***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***  |