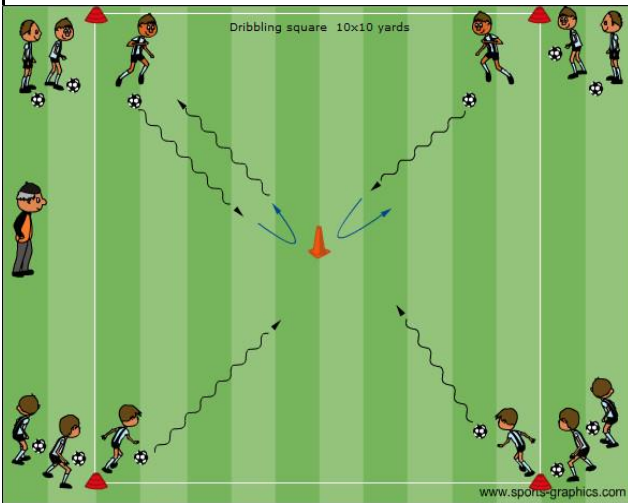


U9/U10: Week 2

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.

- Step-On Turn
- Step Over Turn

CP's

Change direction/change speed

Use deceptive movement to off-balance the defender

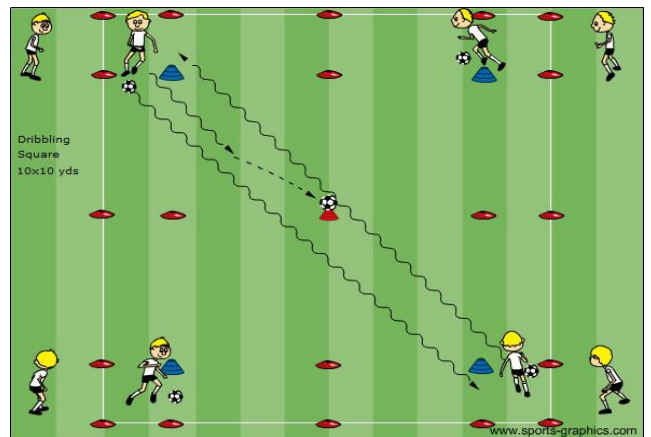
Recognize cues of when and where to dribble

Warm Up Related Game

1) On the coaches signal, the first player in each corner race across the middle of the area, and around the opposite "blue" cone. Then they come back across the middle of the area and go around their own "blue" cone, then try to knock the middle ball off by passing their ball to hit it.

2) First to knock the ball of the middle cone gets a point.

- Variations
- Players must either run to the right or left of the middle cone, or they are disqualified.
 - Limit players to using only one foot.



Dribbling Game

1v1

•Defender play the ball to attacker, who try to dribble and knock ball off cone at either end of the field.

Coach the technical aspects of turns. Which turn to use in which situation. And the decision making of when to turn and change direction.



Small Sided Games

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