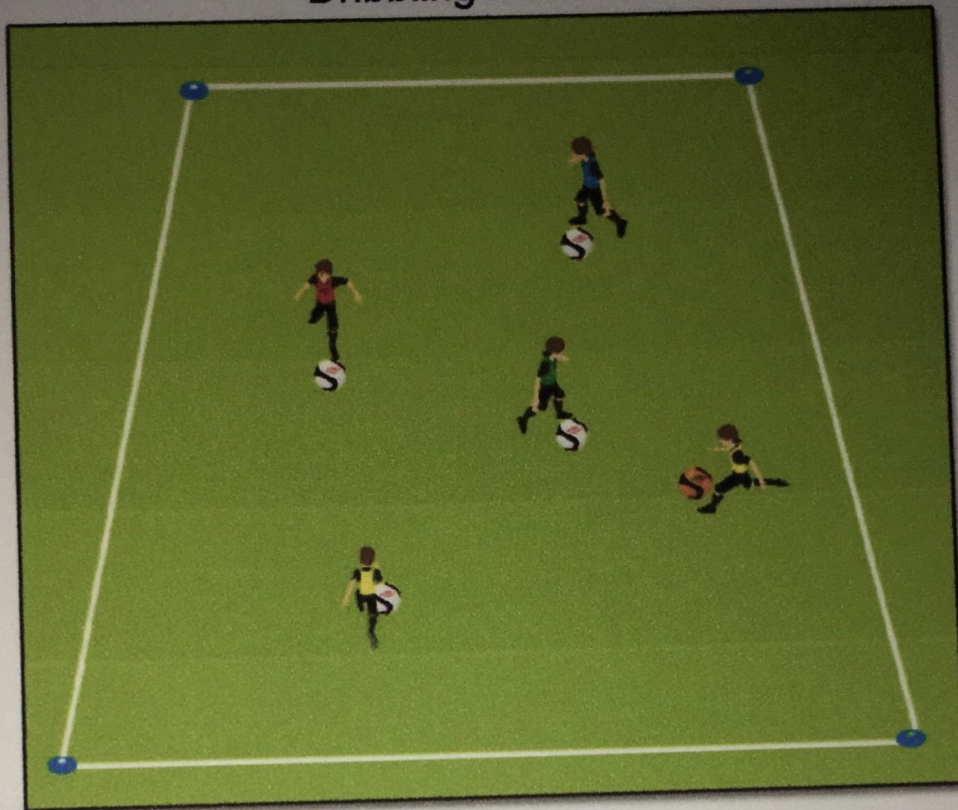


Week Three – Warm Up

Dribbling Marbles



OBJECTIVE:

Learning to dribble in tight spaces

TIME:

15 minutes

GRID SIZE:

20 yards (length) x 15 yards (width); vary size by age and ability

EQUIPMENT:

4 cones, one ball for each player

ORGANIZATION:

Every player with a ball

RULES:

Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

ACTIONS

Dribbling with different surfaces of the foot i.e., inside (big toe) instep, outside (little toe) and sole.


U9-U10 Ball Coordination

Review 1-6, 11 and introduce #12 Double Touch

U11 Ball Coordination

Review 1-6, 11 and 12

COACHING
POINTS:

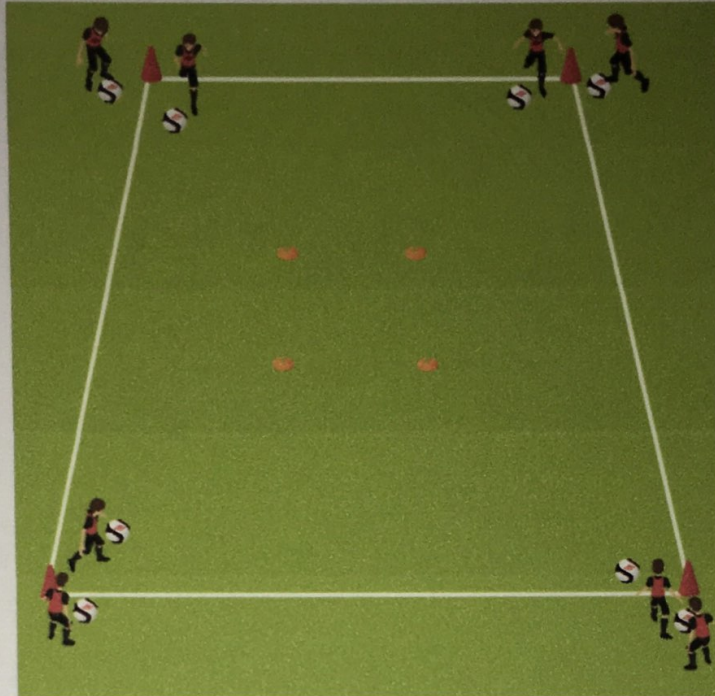
Teach  BALL MASTERY

VARIATIONS

Players must use right foot only, left foot only, must perform specific moves or combination of moves

