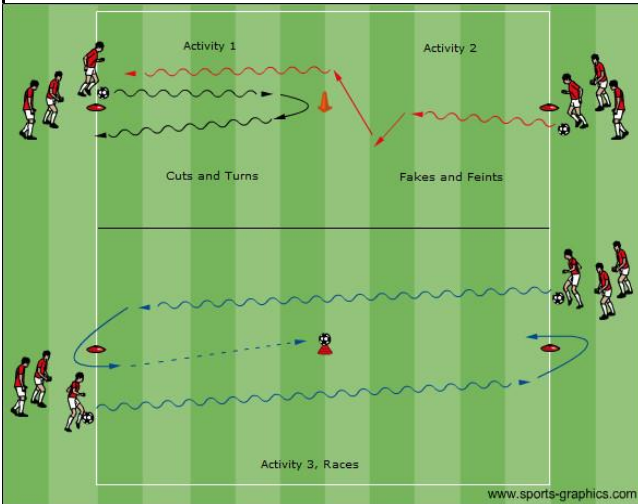


## U9/U10: Week Three

### Dribbling



#### Warm-up

Set up two or three 16yd long lines with a cone in the middle. Have 3 to 4 players at each end.

#### Activity 1

- 1) Inside/outside cuts, turn, dribble out.
  - 2) Toe taps, turn, dribble out.
  - 3) Drags/step-ups, turn Dribble out
- Review the Step-on and Step-over turns within #1, 2 and 3

#### Activity 2

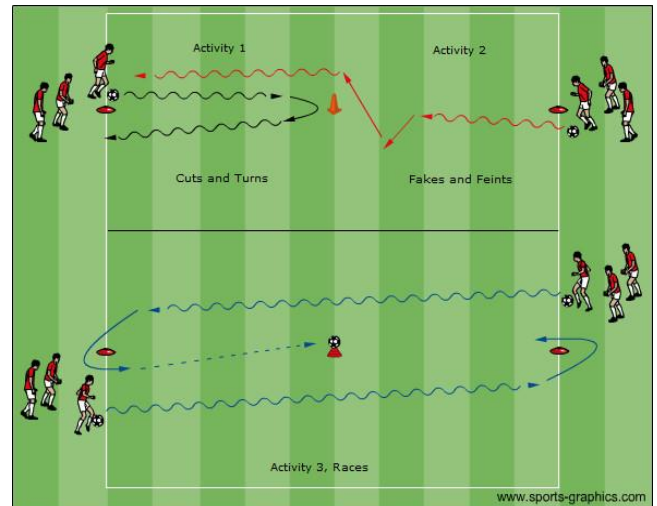
- 1) Dribble to middle cone with laces, perform the following moves, then dribble to end of opposite line.
  - A) Side-step
    - Fake behind w/one foot, take away outside with opposite foot.
  - B) Scissors
    - Fake in front of ball with one foot inside to out then take away with outside opposite foot.

#### Activity 3 See lower part of diagram

1) On the coaches signal, the first player on each end race across the middle of the area, and around the opposite cone. Then they come back across the middle of the area and go around their own 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.



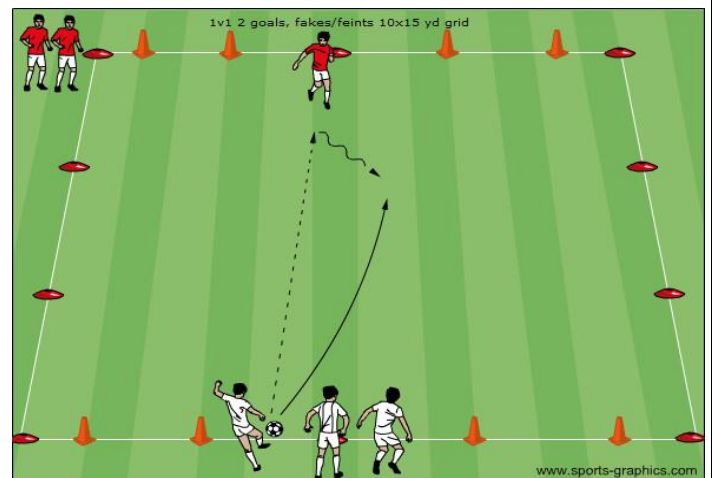
#### Dribbling Game

1v1

- 1) Players try to beat defenders and dribble through either end line goal. Must be under control.
- 2) Defenders should try to score quickly after winning the ball.

#### CP's

Change direction/change speed  
Use deceptive movement to off-balance the defender  
Recognize cues of when and where to dribble



#### Small Sided Games

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