

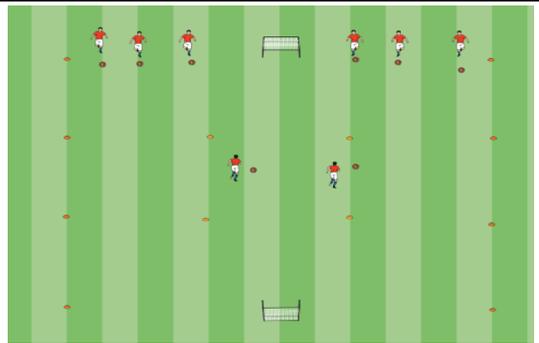


Organization: Area 30 x 35. Can vary depending on the number of players/level.

Technical

Work: 12-15 Mins

Defenders are situated in the middle of the field. Players will attempt to dribble across the field without getting their ball stolen. Once the defender steals a ball (player can't win the ball back) the player will dribble to an end line to keep playing the game. After a few minutes the coach will shout "freeze" and players with the ball will win the point. Progression- Player can steal the ball straight back

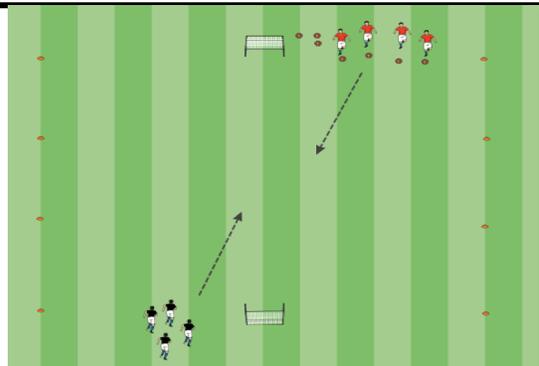


Organization: Have the middle zone setup before the warm-up

Skill

Work: 12-15 Mins

1v1 to goal. Players will dribble out and attempt to beat the defender and score on goal. If defenders steal the ball they will try and score in the opposite goal. If there is a defender waiting on the other side, attackers can start the game straight away (plenty of games at the same time). Progression- Players have to attempt a skill move or nutmeg to score



Organization: Intensity throughout the 1v1's

Scrimmage

Work: 12-15 Mins

Key Coaching Points throughout the session:
Technique on pull back (check shoulder for advanced players)
Chin up when dribbling
Small touches when drawing the defender in
Be brave on the ball (use skill move to beat the defender)
Look for space and change speed & direction



Organization: Keep the balls close to you so can keep adding balls into the game.