



## Ela Rec 1-4 Dribbling/Turning (2)

AGE: U6 / U11 / 8 players

TEAM FUNCTION:

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OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

 8

 60 min

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**Stuck in the Mud**

**1v1 Attacking Game**

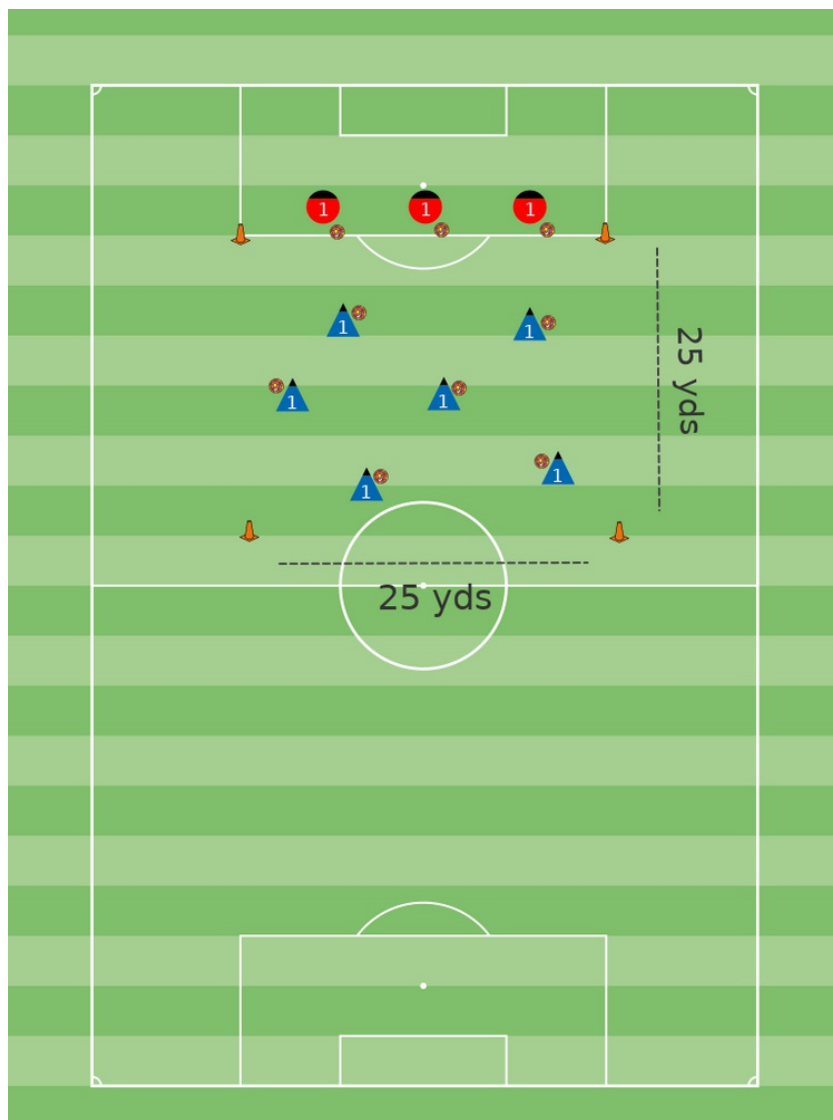
**3v3 Dribble to Score**

## Stuck in the Mud

OBJECTIVE: Improve the individual player's ability to control the ball dribbling

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. The triangles in the middle all have a ball. The circles on the outside have the ball and are the "taggers". When the coach says "go!" the taggers must dribble their ball into the grid and try to kick their ball into the ball of a player who is not a tagger. If a player in the middle gets "tagged" they are "stuck in the mud". The player must stand with his/her ball in her hands raised overhead and spread their legs wide on the ground. Another player who has not been tagged may free a tagged player by kicking his/her ball through a stuck player's legs. Play for 1 minute and rotate taggers.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U5 / U8

