

Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Dribbling	Specific Objective	To improve players ability to dribble with the ball under close control and attempt to beat opponents 1 v 1		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 56 “Diagonals”	Adjust the progressions of this practice to suit the experience and ability of your group. Look for players to really try to sell the dummy with emphasis on technique before pace until they get improvement. Close control, head up, timing of the dribbling move and change of pace are the main points observe at this stage			10 mins
Skills Practice	No. 57 “3 - 2 - 1”	Fun game that is suitable for all ages. Some players will survive by try to avoid the attention of defenders. Encourage them to have the courage to run straight at opponents and try to take them on 1 v 1. Make it a competitive game and make sure defenders don't cheat, they must allow players to get into their zone before closing them down Remind players that they will fail frequently so praise them for having the courage to attempt taking on opponents.			15 mins
Small-Sided Game	Reward players for having the courage to dribble in an opposed situation. Award a point for an attempted dribble and 2 points for success. 3 points = a goal Don't worry too much in this session about players dribbling in dangerous positions we will address that later, just encourage them to have a go.				20 mins
Cool Down		Ball each players practice dribbling at gentle pace. Static stretches. Review today's coaching points with Q&A and encourage lots of practise before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

No. 57 "3-2-1"

- ☐ Dribbling
- ☐ Running With The Ball
- ☐ Defending

U8 ?
U10 ✓
U12 ✓
U14 ✓
U16 ✓

path of player



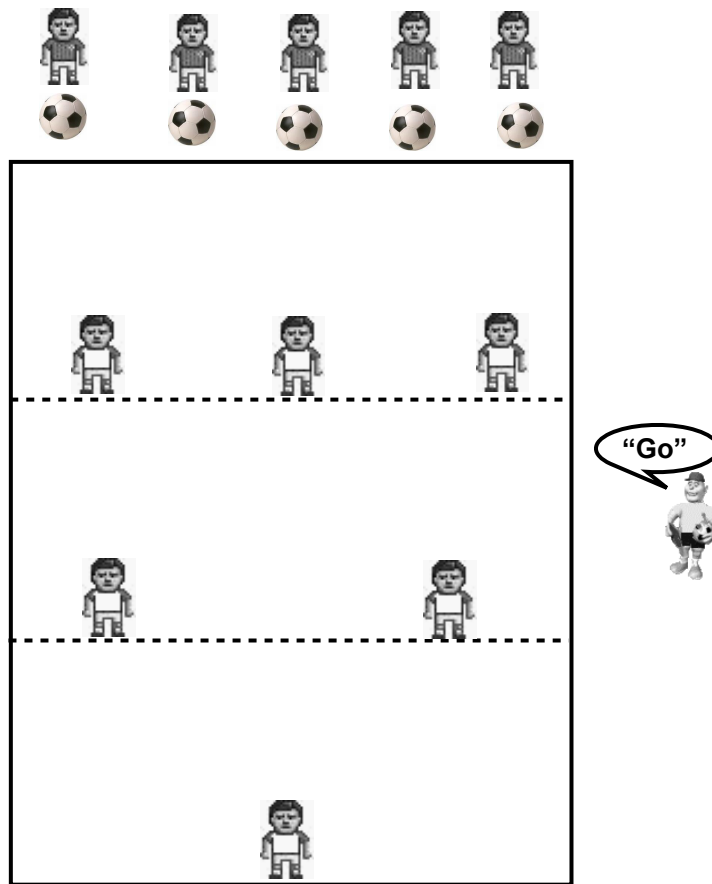
path of ball



path of player
with ball



Grid Size
25x45yds



This is a good intermediate practice between unopposed dribbling practice and more high pressure drills. Less able players can often succeed by simply keeping close control of the ball and attacking spaces. It can be a useful game to assess the current level of ability in a new group, the better players often come out best in this game. Watch out for all the usual cheating tactics!

