



Tactics Manager

Date: 20/08/18

Duration: 1:00 hour

Time: N/A

Age/Level: U5 - U10

Session Improve the dribbling technique of the

Objective: players

Dribbling 1

Ball Mastery Warm Up 3



Description:

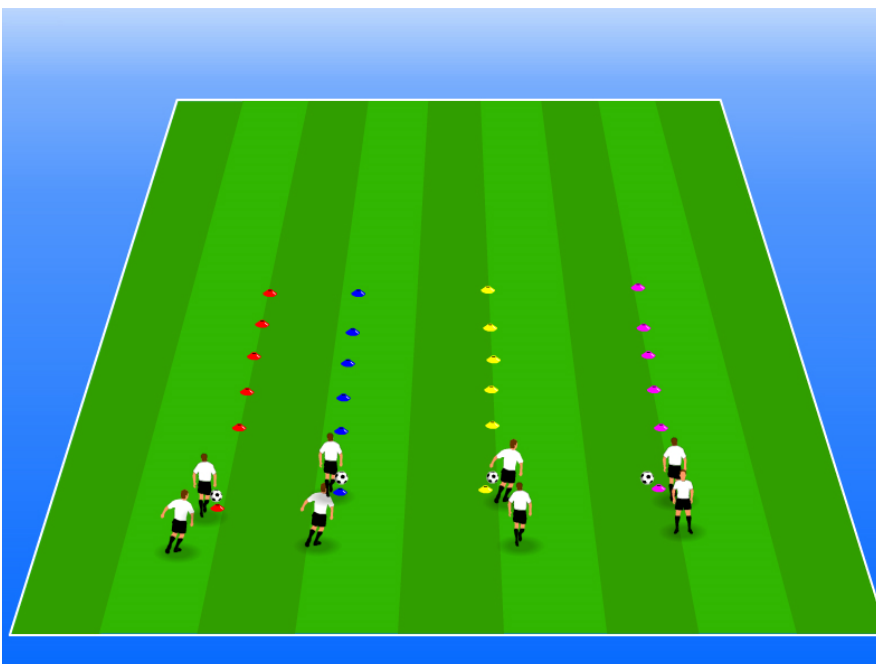
Players free roam around the area. Players experiment using different parts of their feet to see how the ball reacts while dribbling. Players can practice any footskills and ball mastery moves previously learned during this time. Progress to King of the Ring, having players who get eliminated doing toe taps before they can re-enter the game.

Duration: 10 minutes

Coaching Points:

Encourage creativity and use of the correct parts of the feet. Use just outside of the laces when dribbling for speed and accuracy. Get players to keep their heads up to see the space when dribbling so that they can dribble into spaces and avoid dribbling into anyone else.

Dribbling Technical Repetitions



Description:

Two players per team. One player is active, other is resting. Dribble through cones each way. Ensure technique prioritises skill. Ways of dribbling: Right foot only, Left foot only, Both feet, Rolls only, Inside of both feet, Outside of Both feet. Duration: 15 minutes

Coaching Points:

Keep knees bent to increase balance and to provide power into accelerating with the ball. Dribble using just outside of the laces to keep speed and control of the ball. Small and controlled touches to keep ball close to the cones. Ensure move body around the ball so it is easier to manipulate the ball in the desired direction. Push through the ball rather than kick for more controlled touches.



