



Dribbling & Passing Session

Category: Technical: Passing & Receiving

Difficulty: Moderate

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partner tag (5 mins)

Set up

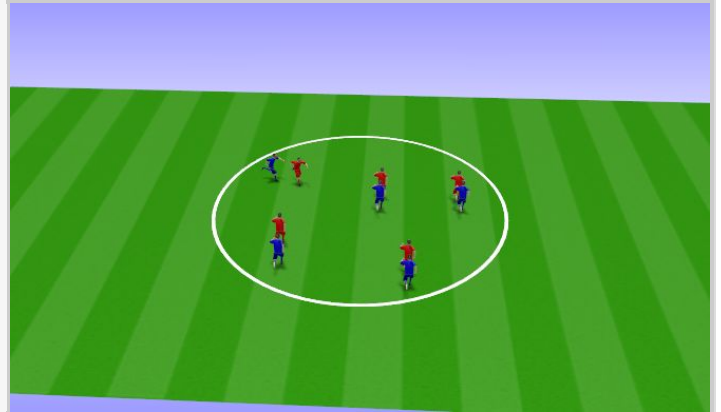
25 x 25 grid or the center circle, place players in partners.

Organization

One player from each pair is "it", you can only tag your partner. Players run around the grid in pairs, playing tag once tagged, you need to go and try and tag your partner back, keep going for 30 seconds see who was tagged more.

COACHING POINTS

Good Movement
Change direction
Change speed,
Keep your head up



Ball toss physical literacy (5 mins)

Set up

25 x 25 grid or the center circle, 1 ball add an extra ball if numbers are large, or create 2 grids and separate teams evenly.

Organization

Players run around the grid throwing the ball, or bouncing the ball to each other.

Coaching Points

Movement
Change speed
Keep your head up,
Call for the ball



Ball Mastery (10 mins)

Organization

In a 20x20 mark out with 4 cones (larger depending on number of players), have players dribble the ball within the grid, performing specific ball mastery moves that you call out.

To start, demo each skill, you may need to demo every time you call out a new skill for the younger groups.

Every player has a ball.

SKILLS

U7

toe taps- 6x, then 10x

tic tocks- 6x, then 10x

inside cut- 2 inside cuts then dribble

outside cut- 2 outside cuts then dribble

stop and drag back - 2 drag backs, then dribble

sole roll to the left and the right - 2 to the left and 2 to the right.

U9+

All the above plus

Scissors - 6x stationary, then progress to movement with scissors

Outside Turn - 1 turn and then dribble

Inside Turn - 1 turn and then dribble



1 v 0 (light pressure) (10 mins)

Organization

Players at the front of each line dribble towards the center cone, complete a given skill, once skill is complete and player is past the cone, make a pass to the next player in line.

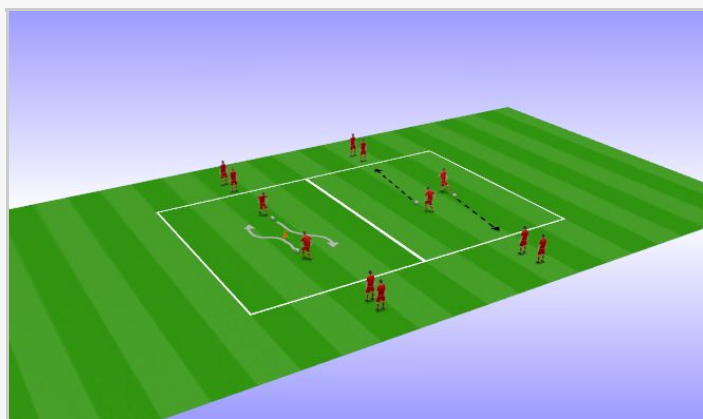
Coaching Points

Players dribbling towards each other need to dribble with their head up.

Each line makes a move to the right there should be no running into each other.

Each line makes a move to the left there should be no running into each other.

This offers light pressure, players need to be aware there is someone in front of them.



1 v 1 (full pressure) (10 mins)

Set up

10x15 grids (as many as needed) to accommodate 4-6 players per grid depending on numbers.

Each line has 2 balls in play with extras close by.

as many cones needed to make grids.

PROGRESSION FROM 1v0 to 1v1

Front player from one line plays a pass to the other line.

player receives pass and attempts to get past the passing player and dribble over the line.

players switch lines and alternate attacking and defending lines.

COACHING POINTS

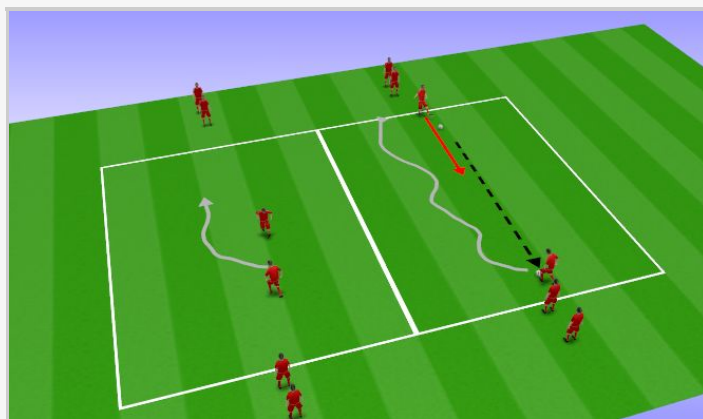
Control the pass

Open the ball up in the direction you want to travel

Attack the space when you receive the ball

Make a move

Accelerate to the end line.



6 & 12 yd Passing and Receiving (10 mins)

Set up

Create numerous 5x12 grids with a half way line or set a cone at the 6yd mark

Place players in pairs and each group has 1 ball per group

ORGANIZATION

In pairs players pass back and forth making a 6yd pass

Receive the ball under control and pass back to your partner.

Let players take as many touches within reason to set up and make a proper pass.

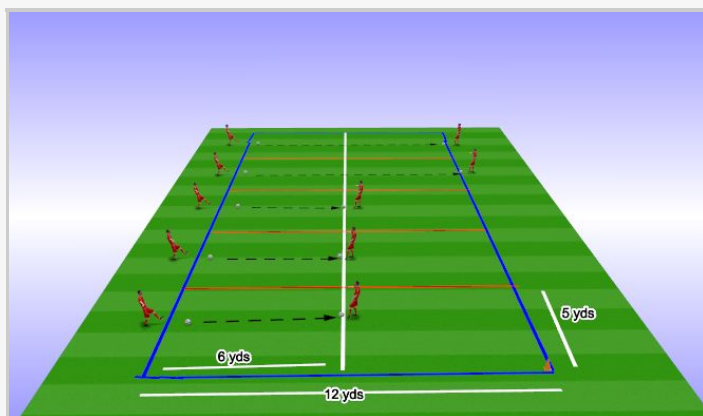
PROGRESSION

1. Move the player that is at the 6yd line back to the 12 yd line.
2. 6yd pass 2 touch
3. 6yd pass 1 touch
4. 12yd pass 2 touch
5. 12yd pass 1 touch

COACHING POINTS

Proper passing technique-planting the foot, lifting the passing foot, proper striking area, follow through

Receiving points- on your toes ready to receive, body open to the ball, proper area of foot to receive with, cradle ball under control



3 v 3 mini games (15 mins)

Set up:

4-6 grids 20 x 15 yds.

1 ball in play, have extras close, pinnies.

ORGANIZATION

Free play, once goal is scored, defending team retreats back to their half and can enter attacking half once balls touched the 2nd time.

