

Coach: Stephen Bird

Team: U9-U10

Topic: Dribbling and Turning

Week: Two



A Lifetime of Soccer

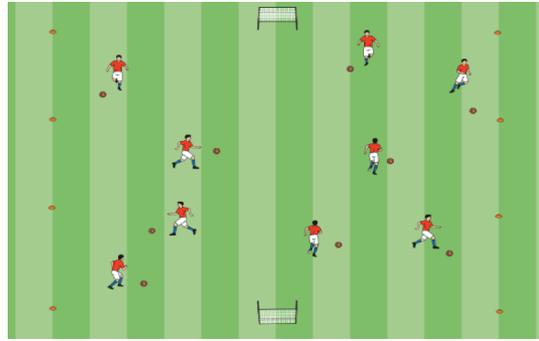
What: Keep the ball close and try and lose the defender(s).

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 (coach picks)
- 3) Dribble out the area as fast as you can
- 4) 10 Toe Taps



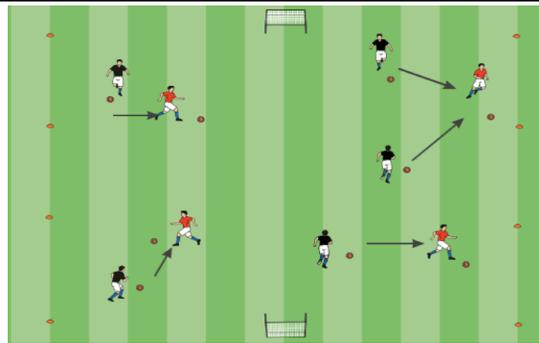
Organization: Area 30 x 35. Can vary depending on the number of players/level.

Technical

Work: 12-15 Mins

Players are in pairs; players are numbered one (Red) or two (Black). 'One' dribbles away from 'two' when the coach shouts freeze, two attempts to pass the ball and hit 'ones' ball. If they hit their friend's ball, they get the point. If they miss the other player gets the point.

Progression- Have to pass through their legs.



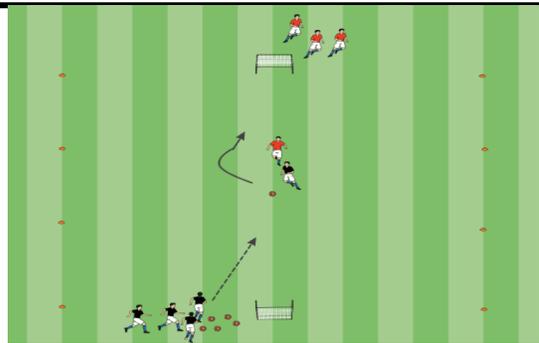
Organization: Area can be made bigger to allow more room for the players to turn.

Skill

Work: 12-15 Mins

1v.1 game. Players start in the middle with the defender directly behind the defender. Player will receive the ball and try and beat the defender by turning and finishing on goal. If the defender wins the ball, they attempt to score on the opposite goal. Rotate defenders/attackers.

Progression- Add in support players to make the game 2v1.



Organization: Keep the games short. Add in a countdown to speed the game up.

Scrimmage

Work: 12-15 Mins

Key Coaching Points throughout the session:

- Keep the ball close
- Use your body to beat the defender
- Body position side on to keep the ball away from the defender(s)
- Protect the ball (foot furthest away from defender)
- Using different types of turns to beat the defender(s)



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