

## 2011 Age Group Training Topic: Dribbling to beat opponent



Key Points Players should learn

1. Dribbling with 'little toe'
2. Body balanced
3. Recognition of space to dribble to

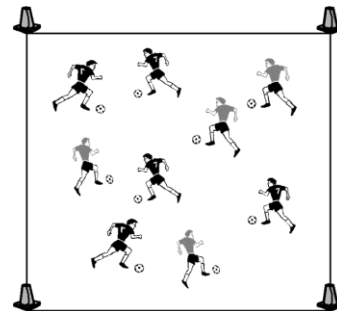
### Arrival: Small Sided Games

Players play games of 3v3 and 4v4 until session starts.

### Coaching Points:

1. -NO Coaching
2. Allow players to think for themselves
3. Creativity and problem solving

Break into Groups of 6-8



### Activity One: 1v1 to targets

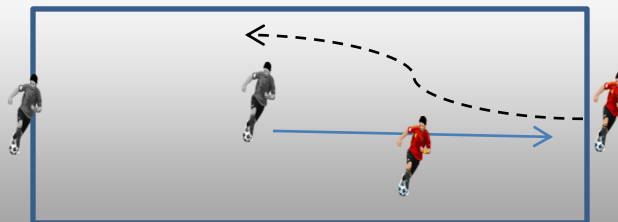
Set up 20x10 grid.

Step 1: Players play 1v1 to targets. Swap after 1 minute

Step 2: Players play 1v1 to targets. Players can swap when they play a ball into the target

### Coaching Points:

- 1.) Dribbling technique (Little Toe)
- 2.) Recognition of space to dribble to
- 3.) First touch into space



### Activity Two: 2v2 to end zones

**Set Up:** 20x10 area, with 2 yard deep end zones.

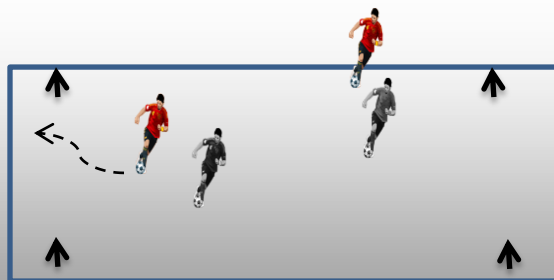
Players play 2v2 and try to dribble into end zone for a point

Points: 1 point dribbling into end zone

Tie: whoever ended up with ball.

### Coaching points:

- 1.) Recognition of space to dribble into
- 2.) Getting past the defender
- 3.) Body posture



### Game: 3v3 or 4v4 games

Players play small sided games to end the session.

Coaching Points:

- 1) Limited coaching- evaluate players
- 2) Who is ready to play at the next level?
- 3) Only coaching points should be directly about last activity.

**Coaches: Please use the final game as a chance to talk about which players deserve a chance to play up at the next level. Discuss what you've seen in the session and during the last week.**