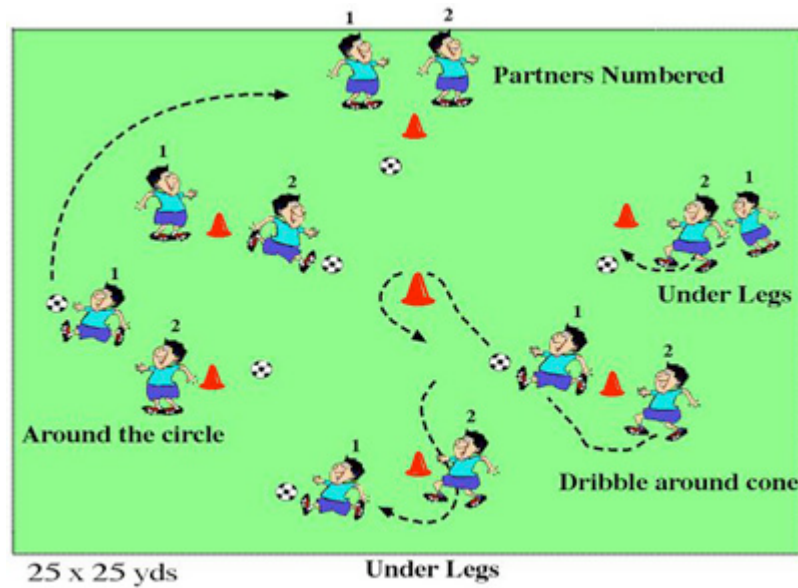


Session Detail

WARM UP: Horses and Jockeys



Exercise Objective

Dribbling at speed with quick changes of direction.

Set a circle of cones 25 yards in diameter with a cone in the middle.

Organisation

Split players into pairs and position them at the outside cones. Number the players '1' and '2'. Each pair have one ball. On the coaches command, player 1 jumps on his player 2's back. When the coach shouts 'go', player 1 must dismount, play the ball through their partners legs and dribble to the center cone. Once at the center cone, player 1 passes the ball back to player 2, who then must set off and dribble the ball clockwise around circle back to his starting position. After dribbling around the circle, player 2 must stop the ball and jump on the back of player 1. You can then repeat the the game in the players new positions.

Progression

Let the game be the teacher

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

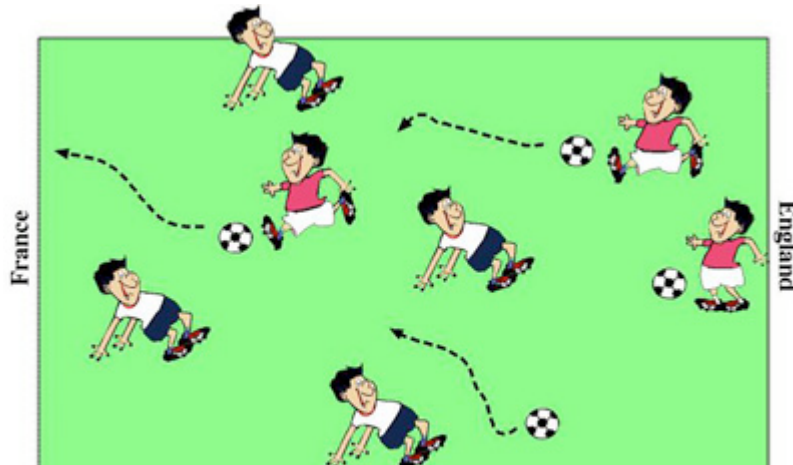
Coaching Points

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: Crab Soccer



40 X 20 yds

Exercise Objective Dribbling around opponents.

Organisation Set out an area 40 x 20 yards.

Players should spread out on the sideline (English coast line) facing the coach in the center with a ball each. The coach is positioned in the English Channel crouching on hands and feet like a crab. The players are crab meat and must dribble across the grid (to the French coast) without the crabs intercepting their ball. If a crab touches a soccer ball, that player then becomes a crab. The winner is the crab that is left.

