



Session: #2: Dribbling & Turning

Coach Name: Mike Smith

(Activities should be developmentally appropriate.)

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
Link Tag	Start with two taggers in middle (coach to start as one tagger for success) On signal, players attempt to get to the other side of grid If player is tagged, they link arms with tagger Add ball. Players attempting to cross must now dribble Advance to tagging ball with foot, not person	Keep head up and always look around to see taggers Reward those who scheme but don't cheat
<u>INDIVIDUAL ACTIVITIES</u> Turning & Dribbling	Demonstrate turning in circle with inside of foot Make a fun game with coach (defender) trying to kick ball out of grid (penalty 5 toe touches) Coach for success, more pressure on advanced players Repeat with outside of foot Introduce & demonstrate scissors move (use both feet)	Awareness of defenders, utilize good technique Make shortest turn to get body between ball & defender Don't cut ball towards defender Knees bent and weight on ball of foot Accelerate after turn or fake
<u>SMALL GROUP ACTIVITIES</u> 1v1	Play 1v1 in small grid (10x15 yards) Coach has all balls and plays in from halfway line Player with ball tries to dribble over end line Advance by introducing 2 small goals on each end line Attacker must decide which goal to attack If defender wins ball he can counter attack (keep score)	Players need to be aware of opponent, goals and open space Emphasize being strong on ball and not showing to opp. Attack the space quickly to lose defender Change of speed & direction Look to turn out of tight spaces. Protect ball and attack opposite goal
<u>LARGE GROUP ACTIVITIES</u> 4v4 Dribble over End Line	Divide group into 3 teams One team rests while others compete Players score by dribbling over the end line	Make team shape a diamond (option left, right and front) Players can shift spots as long as options remain Emphasize attacking the space behind the opponent Penetrate defense on the dribble Turn out of tight spaces (more composure) Introduce drawing opponent in and then passing to free team-mate – isolate 1v1 situations
<u>THE GAME</u> 6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)	Appropriate sized field and goals for league play Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then... Let kids play uninterrupted!
<u>COOL DOWN</u>		