

Lesson 4

AGE GROUP: U9 or U10 players

TOPIC: Individual Attacking - Dribbling to Keep Possession

OBJECTIVES: Teach players how to dribble, shield and turn with the ball. Establish situations (even and odd numbers) on the field where players should look to dribble, shield or turn in order to retain possession of the ball.

Warm Up Activity

Area: 25 x 35 yards with small gates spread around the area.

Organization: Each player has a ball.

1. Dribble through as many gates as possible in 30 seconds.
2. Dribble through red then yellow gates. How many in 30 seconds?
3. Use a turn to back through each gate you dribble through. How many?
4. Place players into pairs, one player has to lose the other.

Coaching

Points

- Dribbling Technique.
- Turning Techniques.
- Small dribble touches into the gate (crowded space) and big touches in between gates (when space opens up).



Small Sided Activity

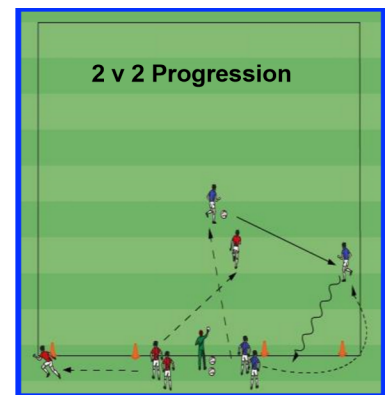
Area: 25 x 35 with two dribbling goals on one end line.

Organization

- Place players into teams, one team each side of coach.
- Play 1 v 1, dribble through either goal to score.
- Progression: Play 2 v 2, first player runs directly into the area, the other runs around the closest goal.

Coaching Points

- When & how to turn?
- When & how to shield?
- Dribble vs. run with the ball?
- Support: angle and distance.



Expanded Small Sided Activity

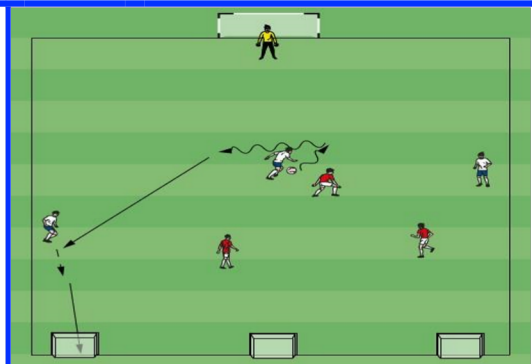
Area: 25 x 35 with one large goal and three small goals.

Organization

- Place players into two teams, one defends the goal with a gk, the other defends the three small goals.
- Play throw ins and offside, no corners.

Coaching Points

- When, Where & Why to Turn.
- Safety vs. Risk.
- Passing & Receiving Technique.
- Supporting options from teammates.



Game

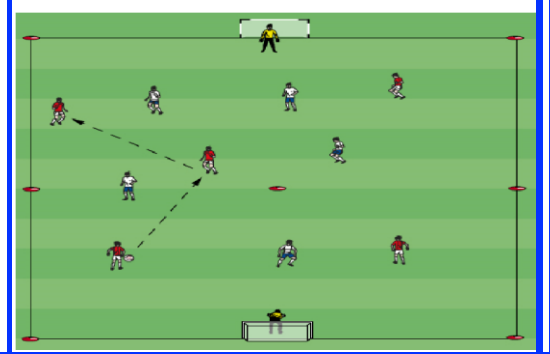
Area: 50 x 60 yards with two large goals.

Organization:

- 5 v 5 with GKs.
- Game rules apply.

Coaching Points

- When, Where & Why would we dribble to keep possession.
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.



Lesson 5

AGE GROUP: U9 or U10 players

TOPIC: Individual Attacking - Dribbling to Keep Possession

OBJECTIVES: Teach players how to dribble, shield and turn with the ball. Establish situations (even and odd numbers) on the field where players should look to dribble, shield or turn in order to retain possession of the ball.

Warm Up Activity

Area: 5 x 15 yards per pair.

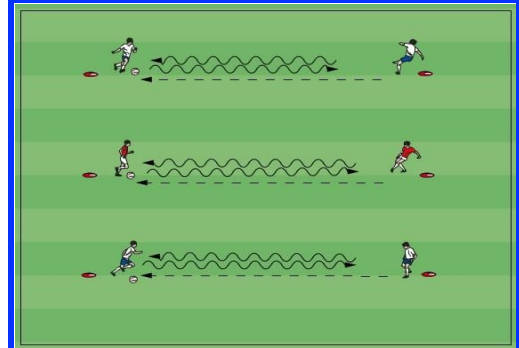
Organization:

1. Place players into pairs, one ball between two.
2. Player with the ball passes to their teammate who receives, dribbles towards them and uses a turn to change direction and dribble back to their own cone.
3. Repeat in the opposite direction.

Coaching Points

Dribbling Technique.

- Turning Techniques.
- Small dribble touches towards your teammate (defender) and run with the ball out of the turn.



Small Sided Activity

Area: 20 x 15 yards with two dribbling goals on each side line.

Organization

- Place players into teams, one team each side of coach.
- Play 1 v 1, dribble through either goal to score.
- Progression: Play 2 v 2, first player runs directly into the area, the other runs around the closest goal.

Coaching Points

- When & how to turn?
- When & how to shield?
- Dribble vs. run with the ball?



Expanded Small Sided Activity

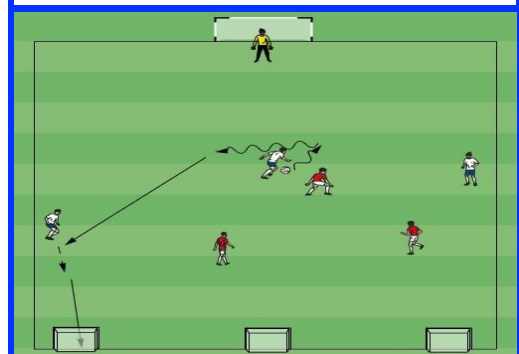
Area: 25 x 35 with one large goal and three small goals.

Organization

- Place players into two teams, one defends the goal with a gk, the other defends the three small goals.
- Play throw ins and offside, no corners.

Coaching Points

- When, Where & Why to Turn.
- Safety vs. Risk.
- Passing & Receiving Technique.
- Supporting options from teammates.



Game

Area: 50 x 60 yards with two large goals.

Organization:

- 5 v 5 with GKs.
- Game rules apply.

Coaching Points

- When, Where & Why would we dribble to keep possession.
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

