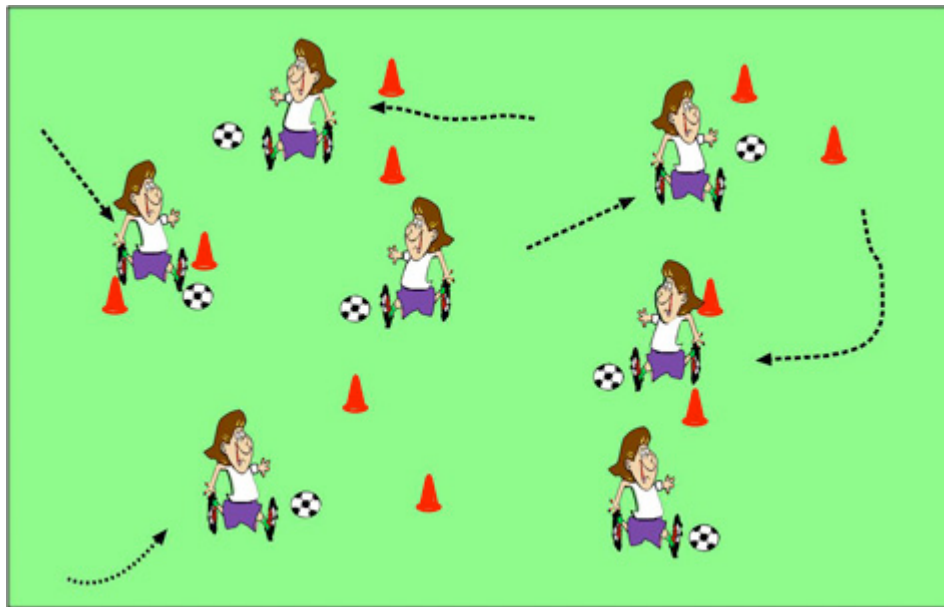


Session Detail

WARM UP: Dribbling, Dribbling and more Dribbling



Exercise Objective

Close control, dribbling and turning

Mark out a 30x30 playing area.

Organisation

Set out lots of mini-goals and every player with a ball. Players must dribble the ball through a goal to score a point. Players are given different commands as to how they have to move through the goal. Players dribble the ball through one goal and then accelerate towards another goal, whilst keeping control of their ball. Encourage players to go towards the 'open' goals where there are no other players.

Progression

Finish with a competition who can score 10 goals first. Cannot score in same goal twice.

Let the game be the teacher

Encourage the players to keep the ball close to them and change directions quickly

Coaching Points

Keep head up as often as possible

Encourage players to use both feet and different parts of their feet

Practice practice practice

TECHNIQUE WITH PASSIVE PRESSURE: Ultimate Knockout



Exercise Shielding, turning and dribbling under pressure

Objective

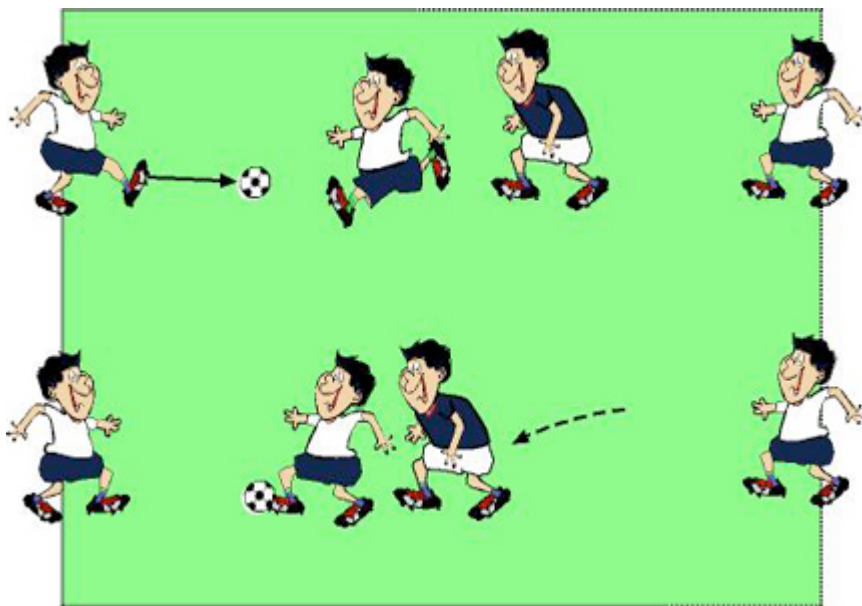
Organisation Set out a 20x20 yard playing area

