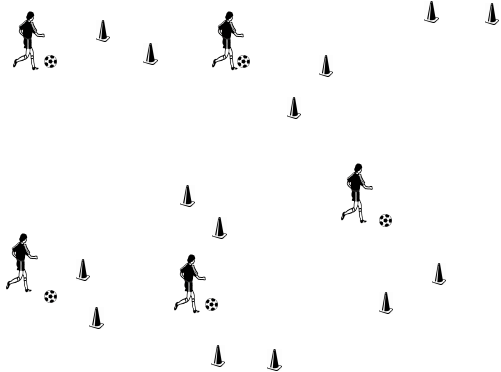
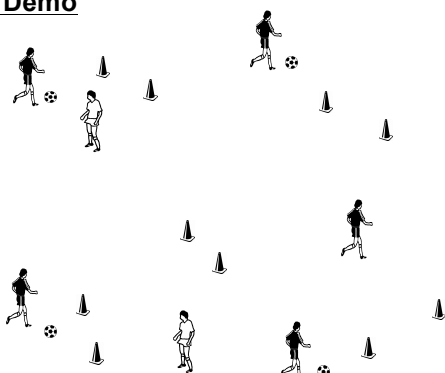
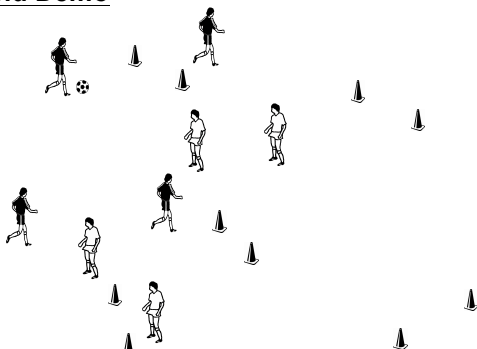




Club:	Weyburn Soccer Association
Session:	13
Team:	U14
Session Topic:	Dribbling: Moving with the ball

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
<u>Field Demo</u> 	<p>Implementation – Each player has a ball and dribbles around the grid. When the coach shouts ‘Go’, players have 1 minute to dribble through as many gates (2 cones) as possible. Stop players after the minute, ask how many they got and re-affirm coaching points and then start them dribbling again. Give them another minute, ask players who beat their initial score. Go again until everyone has beaten their first score! If needed, extend it beyond a minute to ensure everyone beats this.</p> <p>Coaching Points</p> <ul style="list-style-type: none">• Players should keep the ball close and have lots of small touches.• Using inside, outside and laces to dribble – both feet• Head up looking for space and free gates• Accelerate once through a gate	
Stage 2: Opposed		7 Minutes
<u>Field Demo</u> 	<p>Implementation – Same as previous, but now there is a set number of ‘defenders’ – just 1 or 2. Defenders can only put pressure on players and if they stand in a gate, a player cannot try and dribble through. Increase difficulty by allowing defenders to win the ball, if they win the ball off a player, that player becomes a defender and cannot go straight back for the same ball. Give them a minute to see how many they can get.</p> <p>Coaching Points</p> <ul style="list-style-type: none">• Keep head up looking for defender• When they see a free gate, accelerate towards it• Ask players what they can do if a defender is blocking a gate/coming at them? TURN! SHIELD! ACCELERATE! Use all of the techniques they have learnt in previous weeks.	
Stage 3: Fun Game/Game Related		10 Minutes
<u>Field Demo</u> 	<p>Implementation – Players are split into two teams, use the whole half of your field, spreading gates out everywhere. Each team must attempt to pass the ball and dribble through gates. They score a point for each gate they successfully dribble through. Team without the ball try to win the ball, block gates and turn defence into attack when they get the ball. Teams cannot score by passing through a gate.</p> <p>Coaching Points</p> <ul style="list-style-type: none">• Players without the ball are in space, calling for the ball• Move towards open gates• Turns, moves, acceleration, shielding to beat defenders• Head up at all times!• Keep the ball close.	
Game Time		