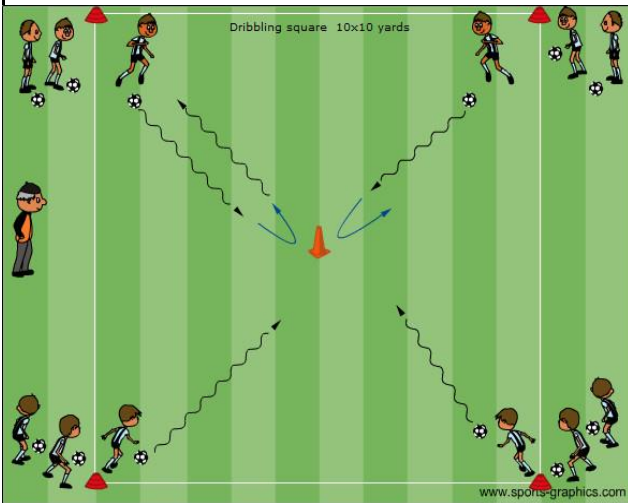


## U9/U10: Week 1

### Dribbling



#### Warm-up

Set up a 10x10 yard square with a big cone in the middle. Place players in the corners evenly.

#### Activity

- 1) Dribble to middle, perform turn, dribble out.
- 2) Inside/outside cuts, turn, dribble out.
- 3) Toe taps, turn, dribble out.
- 4) Dribble in and perform different turns/cut.

•Inside Cut

•Outside Cut

#### CP's

Change direction/change speed

Use deceptive movement to off-balance the defender

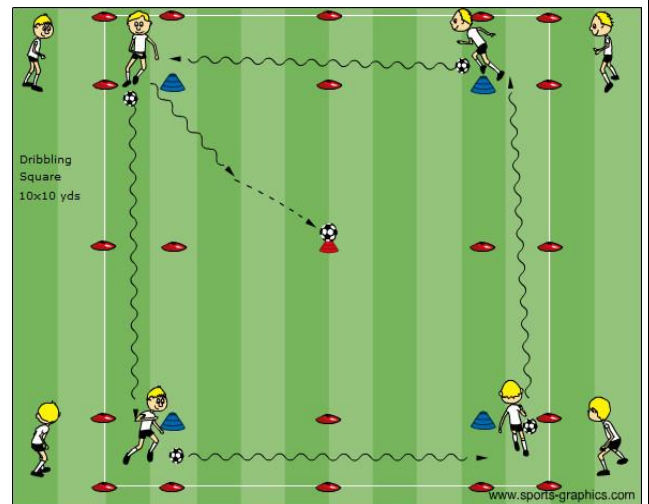
Recognize cues of when and where to dribble

#### Warm Up Related Game

Make a 10x10 yard area as shown in the diagram. Split players into teams.

- 1) On the coaches signal, the first player in each group try to dribble around the whole square. When they get back to their square again, they must go around their "blue" cone, then try to pass their ball to knock the ball off the cone in the middle of the area.
- 2) First to get around the square and knock the ball off the middle cone gets a point for their team. Then set up the ball again, and the next set of players go, on the coaches signal.
- 3) After a handful of times going one direction, switch directions.

- Variation(s)
- Limit players to using only one foot.
  - Add a move that players have to do in each corner.



#### Dribbling Games 1 and 2

1v1 and 2v2

##### Game 1

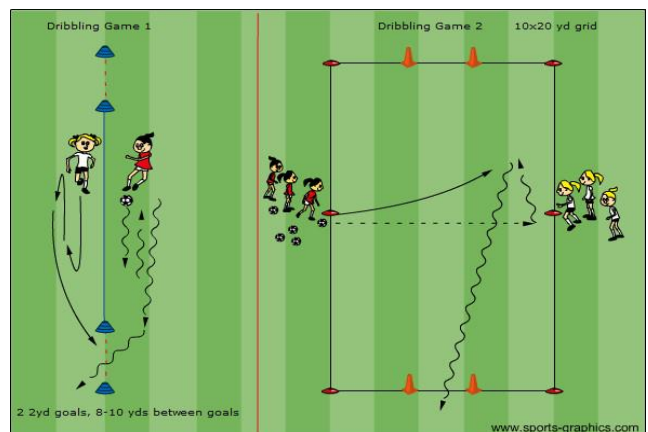
Set up multiple 2-3 yard wide goals, 8-10 yards apart.

- Attacking player has a ball, the other player defends.
- Attacker tries to dribble through either goal by using cuts & turns to get away from defender. Defender can NOT steal the ball, but can try to take the ball, or block attacking player when trying to dribble through the goals. If a goal is scored, players change roles.
- Groups of 4, play 2-3 minutes, then switch partners.

##### Game 2

Set up a 10x20 yard field with two 3-4 yard wide goals

- Defender play the ball to attacker, who try to dribble through either of the end line goals by using changes of direction/turns.



#### Small Sided Game(s)

- 1) Finish with 20 minutes of small sided 3v3 or 4v4 games.
  - Postively reinforce the CP's within the games.