Week Three – Tech Game

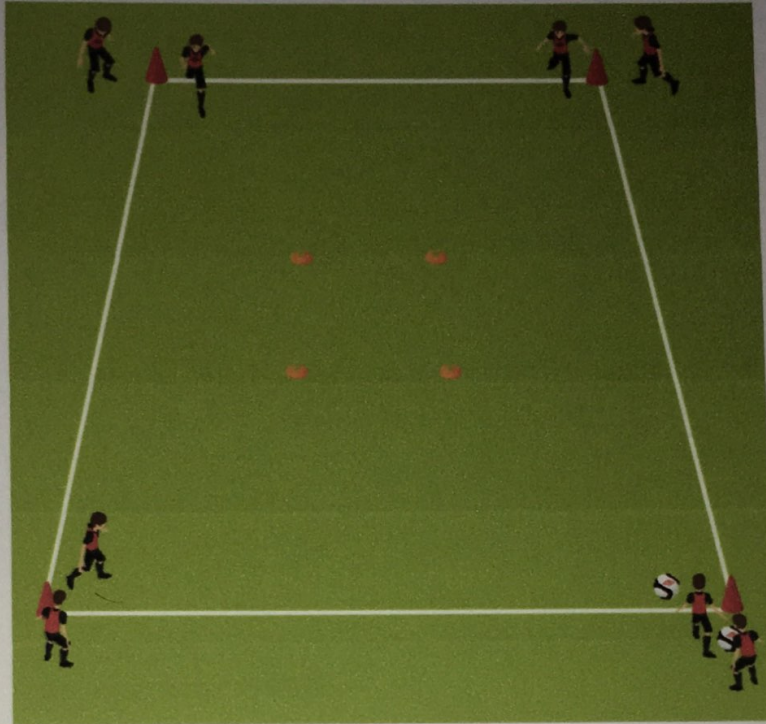
FOUR CORNERS X 2 WITH BALL



OBJECTIVE:	Improving Speed Dribbling
TIME:	15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width)
EQUIPMENT:	Four large cones, four small cones, ball for each player
ORGANIZATION:	Team split between four corners, each player with a ball. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES:	Dribble to opposite corner as quick as possible, next player dribbles when player in front reaches small rectangle.
COACHING POINTS:	Dribbling with speed (instep/laces)
VARIATIONS	<ul style="list-style-type: none">• Dribble with right/left foot• Dribble through rectangle (avoid opposing player)• Dribble around one cone (two cones)• Dribble around a cone and go to an open corner• Dribble around cone and pass back to teammate (repeat)

Week Three – Fitness

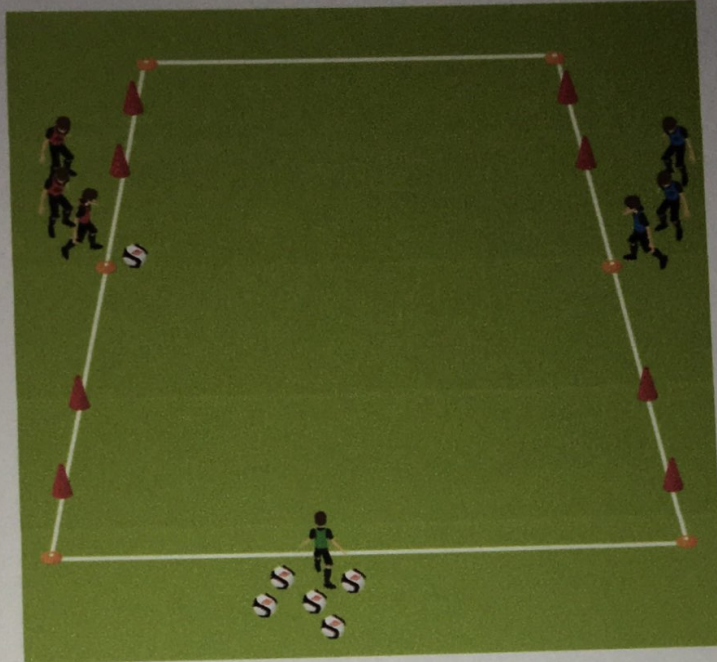
Four Corners X 2



OBJECTIVE:	Improving coordination, speed and agility
TIME:	15 minutes
GRID SIZE:	20 yards (length) x 15 yards (width); vary size by age and ability
EQUIPMENT:	Four large cones, four small cones
ORGANIZATION:	Team divided into four corners. Small rectangle in middle of grid 4 yards (length) x 3 yards (width)
RULES:	1st player runs to opposite corner as quick as possible, next player starts when player in front reaches small rectangle
COACHING POINTS:	Strong Effort
VARIATIONS	<ul style="list-style-type: none">Start on stomachStart sitting up, cannot use hands to get upRun through rectangle (avoid opposing player)Run around one cone (two cones)Run around a cone and go to a different cornerRun to rectangle, somersault continue to oppositeAdd ball for game like situations

