

Coach: Stephen Bird

Team: House League (U5-U9)

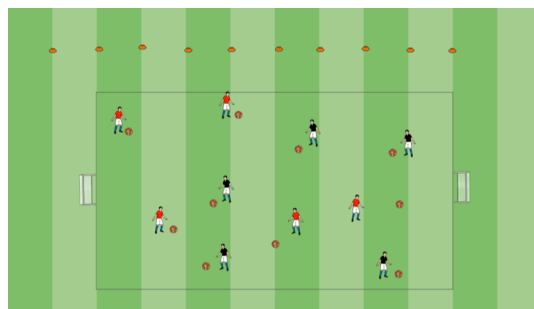
Topic: Dribbling

Date: Spring



A Lifetime of Soccer

What: Changing speed and direction



Warm-Up

Work: 10-12 Mins

Players dribble around the area and use all surfaces of their feet (toe, laces, heel, inside, outside, sole). Coach calls out the following:
Toe-Taps, Tic-Tocs, Outside Inside, Squeezy push.
Skill move – Scissors

Organization: Area is 30x30, maybe bigger depending on the group size.



Skill Game

Work: 10-12 Mins

Separate the group into attackers vs. defenders. Defenders must stay on their gate line and can't move forward or backwards (sideways only). Players attempt to dribble around and beat the defender (any direction). If they successfully beat the defender = 1 point. First to 10,15,20 wins. Rotate defenders.
Progression – If defender wins the ball they switch.

Organization: Add in the gates when the kids get their first water break. Gates can vary in size.



Scrimmage

Work: 10-12 Mins

4v4 or 3v3 scrimmages with multiple balls.

Organization: Two fields side by side if the numbers are too big.

Key Coaching Points:

- Dribble with purpose. Shred the defender. Can you beat them when they're not looking?
- Chin up – look for which side to beat the defender.
- Use different surfaces to evade the defender(s)
- Have fun!