***Session: Dribbling***

***Objective: Players develop confidence possessing the ball through a high number of repetitions in confined areas as well as open space***

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| ***Warm Up:10 Minutes***  ***1.Toe Taps:2 min***  ***2.Foundations2 min***  ***3. Never the same direction twice***  ***4. Tap out tap in both feet*** | ***Coaching points***  ***1.Increasing comfort of foundational movement at speed***  ***2.quick rapid CLOSE touches*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  ***2. add multiple movement to increase creativity and dexterity*** |
| ***Education: 15Minutes***  ***Teach technique toe down keep running stride***  ***Gates game or Mine field***  ***-Create a grid of “gates” or “mines” using cones. 10 yards outside grid set up gates***  ***-Players need to dribble through gates or avoid “mines” (short touches) then dribble to gates outside the grid (long touches)*** | ***Coaching points***  ***1.Dribbling in close spaces need close touches.***  ***2.Player to keep head up, ball close***  ***3.Don’t let players run into each other***  ***4.Longer space requires longer touch on the ball with outside of laces \_ Do not want to break running stride or have the ball under feet for long time*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  ***2. Can add defenders at varying pressure: Defensive pressure could be players dribbling at each other or true defender*** |
| ***Reinforcement Games 15 Min***  ***1.Multiple goals***  ***6-8 goal around the field.***  ***½ players with balls ½ without***  ***Dribble through goals while fending off defenders*** | ***Coaching points***  ***1keeping head up to avoid defenders***  ***2. close touches will help retain the ball***  ***3. Change direction to avoid pressure and go to differing goals*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels***  ***2. adjust pressure based on proficiency*** |
| ***Games 15 Minutes***  ***1.Play soccer game*** | ***Coaching points***  ***1.Utilizing dribbling in game situation***  ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Warm down/Discussion 5 min***  ***1.Review session stressing no more than 3 points*** | ***Coaching points***  ***1.attempt to get as much feedback from as many kids as possible*** | ***Progression:***  ***1.As maturity exists ask players their perception of 3 most important points*** |