Week Three – Technical/Tactical Game

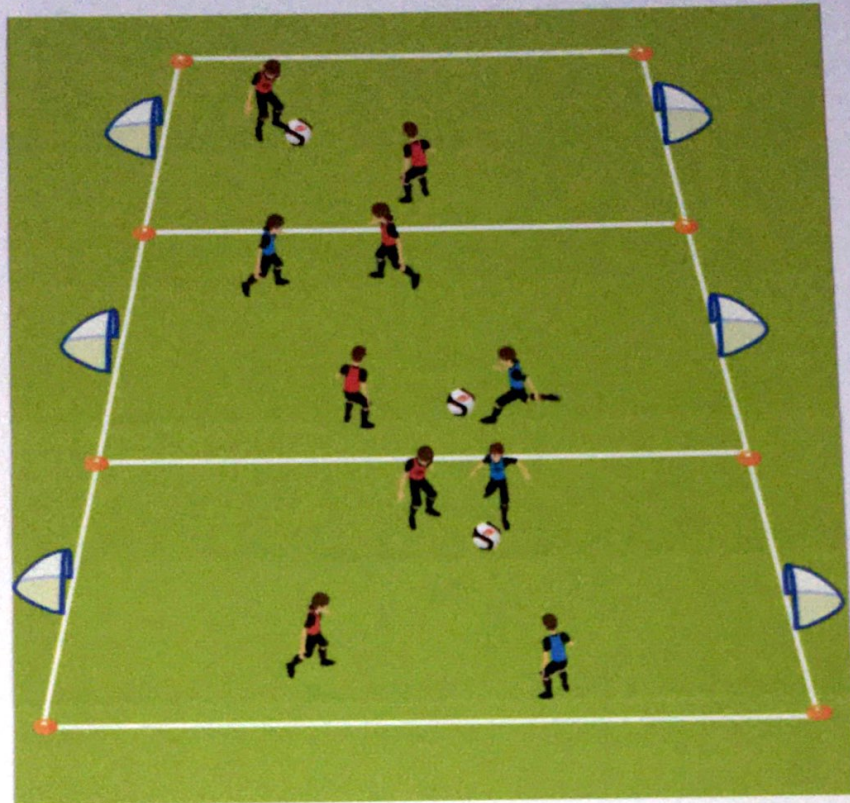
1 v 1 to four goals



OBJECTIVE:	Improving ability to go past a defender, changing the point of attack with the dribble
TIME:	15 minutes
GRID SIZE:	15 yards (length) x 20 yards (width); vary size by age and ability
EQUIPMENT:	6 small cones, 8 large cones, pinnies for 1/2 of team, supply of balls
ORGANIZATION	2 teams (one on each end of field). Players defend two goals and attack two goals
RULES:	Players can enter the field when coach passes ball. Attacking player attempts to score on either goal, if defending player wins ball, they can score on their respective goals. Coach plays next ball in when ball goes out of play. Switch attacking and defending roles after 3-4 minutes.
COACHING POINTS:	Make defender move (dribble at angles, not straight) Change direction with a burst of speed Use dribbling moves, which ones are most effective? Transition from attack to defense; and defense to attack.
VARIATIONS	Two attackers vs. one defender Two attackers vs. two defenders

Week Three – Final Game

2 V 2 Tournament



OBJECTIVE:	Improving play in 1 v 1 and 2 v 2 situations
TIME:	15 minutes
GRID SIZE:	3 grids side by side, 15 yards (length), 10 yards (width), goals 4 yards width
EQUIPMENT:	12 cones (for goals only) No sidelines
ORGANIZATION:	Divide team into pairs (six pairs)
RULES:	Teams play 2 v 2 and rotate opposition every 3 minutes. Team with most wins tournament.
COACHING POINTS:	Decision making dribbling vs. passing Players dribbling with head up (vision) Combination Play (wall pass) Transition from attack to defense and defense to attack
VARIATIONS	Players rotate partners (individual score)