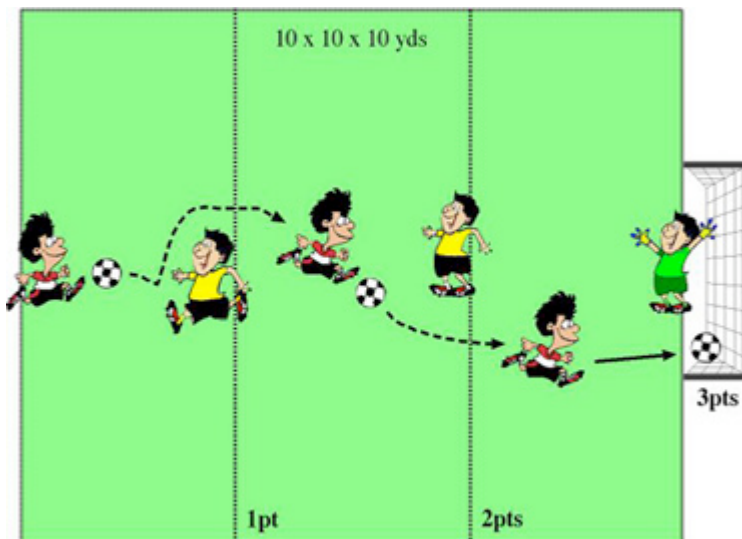
Progression

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:
Run the Gauntlet



Exercise Objective Beating defenders in a 1v1 situation.

Organisation Set out an area 10 x 30 yards, divided into 10 x 10 sections.

Position the attacker and defenders as shown in the diagram. The attacking player starts in possession and must beat defenders 1 and 2 who must defend their line. The defenders are only allowed to move sideways along their line and cannot move forwards. Once the attacker is past final defender they must choose to shoot or dribble around keeper. The attackers receive points depending on how far they go (see diagram). Keeping the score will increase the competition level, plus improve the players attitude towards being positive going towards goal and scoring. Rotate the players each time.

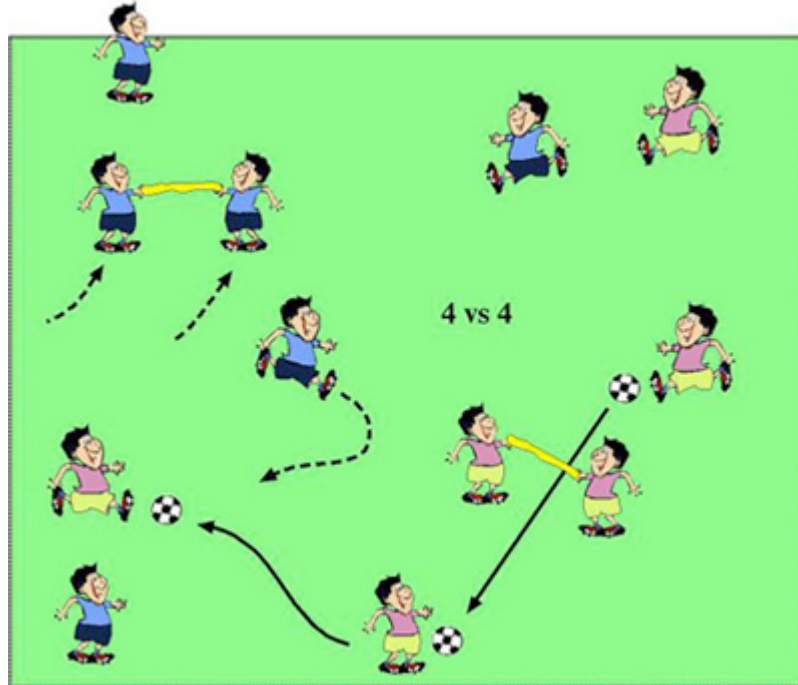
Progression

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:
Galaxy
Moving
Goals**



**Exercise
Objective
Organisation**

Changing direction in a small sided game

Set out an area 40 x 30 yards.

Divide the group into two teams. Take a pair from each team and ask them to hold a bib between them creating a mini goal. The remaining players play and try to score by passing the ball through their own goal to another player. The players with the bibs are the floating goals and can move around the area to help their team. Players can score from either the front or back of the goal, but must connect to a player on the same team.

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.