



Club:	Weyburn Soccer Association
Session:	10
Team:	U14
Session Topic:	Dribbling

Stage of Session	Information	Time
Warm Up		5 Minutes
<b>Stage 1: Unopposed</b>		<b>7 Minutes</b>
<b>Field Demo</b>		<p><b>Implementation</b> – Although this is a simple drill, it is something that should be practiced to improve. Each player has a ball and is allowed to dribble around the grid. The coach calls out go and players have 1 minute to dribble through as many gates as possible. Then repeat and challenge players to beat their score. Repeat then using weaker foot only.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players keep the ball close and have lots of little touches</li> <li>• Head up and looking for space</li> <li>• Accelerate through gates towards the next one</li> </ul>
<b>Stage 2: Opposed</b>		<b>7 Minutes</b>
<b>Field Demo</b>		<p><b>Implementation</b> – Same as previous only there are now a designated number of defenders. Players have to drive through gates whilst avoiding defenders. If defender gets the ball they must switch roles. Defender can only attempt to get the ball for 4 seconds.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players keep the ball close and have lots of little touches</li> <li>• Head up and looking for space</li> <li>• Accelerate through gates towards the next one</li> <li>• Ask players what they could use to avoid defenders? Feints, moves, bursts of pace. Ask them to do this.</li> </ul>
<b>Stage 3: Fun Game/Game Related</b>		<b>10 Minutes</b>
<b>Field Demo</b>		<p><b>Implementation</b> – Use half way line to goal line in length to make a field and cones to make sidelines. Players are split into 2 teams. They need to work as a team, passing the ball and trying to dribble past the opposition, getting the ball into the end zone for a point. Players are only allowed to pass the ball backwards, but they can dribble forwards and backwards.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Moving with the ball into space</li> <li>• Use of moves, eg stop and start to go around defenders</li> <li>• Keep ball close when dribbling</li> <li>• Keeping head up at all times</li> <li>• COMMUNICATION!</li> </ul>
<b>Game Time</b>		