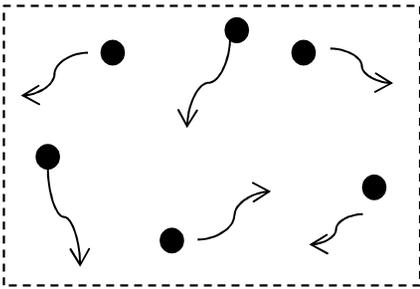
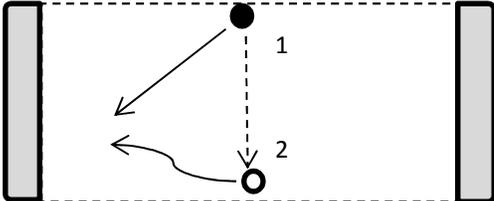
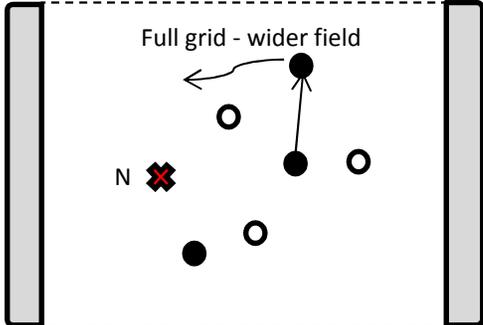


TOPIC: Dribbling 1 - Ball Control

AGE- U10/U12/U14

Session ID: ASA SKL 01

Amesbury Soccer Association, 2015

| Stage | Organization (Diagram and Rules) | Objectives | Coaching Points |
|---|--|--|---|
| <p>Technical Warm Up</p> <p>Time: 15 min</p> |  <p>Free Dribble - Find Open Space</p> <p>30 yd x 45 yd grid</p> | <ul style="list-style-type: none"> > Get as many productive touches on the ball as possible. Keep activity going - minimum explanation. > Introduce new challenges in a progression: Change Speed (1-4) Change direction (turns, step over) | <ol style="list-style-type: none"> 1 Keep the ball close and under control 2 Use BOTH feet 3 Look for open space- check shoulders- be aware of player movement |
| <p>Small Sided Activity</p> <p>Time: 20 min</p> | <p>half the grid from above</p>  <p>1 v 1 to end zones</p> <p>Player 1 passes to Player 2, then 2 attempts to dribble into either end zone to score.</p> | <ul style="list-style-type: none"> > Change speed and direction to elude defender and score. Deception! > Demonstrate shielding and dribbling on foot opposite defender to protect ball. > Demonstrate step over and turns. <p>See top sheet for more information.</p> | <ol style="list-style-type: none"> 1 Keep the ball close and under control 2 Change speed and direction to advantage 3 Protect the ball - shield if necessary then turn (Demonstrate shield!) |
| <p>Expanded Small Sided Activity</p> <p>Time: 25 min</p> | <p>Full grid - wider field</p>  <p>3 v 3 (or 4 v 4) to end zones Must dribble into end zone to score</p> <p>(variation: can only pass laterally or back, emphasizes forward dribbling)</p> | <ul style="list-style-type: none"> > Field wider than long to favor attacking team. > U12 / U14 - - may introduce neutral player if needed ("N" in diagram). > Emphasize dribbling component, but discuss supporting runs, width, depth, as needed to get them sorted | <ol style="list-style-type: none"> 1 First touch sets up dribble. 2 Change speed and direction to advantage 3 Shield / use body to protect ball while dribbling 4 Discuss decision to pass or dribble |
| <p>Scrimmage</p> <p>30 min</p> | <p>6 v 6 incl GKs Formation: 3-2 v 3-2</p> | | <p>Reinforce Coaching Points from Session!</p> |