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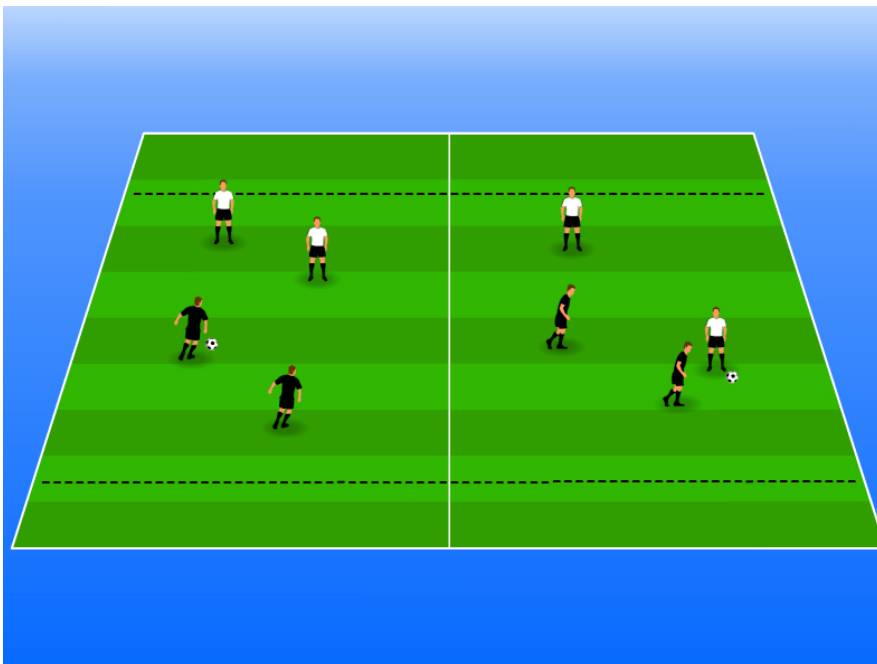
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2 v 2 End Zone Game



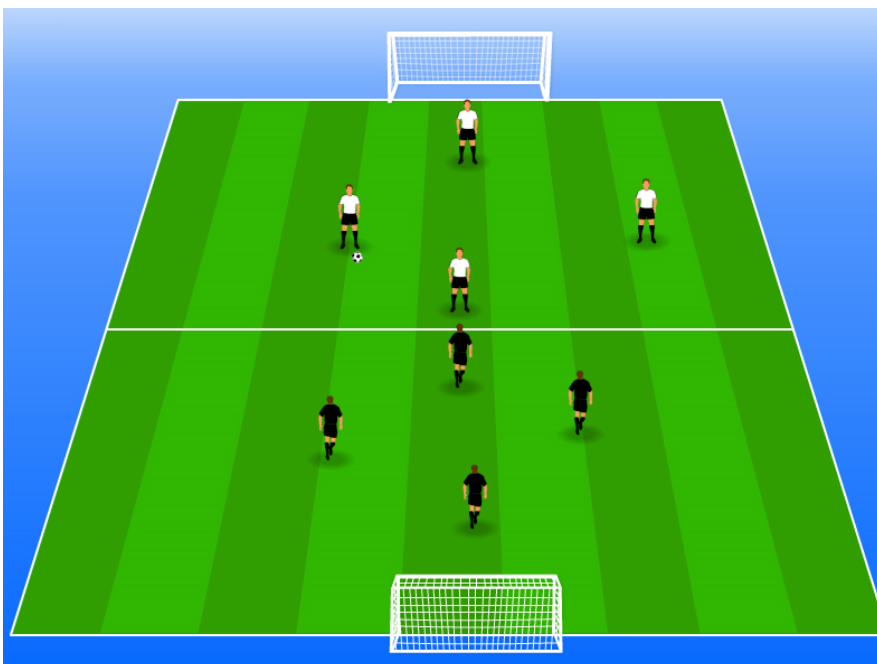
Description:

Clearly mark end zone for players to dribble into. Players score every time they dribble into the end zone in a controlled manor. Possessions changes when one team scores. Allow players to dribble in to restart the game. Duration: 20 minutes

Coaching Points:

Get head up to see space to dribble into. Do not bunch up as a team which would take the space of the player in possession. Think about which foot is best to dribble with to either keep it away from the defender or to keep the ball in bounds. Acceleration into the spaces when they are there to take the ball up to the end zone.

Game



Description:

Free Play Game. Duration: 20 minutes

Coaching Points:

Encourage creativity Praise good ideas and good practice Play game realistic rules