 **PLAYERS:**  
6 vs 3

 **DURATION:**  
9:0 min (5 x 1:0 min, 1:0 min rest)

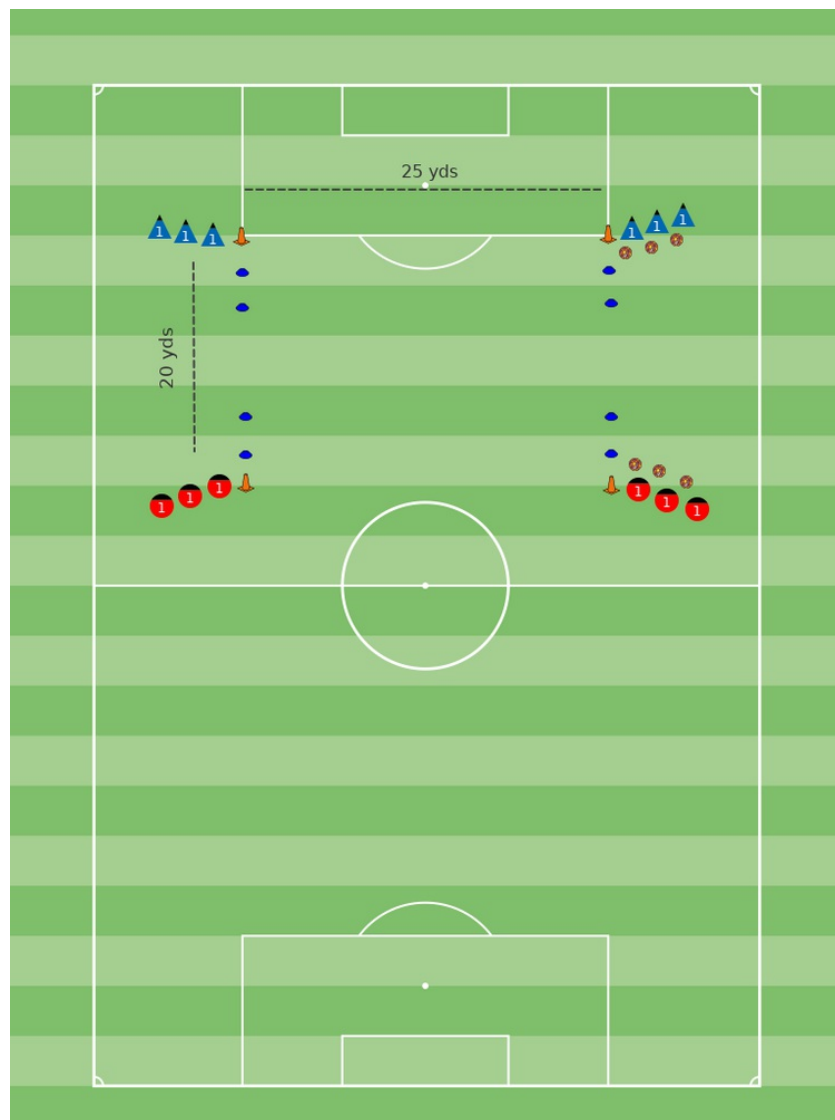
 **INTENSITY:**  
Hard

## 1v1 Attacking Game

OBJECTIVE: Improve the players' ability to dribble past an opponent in a 1v1 situation

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Field set up as shown. The blue player with the ball begins by serving to the red player without the ball. The red player tries to score in either goal on the opposite endline by dribbling through either cone goal (they may not pass/shoot through the goal). If the defender wins the ball he/she may attack the goals in the opposite direction. After the ball goes out each player moves to their teams line on the opposite side of where they just were. This time a red player serves to a blue player and the pattern repeats. Play for 3 minutes keeping score.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

### TEAM FUNCTION:

AGE:  
U7 / U13

PLAYERS:

DURATION:  
11:0 min (3 x 3:0 min, 1:0 min rest)

