



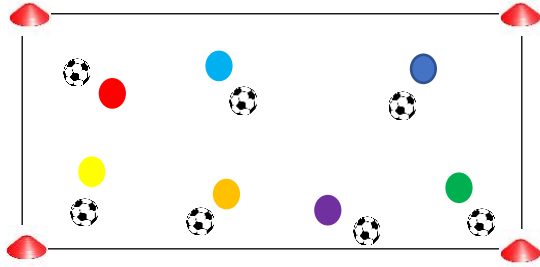
GOAL	Ball Dribbling and Control				
PLAYER ACTIONS	Running with Ball, Close Ball Control, Using Both Feet				
KEY QUALITIES	Being Comfortable with the Ball Running or Close Movement				
MOMENT	All	DURATION	90-Min	PLAYERS	10 to 12

U9+

SKILL ACQUISITION: Ball Mastery: Being able to be comfortable with the ball; Being able to run short distance with ball vs long distance with the ball; Using both feet through close obstacles; Learning to master touch of the ball. **Vision:** Being able to look up to see the playing surface; **Movement:** Looking for the open space and move to while keeping control

1st PLAY PHASE (Touch Warm-Up with Ball)

DURATION: 25-MIN - INTERVALS: 2 ACTIVITIES: 12-MIN - REST: 1-MIN



OBJECTIVE: This is a warm-up to get players moving through the space using various ball control touches.

PLAYER ACTIONS: Players are to complete each instructed ball control technique and move throughout the space without running into each other.

ORGANIZATION: Set up a grid of approximately 15L x 10W as shown in the diagram. Each player is to have a ball for the session. Each activity is to be demonstrated by the coach first before the players are to perform the skill. **Activity 1:** players are to move through the grid avoiding touching each other but only using the outside of their foot alternating left and right as needed. **Activity 2:** players are to piston the ball between their inside left and right foot while moving through the grid. **Activity 3:** players are to toe-tap on top of the ball while also moving the ball. Players are to move forward and backward to avoid making contact with other players. **Activity 4:** players are to dribble through the grid and when they get close to a player, bend a knee on top of the ball to stop it, then proceed in a different direction. **Activity 5:** players are to dribble freely through the grid. When they are close to a player, scissor left or right over the ball and use their opposite outside foot to change direction. **Activity 6:** players are to dribble through the grid. When close to a player, they are to move around the player using roll-over technique and continue to dribble. **RULES:** Players are to focus on close contact with the ball. If the players are not in control, stop the skill and get players to re-set. It is important to do the skill properly.

KEY WORDS: Close control of the ball. Be aware of what is around you when doing your skill in the grid.

GUIDED QUESTIONS: How do you know what is around you?

ANSWERS: As you move through the grid, it is important to also look up.

Note: Depending on the number of players, you may need to set up more than one grid or make the grid larger. As players gain confidence with their touch, some skills they will be able to do without looking at their feet/ ball.

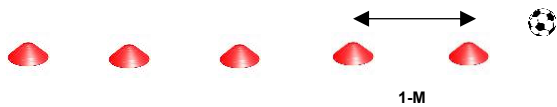
#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Dribble Alternating Outside (LT/ RT)	2	2
2	Piston Between (LT/ RT)	2	2
3	Toe-Taps Alternating (LT/ RT)	2	2
4	Dribble and Stop with Knee	2	2
5	Scissor (LT/ RT)	2	2
6	Roll-Over (LT/ RT)	2	2

4-CORNER DEVELOPMENT SUMMARY

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with the Ball - Slowing down - Balance - Coordination - Agility 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Close ball control - Use of both inside and outside of the foot 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Watching the ball and where space is - Concentration on body position - Building confidence with the ball

CORE ACTIVITY: Movement with Close Ball Control

DURATION: 20-MIN - INTERVALS: 2 ACTIVITIES 8-MIN - REST: 1-MIN



OBJECTIVE: Close ball control through cones using various ball control techniques.

PLAYER ACTIONS: Players are to complete each instructed ball control technique and move through the cones.

