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7 October 2019

Coach

Monday Funday #5 Dribbling with Speed

5:00-7:00 PM



Warm Up: Shark Attack
Setup: Players lined up on one side of grid with 3 sharks in the middle (white-minnows / blue-sharks)
Session: Start without balls players must run from one side to the other without being tagged by sharks. If tagged, the shark becomes a minnow and the minnow takes the sharks place. Once all minnows make it to one side, restart to come back will be on coaches command. Do a few rounds without ball to get concept of staying in bounds down.
Progression #1 Add soccer balls same concept of avoiding sharks. If shark wins ball, they become minnow and switch places with shark.
Progression #2 When shark wins ball, they stay a shark and minnow becomes a shark. See who the last person with ball is and they are the winner.



Technical Development: (15 Minutes)
 Each week will require technical development (how to touch the ball) The first week is a bit tedious as most kids won't know the different types of touches but it is important to set a base for how they start to progress so it is the most important part of the session.
Layout: Orange cones in a square set up boundaries; blue cones used as command targets
Activity: Players will dribble around trying different commands. Week 1 introduce fake and take (hard body fake 1 way, take with outside of foot opposite way), scissors (draw circle around inside and move to outside of ball) and fake drag back (Pull push with laces w/ acceleration). On command, all players will dribble with speed around a blue cone or an orange cone. WEEK 2 NEW MOVE: Stepmover (foot starts outside of ball and draws circle over top followed by an outside of foot turn) WEEK 3 Roll-Cut (Roll ball across body with quick outside foot cut into space) WEEK 4: Back/Behind (Drag ball back and push behind other foot to change directions/ L behind foot) WEEK 5: Outside foot turns (use outside of foot to turn 180 degrees and change direction)
Topics: Proper technique of touch, confidence on ball, speed into space, vision on the ball.



Speed dribbling and shooting: With end result being a goal, players will dribble faster around cones to get as many as goals as possible
Setup: 4 pug goals in middle of grid. 8-10 cones spread out on outside of grid for players to dribble around before they come take a shot.
Session: Balls and players are spread out in grid. Players will find ball, dribble as fast as they can around a cone and come back in to shoot. Once they score, they will look to find another ball to do the same thing. Players will be motivated by trying to score more goals than everyone else. This will hopefully speed up the dribble. To keep balls live, coach will gently put them back in play from center (behind all nets) This will keep enough balls live instead of running out. Be careful to not hit kids when playing the ball out of net from behind. Play a few rounds to have a few winners of each round.
Progression #1: Add in 1-2 defenders to try and keep balls away from nets. This will allow successes but add some more decision making.



4 attackers with balls vs 2 defenders
Setup: 2 puggs on one end, 2 defenders, 4 lines of attackers with balls
Session: 1 at a time in each line, attackers will dribble with speed to score in one of the goals (doesn't matter which one). Attackers should look to go quicker especially when defender is trying to get ball from someone else. Once ball is scored, player will come back and tag next player to go. Team to score all their soccer balls first wins. If defender gets ball and knocks it out of bounds, attacker must get ball and go back in line, waiting for their turn again.
Progression #1: add in more defenders to make it more difficult
Progression #2: Take away 1 pugg goal so that there is a focal point for the defense to defend