Organisation

Divide grid into three sections
All attackers with a ball each line up at end of grid
Defenders wait at back line of their section until attacker enters it
On coach's signal all attackers go together to try to get through grid under control of ball
If defender wins ball attacker leaves grid immediately
Survivors start again from that end so defenders are now 1-2-3
Make it competitive - keep going to see who is last to survive then swap defenders

Coaching Points

- ♦ Move with head up
- ♦ Close control - small touches of ball
- ♦ Commit defender by running at them
- ♦ Try to wrong-foot defender with dummy
- ♦ Change of direction and pace
- ♦ Attack spaces with pace
- ♦ Defenders close down and watch the ball
- ♦ *"Be patient don't dive in"*

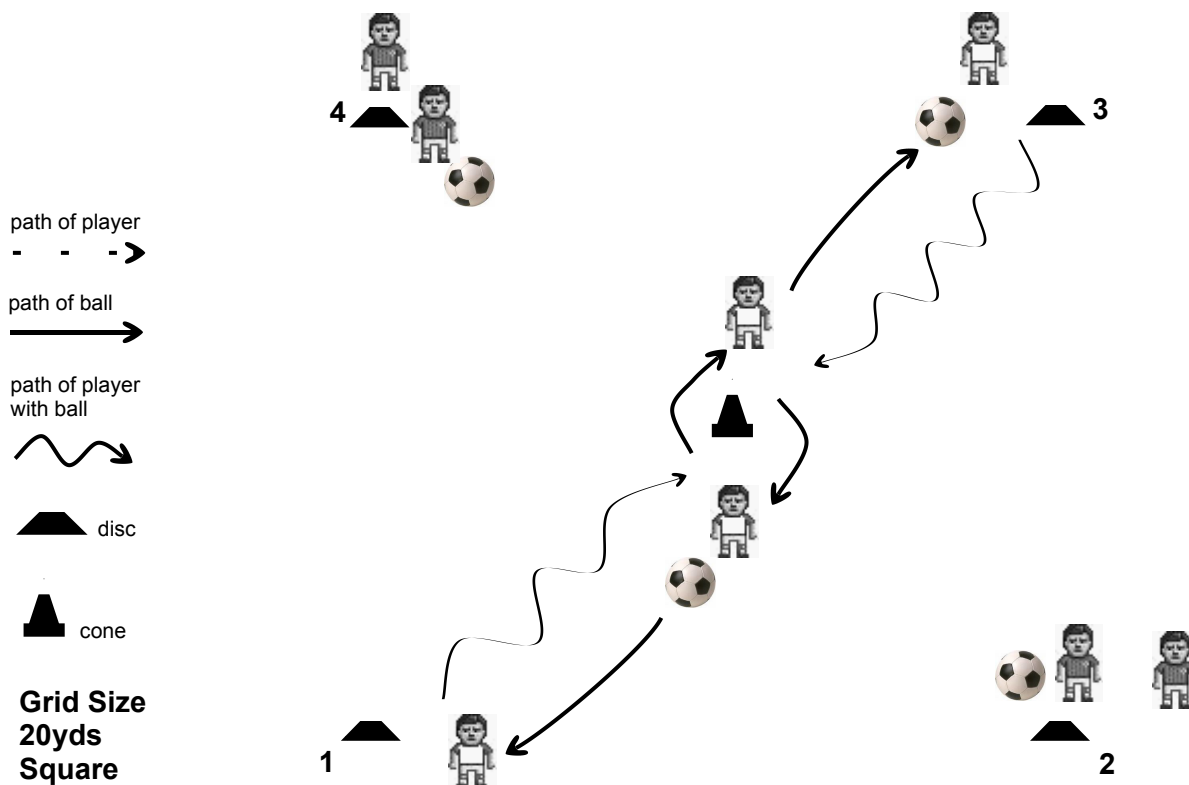
Development

- i Narrower grid makes the attackers task more difficult
- ii Allow only three attackers to go at a time

No. 56 “Diagonals”

□ Dribbling

U8 x
U10 ?
U12 ✓
U14 ✓
U16 ✓



Don't expect too much too soon with coaching dribbling skills. This drill allows the coach to work with a number of players at once. Get players to walk through the skill at first and increase the pace gradually. Be content to work on one skill at a time and move on to others over the course of a season or two. Use a large cone or a cluster of poles as the centre obstacle. If they can visualise what they are trying to do they are half way there.

Organisation

Mark out the grid as shown with a marker at each corner and a larger cone or poles in the centre
 Arrange the group into two teams and split the teams into groups at diagonally opposite markers
 The first two players at opposite cones go at the same time dribbling towards the centre
 They must perform the designated dribbling skill and pass the cone on opposite sides
 The first two players at the other two markers now go and so on...

