



WARM UP (10-15 mins) – Dribbling

Everyone has a ball players are working with there right foot, left foot, right and left foot, different skills, and different turns.

COACHING POINTS:

- Good dribbling technique.
- Change of direction very fast.
- Keeping the head up.

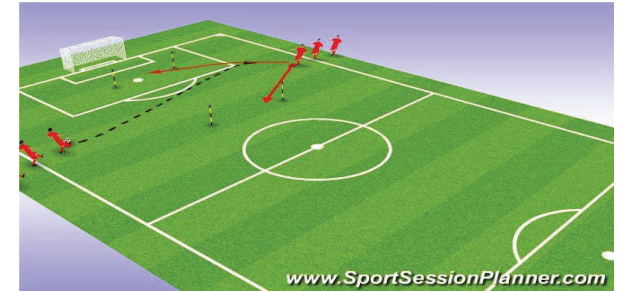


THEME #1 (20 mins) – SAQ

Players will do Speed and Agility without the ball and than will move on to working with the ball- first 5 minutes without the ball- the next 15 minutes with the ball. Progress to keeping the ball close and have them do different variations of dribbling.

COACHING POINTS:

- Good technique.
- Bending your knees.
- Keeping the ball close.
- Moving your arms

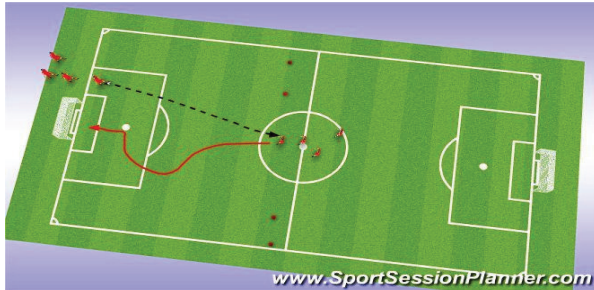


THEME #2 (20 mins) – Turn and Burn

1v1 focusing on a players first touch. Must play it either to the right side or the left side. Can only dribble through the polls.

COACHING POINTS:

- Good first touch.
- Getting a touch into space.
- Different Skills.
- Going Direct.



THEME #3 (20 mins) – 1v1 Exercise

1v1 goal is for attackers to go direct and to do a lot of skills. If the defender steals the ball they have 2 goals they can score on.

COACHING POINTS:

Going direct with full speed.

Changing direction.

Focus on players taking a touch direct and going good touches.

Movement off the ball (being an option).



THEME #4 (15 mins) – Small-Sided Game

Bring goals forward. Play 3v3 or 4v4 - you may need to set up two games.

Allow game to flow however make sure the focus is still on 1v1s and give more points if players perform a skill successfully. Continue to make correct coaching points.

COACHING POINTS:

Let them play.

Make sure touches are direct and going forward.

Use a lot of skills and be confident with the ball.

Movement off the ball, a lot of runs and making sure you are available to receive the ball.



THEME #4 ALTERNATE (15 mins) – Scrimmage

If space available - Allow the players to play with no restrictions. You can expand this to one game (6v6; 7v7) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

Approach.

Execute.

Accelerate.