ORGANIZATION: Set up a line of cones 1-meter apart as shown in the diagram. 5-cones in total. Try and set up a line of cones for each player so that players are not having to stand around and wait for a turn. Each activity is to be demonstrated by the coach first before the players are to perform the skill. **Activity 1:** players are to start at the first cone where they are to dribble the ball through the cones using only the inside of both left and right foot. **Activity 2:** players are to start at the first cone where they are to dribble the ball through the cones using only the outside of both left and right foot. **Activity 3:** players are to dribble through the cones using inside and outside of the foot. On the second interval, the player is to switch up starting with the opposite foot. **Activity 4:** players are to dribble to first cone, and of the ball through the cone advancing the ball forward. **RULES:** Players are to focus on close contact with the ball. If the players are not in control, stop the skill and get players to re-set. It is important to do the skill properly. Additionally, players are to focus on their balance. If a player needs to, they can take an extra touch but need to work up to being able to take a single touch through the cones.

KEY WORDS: Close control of the ball. Watch balance while working the ball through the cones. Shifting balance to help set-up the next touch of the ball is important.

GUIDED QUESTIONS: What is close ball control so important?


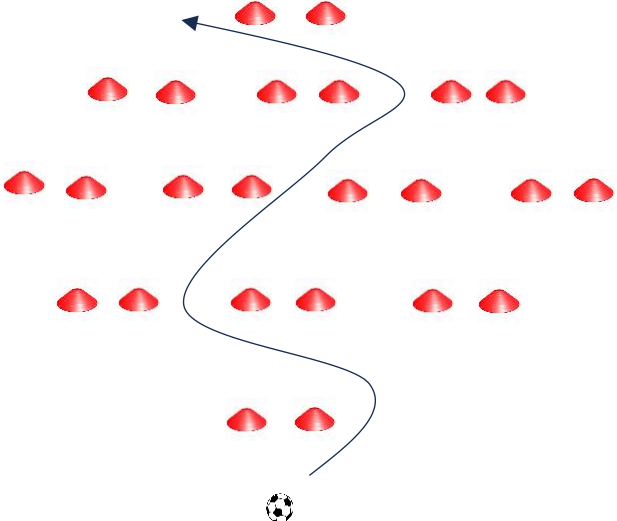
ANSWERS: If you lose the ball, you lose the advantage to control the game.

Note: As players grow in skill, look to add a speed component to the drill to help challenge players more.

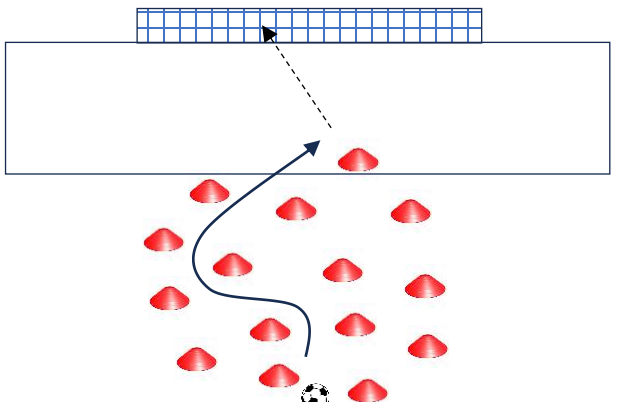
#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Inside Dribble (LT/ RT)	2	2
2	Outside Dribble (LT/ RT)	2	2
3	Inside/ Outside Dribble (LT/ RT)	2	2
4	Roll to Inside (LT/ RT)	2	2

4-CORNER DEVELOPMENT SUMMARY






Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with the Ball - Balance - Coordination - Agility 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Close ball control - Use of both inside and outside of the foot 	<ul style="list-style-type: none"> - Listening to instruction on drill - Celebrate correct technique - Competition with others in a race 	<ul style="list-style-type: none"> - Concentration on body position - Building confidence with the ball - Seeing improvement in skill development

