

Session Plan 1 – Topics: 1v1 Dribbling to Elude, Escape, & Eliminate

WARM UP: TAG

[VIDEO LINK CLICK HERE](#)



Time: 10mins

Size: 10 x 10 yards to 20 x 20 yards (depends on # of players)

Organization / Equipment: Cones & Balls

Explanation: General movement with the ball (2mins warm-up), then three – ten players try to avoid being tagged by the tagger or taggers. Switch roles on a tag. All players must have their ball close and under their knee.

Coaching Points:

- i) Close dribbling & under the knee
- ii) Split vision – see the ball and the space in front of you
- iii) Control with the different surfaces of the foot (top, sides, and bottom)
- iv) Speed and a change of direction when pressured
- v) Deception - Can you use a feint to get away from the defender?

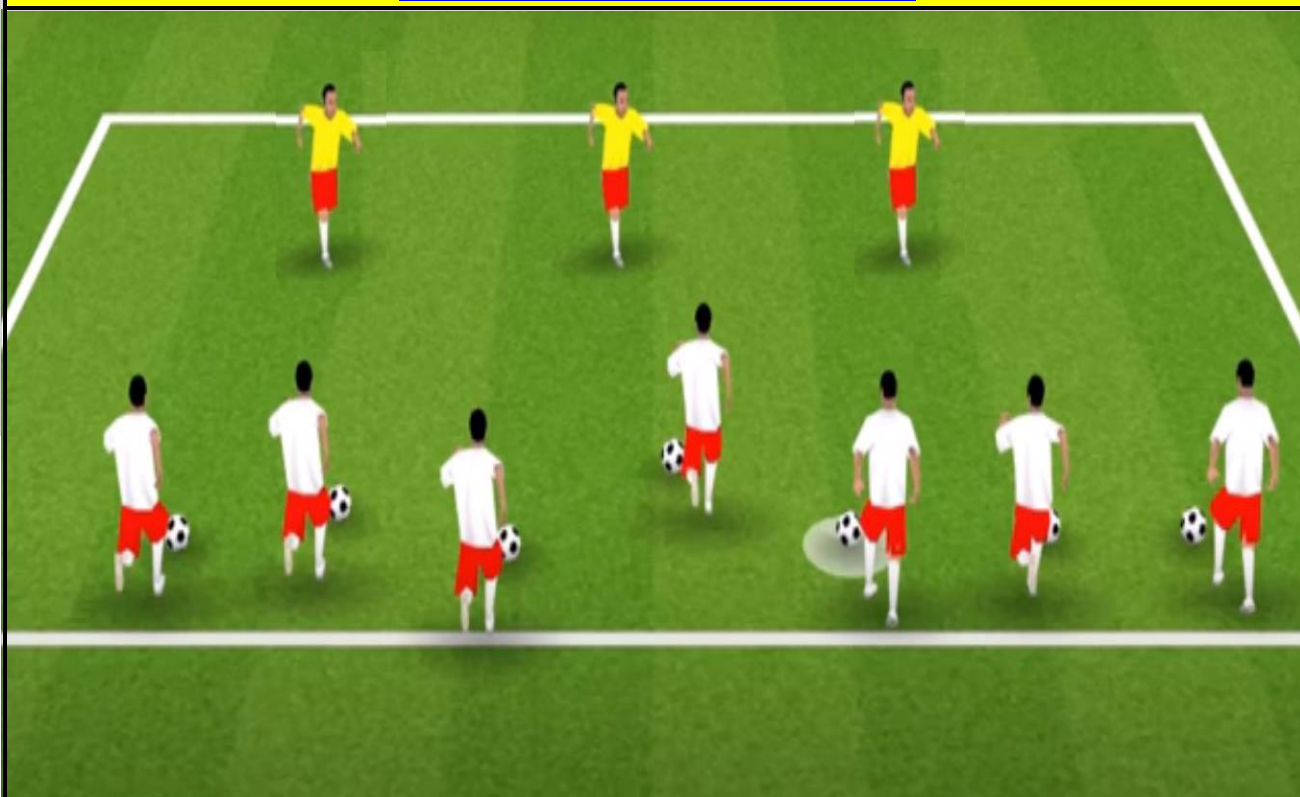
Intervention Key Questions:

- i) Why is it important to always have your eyes up when dribbling?
- ii) What different parts of the foot can we use?
- iii) How far away should you do my move / feint?

Constraints to Modify or Challenge: Size of playing area or the number of taggers.

STATION 1: BRITISH BULLDOG

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Time: 20mins

Size: 35x 25 yards

Organization / Equipment: Cones & Balls

Explanation: Players try to avoid having their ball kicked out by the bulldogs/taggers. Coaches are the taggers at first. Ensure players make it safely the first few rounds to foster the fun and development. If they reach the far-line they have survived the round

Coaching Points:

- vi) Close dribbling under the knee
- vii) Dribble at defender to freeze them
- viii) Distance & timing of feint/move
- ix) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

- i) Why is it important to always have your eyes up when dribbling?
- ii) How far away should you do your move / feint?
- iii) How can I fool the defender? What moves could you do?

Constraints to Modify or Challenge: Width of playing area or the number of taggers.

STATION 2: Great Glob Dribbling Game

[VIDEO LINK CLICK HERE](#)



SMALL SIDED END GAME 4v4

Time: 20mins

Size: 30x30 yards

Organization / Equipment: Cones, Balls, Pinnies & a Goal

Explanation: Players must elude the Great Glob (the coaches). If the player is caught, they then link arms to make the Great Glob larger. Once in a group of four the Glob can split into two-twos.

Maximize participation, creativity, & fun.

Coaching Points:

- i) Dribble at defender to freeze them
- ii) Distance & timing of feint/move
- iii) Be deceptive and deliberate – have a move in mind! Use it!

Intervention Key Questions:

- i) Why it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

Constraints to Modify or Challenge: Size of playing area. Take away the goals & use endzones.

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions

Constraints to Modify or Challenge: Take away goals & play with endzones. Dribble past defender to score 3points!