Make it competitive - Award a point for successful attempt and keep team's total score

Coaching Points

- ♦ Keep the ball under very tight control
- ♦ Is the players playing with his head up?
- ♦ He should dribble directly at the cone
- ♦ Look at the timing of the move, just out of range
- ♦ How good is the technical quality of the move?
- ♦ See syllabus for details of techniques
- ♦ Look for convincing disguise to fool defender
- ♦ Accelerate out of the move, big change of pace

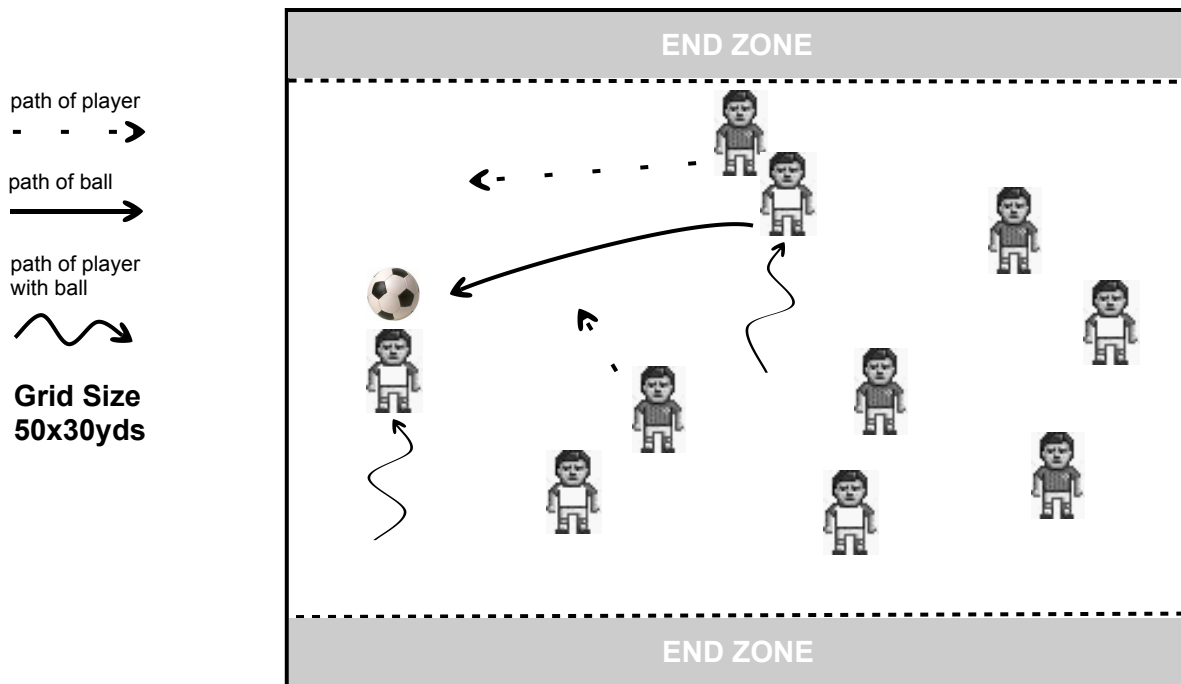
Development

- i Passive defenders take place of cones and intercept poorly timed moves
- ii Coach calls right or left as players approach cone to indicate which side of cone they should attack
- iii Stipulate the specific move to be used by the players as players approach cone

No. 70 “End Zone”

- ☐ Conditioned SSG
- ☐ Dribbling
- ☐ Running With the Ball
- ☐ Attacking Combinations

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓



Once players can dribble with the ball in an unopposed practice or a controlled drill, it is still a big leap to have the confidence to actually run at a defenders and challenge them 1v1 in a competitive game. This game gives players the chance to get experience at taking on opponents. It can also be used effectively to coach passing combinations such as wall passes, overlaps, cross-overs etc. but as always work on just one topic at a time.

Organisation

Select two evenly matched teams
Use discs to mark end zones at either end of grid
To score a point the ball must be dribbled into and stopped in end zone - foot on ball
Restart with kick-ins from end zone with opposition team withdrawn
Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Play with head up to see space
- ♦ Attack space with speed
- ♦ Dribble - take on defenders if 1v1
- ♦ Creative movement off the ball
- ♦ Be brave in possession “*see it, do it*”
- ♦ Angles and distance of support in attack
- ♦ Reactions to changes of possession
- ♦ 1v1 defending technique
- ♦ Retreat “*Keep the ball in front - buy time*”
- ♦ Recovery runs by defenders

Development

- i Narrower grid reduces space for attackers
- ii Add neutral player who always plays with team in possession
- iii Don't allow forward passes to force players to dribble and attack space with the ball