



Description

Session Objective

- Improve players' ability to keep the ball under close control whilst dribbling.

Part 1 (10 mins)

Organisation

- 15m x 15m area
- 1 ball per player

Explanation

- Each player with their own ball to dribble the ball inside the area, attempting not to run into other players

Progressions

- Introduce different dribbling restrictions
 - Only certain parts of the footy (inside, outside, sole)
 - Opposite foot only
- Introduce a whistle and when it is blow
 - Players turn and change direction (introduce turns - Cruyff turn, etc.)
 - Players are to accelerate into space
- Introduce 3 defenders (take their balls out of the game)
 - Defenders have 1 minute to win as many balls as possible from others
 - Rotate and give every player chance to be a defender

Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball in smaller areas
- Keep your touches **close to your foot** to maintain control
- **Accelerate into space** when you can find it
- Encourage the use of **both feet to dribble**, as well as **different surfaces**



Part 2 (10 mins)

Organisation

- 4 cones per group
- 1 ball per group

Explanation

- Play several relay races to encourage close ball control
- All players to complete the circuit 2-3 times (your discretion)
- Next player in line is not to go until their teammate returns
- Sit on the floor once your whole team has finished - first team home wins

Races

- **Up and back (demonstrated in red)** - Run straight to the end cone (and around it) and back to the start
- **Yoyo (demonstrated in blue)** - Run to first cone & turn back to the start, run to second cone & turn back to the start, etc.
- **Around the world (demonstrated in black)** - Dribble to the first cone and do a full circle around it, repeat with all other cones including on the way back
- **Weave (demonstrated in yellow)** - Add extra cones per lane, and have players weave in and out of the cones from side to side on the way up and back

Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball in smaller areas
- Keep your touches **close to your foot** to maintain control
- **Accelerate into space** when you can find it
- **Decelerate** as you approach a cone or are about to turn
- Encourage the use of **both feet to dribble**, as well as **different surfaces**



Part 3 (15 mins)

Organisation

- 2 pitches (depending on numbers)
- Pitches roughly 20m long x 10m wide

Explanation

- 2x 3v3 games
- Directional game, 1 team attacking each way
- To score a goal, team is to run the ball in control over the opponent's end line
- Vary the restarts - e.g. score you retain, coach to feed the balls in, players start from own defensive line

Progressions

- Reward extra points if you can stop the ball dead on opponent's end line (encourage greater close control)
- Make the pitch bigger (step down) or smaller (step up)

Coaching Points

- **Eyes up** to be able to see other players and space
- **Eyes down** to keep control of the ball in smaller areas
- Keep your touches **close to your foot** to maintain control
- **Accelerate into space** when you can find it
- **Decelerate** as you approach a cone or are about to turn
- Encourage the use of **both feet to dribble**, as well as **different surfaces**



Part 4 (10 mins)

Organisation

- All players
- Pitch roughly 30m x 20m

Explanation

- 6v6 game (include GKs if you have them)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Let the kids play