	GOAL	Ball Dribbling and Control				U9+
	PLAYER ACTIONS	Running with Ball, Close Ball Control, Using Both Feet				
	KEY QUALITIES	Being Comfortable with the Ball Running or Close Movement				
	MOMENT	All	DURATION	90-Min	PLAYERS	
CORE ACTIVITY: Movement through Pyramid		DURATION: 25-MIN - INTERVALS: 2 ACTIVITIES 12-MIN - REST: 1-MIN				
		OBJECTIVE: Using ball dribbling skills to move through the cones. PLAYER ACTIONS: Players are to go through the cones using the skills and techniques that were used in the first two drill sessions. ORGANIZATION: Sets of two cones are to be set-up as shown in the diagram. Each set of cones are to be up to 1-meter apart. Players are to dribble the ball through the pyramid. Each time they go through the pyramid, they are to pick different directions and continue to use their ball dribbling skills. As the player gets more comfortable, introduce a speed element to the drill to focus the players to simulate a more game-like pace. RULE: If players are not using the skills that were covered in the first two sessions, then introduce a rule where they cannot use the same dribble skill twice in a row. For example, their first move is an outside foot touch. The second movement must be something different. This is to help players grow confidence in attacking the pyramid with skills. KEY WORDS: Close control of the ball. Watch balance while working the ball through the cones. Shifting balance to help set-up the next touch of the ball is important. GUIDED QUESTIONS: Why is it important for players to use many different ball dribbling skills? ANSWERS: Allows players to develop different solutions to challenges they are faced with on the field when dribbling the ball. It also makes a player less predictable with the opposition when they are displaying more well-rounded ball dribbling skills. Note: As players grow in skill, look to add a speed component to the drill to help challenge players more.				

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with the Ball - Balance - Coordination - Agility 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Close ball control - Use of both inside and outside of the foot 	<ul style="list-style-type: none"> - Listening to instruction on drill - Celebrate correct technique - Competition with others in a race 	<ul style="list-style-type: none"> - Concentration on body position - Building confidence with the ball - Seeing improvement in skill development

GAME SIMULATION: Movement with a Shot on Goal		DURATION: 20-MIN - INTERVALS: 1 ACTIVITIES 20-MIN - REST: 0-MIN			
		OBJECTIVE: Using ball dribbling skills to move through the cones and make a quick shot on goal. PLAYER ACTIONS: Players are to quickly go through the cones using various ball dribbling techniques and end with a shot on goal. ORGANIZATION: Coach is to set-up various cones in a cluster as shown in the example diagram. Cones are to be set-up apart enough for players to be challenged but also have an opportunity to successfully complete the exercise. A goal is to be set-up without a keeper. Players are to go through the cones at pace using various touches. Once the players are through the cluster of cones they are to take a quick one-time shot on goal. RULE: As players get through the session, the coach can pick a spot that players are to target for their shot. KEY WORDS: Close control of the ball. Watch balance while working the ball through the cones. Shifting balance to help set-up the next touch of the ball is important. Use speed to help simulate game situations. GUIDED QUESTIONS: Why is it important for players to use many different ball dribbling skills? ANSWERS: Allows players to develop different solutions to challenges they are faced with on the field when dribbling the ball. It also makes a player less predictable with the opposition when they are displaying more well-rounded ball dribbling skills. Note: Players should be able to take a shot on goal without looking at the goal to simulate a quick strike on goal.			

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Running with the Ball - Balance - Coordination - Agility - Striking the ball - Speed 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Close ball control - Use of both inside and outside of the foot - Using ball dribbling skills from session - Striking the ball correctly for accurate strike 	<ul style="list-style-type: none"> - Listening to instruction on drill - Celebrate correct technique - Competition with scoring goals - Players congratulating player after goal 	<ul style="list-style-type: none"> - Concentration on body position - Building confidence with the ball - Seeing improvement in skill development - Feeling of success with a ball striking on goal

	GOAL	Ball Dribbling and Control				U9+
	PLAYER ACTIONS	Running with Ball, Close Ball Control, Using Both Feet				
	KEY QUALITIES	Being Comfortable with the Ball Running or Close Movement				
	MOMENT	All	DURATION	90-Min	PLAYERS	
FIVE ELEMENTS OF TRAINING EXERCISE			TRAINING SESSION SELF-REFLECTION QUESTIONS			
<ol style="list-style-type: none"> ORGANIZED: Is the exercise organized the right way? GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? REPETITIONS: Are there repetitions when looking at the overall goal of the session? CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) COACHING: Are the coaches comfortable with the session and able to present the details to their players? 			<ol style="list-style-type: none"> What was the goal of the training session? What did you do well in the training session? What could you do better? 			
SESSION PLAN SYMBOLS						
 Training Disc  Pass Ball  Running w/o Ball  Run with Ball						