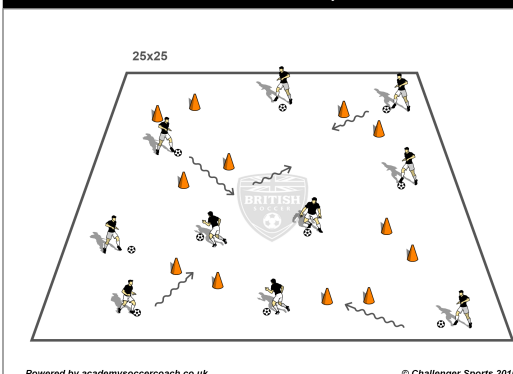


Topic: Dribbling & Running With The Ball

Objective: To learn how to dribble & run with the ball at speed using different surfaces of the foot.

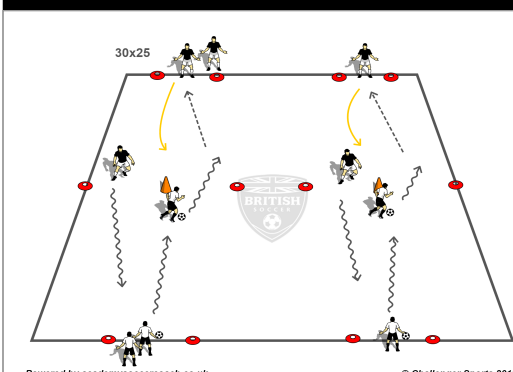
Session Part: Technical Warm-up



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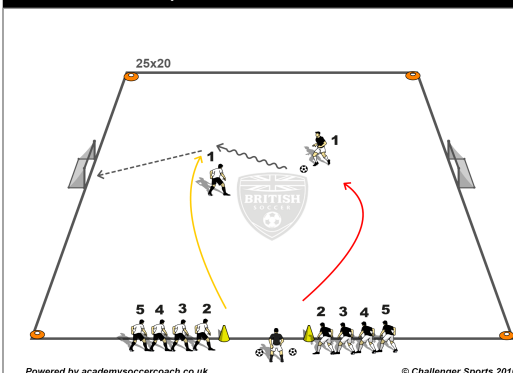
Session Part: Small Sided Game



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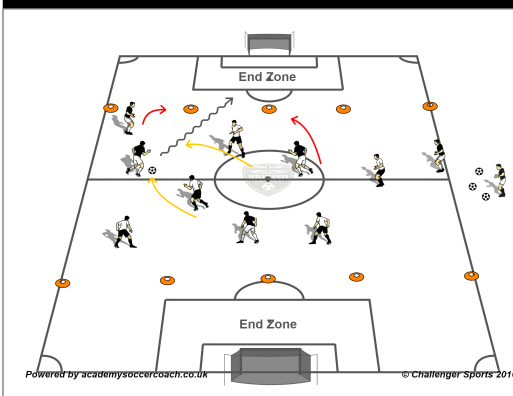
Session Part: Expanded Small Sided Game



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Session Part: Game



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Organization	Time:	10
Area:	25x25	
Numbers:	10 Players	
- 1 player - 1 ball each. - Set out multiple small gates within the area using tall cones. - Players begin dribbling inside the area & through as many gates as possible. - Players continue for a set time limit before having a short rest period before restarting. - Coach introduces a points system for players to count how many gates they travel through.		
Progressions	Coaching Points	
- Perform ball mastery skills before passing through a gate - toe taps, tic tocs, side roles. - Increase/decrease gate size. - Add a defender/gate keeper. - Remove gates to increase players	- Acceleration through the gate and into space. - Soft touches - close control. - Awareness of open gates and other players. - Use different surfaces of the foot; - Inside, Outside, Laces, Sole.	
Organization	Time:	15
Area:	30x25	
Numbers:	10 Players	
- 4 equal groups of 5 players - 1 ball per player. - Begin the activity without a ball with players performing a feint when they reach the cone. - First player in each group travels towards the central tall cone at speed with the ball. - Players perform a fake or move before the cone and move to the left/right before joining the line. - The next players in each group repeat this process from each of the 4 groups.		
Progressions	Coaching Points	
- Introduce a pass after players perform a fake/move with 2 balls working at the same time in each group. - Perform different fakes and moves. - Element of competition between the 2 groups. - Increase/decrease traveling distance to cone.	- Soft touches/bigger touches depending on distance to the cone and available space. - Head up for awareness. - Use different surfaces of the foot. - Low center of gravity when performing fakes.	
Organization	Time:	20
Area:	25x20	
Numbers:	10 Players	
- Players in 2 equal groups either side of coach numbered 1-5. - Coach plays the ball into the center of the field and calls a number to play in a 1v1. - Players must attempt to win the ball and dribble past their opponent. - Players attempt to score in the opposing teams goal to score a point for their team. - To score a point, players must pass the ball in the goal with the inside of the foot from short distance.		
Progressions	Coaching Points	
- Add a goalkeeper. - Add additional players - 1v2, 2v1, 3v1. - Introduce points system in favor of dribbling. - Add additional goals or gates to run through.	- Acceleration to win the ball. - Low center of gravity when in a 1v1. - Use of the body to put the defender off balance. - Positive mind-set and confidence on the ball.	
Organization	Time:	15
Area:	40x30	
Numbers:	10 Players	
- 5v5 - 2 end zones at each end of the field. - To score a point, players must dribble across the opposing teams end zone line with the ball. - Play restarts from the coach with the team who conceded looking to score in the opposite end zone. - Encourage dribbling and running with the ball from both teams.		
Progressions	Coaching Points	
- Teams attack different end zones. - Increase/decrease field and end zone size. - Add goals and goalkeepers. - End with free play.	- Awareness of space and other players. - Communication. - Soft touches - close control when in tight spaces. - Bigger touches when attacking large spaces. - Quick decision making to capitalize.	