Split the group into 2 teams. One team stood on the outside of the grid as the defending team, the rest of the players spread inside with a ball each. On the command of the coach the defenders run into the grid and attempt to knock out everybody else's ball out of the circle by tackling them. Both teams have a turn as defenders the winning team is the quickest team

Progression Turn the activity into a competition and see which team can clear the balls the quickest
Close control and ball familiarity - Keep the soccer ball close to you

Coaching Points Head up as often as possible - Know where the defenders are and where the goals are
Avoid and beat defenders with quick turns or skills
Keep body in between defender and ball to protect it
Encourage players to try specific turns and skills for themselves (drag-back or scissors)

TECHNIQUE WITH FULL PRESSURE:
1v1
Defending to prevent Turn



Exercise Turning to beat a defender

Objective

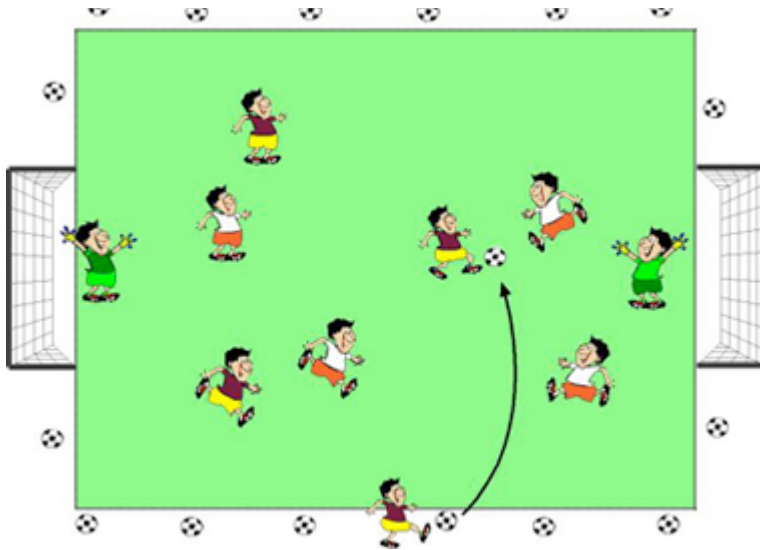
Organisation Set out a grid 30 x 10 yards with four players in each grid with one ball.

Two players stand opposite each other on the 10-yard lines and two players stand in the middle to compete against each other. The two players in the center will compete against each other rotating between attacker and defender. The ball begins with a server on the sideline. The aim is for the attacker to receive the ball from the server and then turn and pass into the server on the other side. The defender is trying to prevent the attacker turning & win the ball

Progression Dribbling fundamentals: Head-up to see where the defender is, close ball control

Coaching Points Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
Run at the defender to commit them and then change direction with a skill or turn
Positive attitude to beat the defenders with a move
Make the most of any space and team mates you may have
Protect the ball from defender either during the move or after you have beaten them

**SMALL
SIDED
GAME:**
Focus and
Alert



Exercise Quick transition to attack

Objective

Organisation Set out a 40 x 30 area, play 5 v 5 including two keepers.

Balls are placed around the area so that as soon as the ball goes out a player can play another ball in (play kick-ins)

Progression

Create space as a team by spreading out

Coaching Points

Shift the ball across the field and expose opportunities to dribble 1v1

Attitude and confidence of players to beat defenders on the dribble

Commit the defender, change direction with a move and then accelerate past them

Positive: Run at the defenders diagonally to open up space.