

Coach: Stephen Bird

Team: Development Center

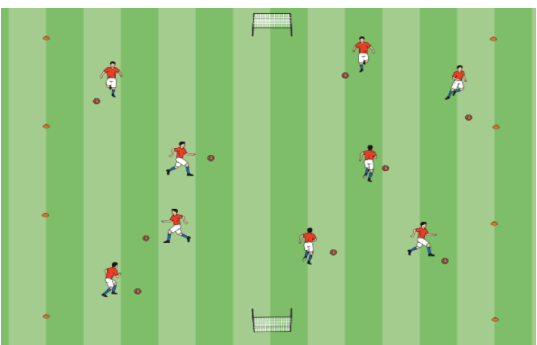
Topic: Dribbling

Week: Two



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 (Scissors)
- 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.



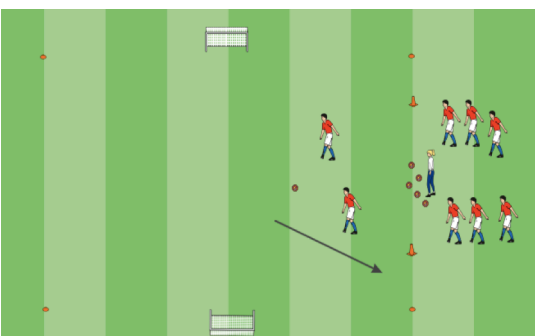
Technical

Work: 12-15 Mins

Half the players have a ball; half of the players don't have a ball. Players who have a ball try and keep it, players who don't try and win a ball.

When the coach shouts, "freeze" whoever has a ball wins the round. Play 3-4 rounds of it. (Switch the players have a ball)
Progression- Reduce/increase the amount of soccer balls

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



Skill

Work: 12-15 Mins

1v1 to gates. Coach throws the ball out from the side and two players try and win the ball and score in between the gates. (No passing through the gates)
Keep the games going throughout.

Progression- players have to perform a skill move/nutmeg to then 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.