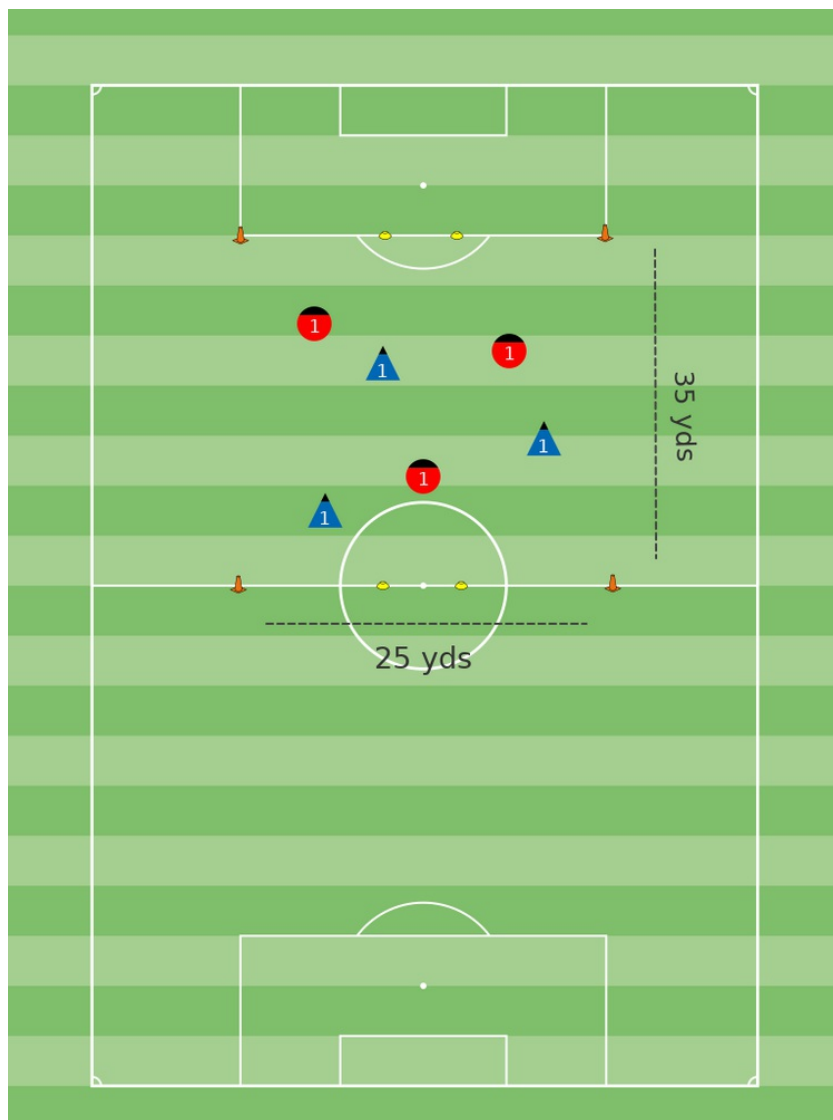
INTENSITY:  
Moderate

### 3v3 Dribble to Score

OBJECTIVE: Improve the individual player's ability to dribble around or away from opponents

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



#### ORGANIZATION:

3v3 game set up as shown. In order to score the team must DRIBBLE across the endline they are attacking (passing or shooting across is not a goal). If the player can successfully dribble through the yellow gate the goal counts as 3. Dribbling through either of the wide areas counts as 1. Play for 3 minutes & rotate teams or reset the score.

#### KEY WORDS:

#### GUIDED QUESTIONS:

#### ANSWERS:

#### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U9 / U13

 **PLAYERS:**  
3 vs 3

 **DURATION:**  
11:0 min (3 x 3:0 min, 1:0 min rest)

 **INTENSITY:**  
Very Hard

**Ela Rec 1-4 Dribbling/Turning (2)**

**OBJECTIVE:**

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**

**AGE:** U6 / U11 / 8 players

**TEAM FUNCTION:**

**DURATION:** 60 min

**Five Elements of a Training Exercise**

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there proper coaching, based on the age and level of the player?

**Training Session Self-Reflection Questions**

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

**NOTES:**