



SOUNDERS FC

SESSION PLANNER



GAME PHASE &
PRINCIPLE:

DRIBBLING TO PENETRATE

TEAM: U8/U9

COACH:

DATE:

TRAINING OBJECTIVES:

TECHNICAL:

DEVELOP DRIBBLING AND RUNNING WITH THE BALL TECHNIQUE

TACTICAL:

PENETRATE OPPOSITION THROUGH DRIBBLING AND RUNNING WITH THE BALL

MENTAL:

CONFIDENCE AND CREATIVITY.

PHYSICAL:

DEVELOP CHANGE OF DIRECTION AND CHANGE OF SPEED. STRENGTH AND BALANCE.

EXERCISE 1: Warm Up

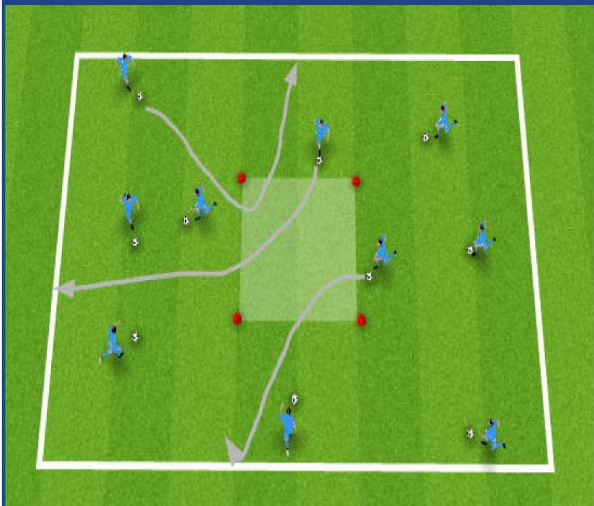
WORK TO REST RATIO:

15 mins : 6 x 1.5 min games : 1 min rest

DIMENSIONS:

20 x 20 yards outside box
7x7 central square

DIAGRAM



KEY QUESTIONS

What should you be looking for when dribbling?

COACHING POINTS

Close control using variety of surfaces.
Head up to scan the field.
Find gaps to dribble through.
Try to keep ball on surface away from obstacles/pressure.
Exaggerate fake before turning.
Change of speed and direction.

INSTRUCTIONS/RULES

Players start on outside of area and must dribble through central square to another side of the area, turn, and repeat.

Set 1 - 2: Players have to dribble in and out of different sides of square depending on where the space / other players area. When they get to outside must do ten (10) toe taps before going back to center

Set 3 - 4: Add competition: how many times can player make it through the square to outside of area. Must perform a shoulder feint in central square.

Set 5 - 6: Add one defender who stays in central square and try to tag players. If tagged, player does not get a point and must go to outside box before trying again.

EXERCISE 2: Discovery Game

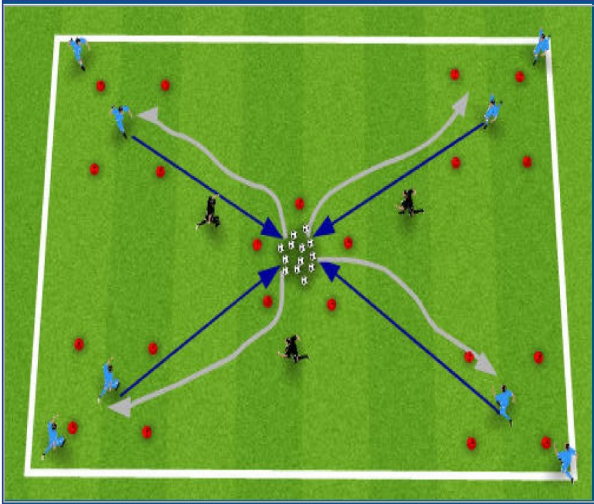
WORK TO REST RATIO:

15 mins: 5 x 2 min games: 1 min rest

DIMENSIONS:

30x30 yard area w/ five (4x4yd) boxes

DIAGRAM



KEY QUESTIONS

What surface of your foot should you use when accelerating to space? (answer laces)

COACHING POINTS

Close control when dribbling.
Dribbling technique - use of laces when dribbling at speed.
Head up to see gap and space.
Change of speed and direction - acceleration into space.

INSTRUCTIONS/RULES

Set up with 4 groups of 2 in corners of field. All balls start in center.

Set 1 - 2: Players take turns to run out to center square, collect a ball and dribble back to their corner square. When they return they must work on a specific foot skill while their teammate goes to center square.

Set 3 - 5: Same start as above. Two or three defenders attempt to steal balls from players as they try to return to their corner. If they can steal the ball, it is returned to center.

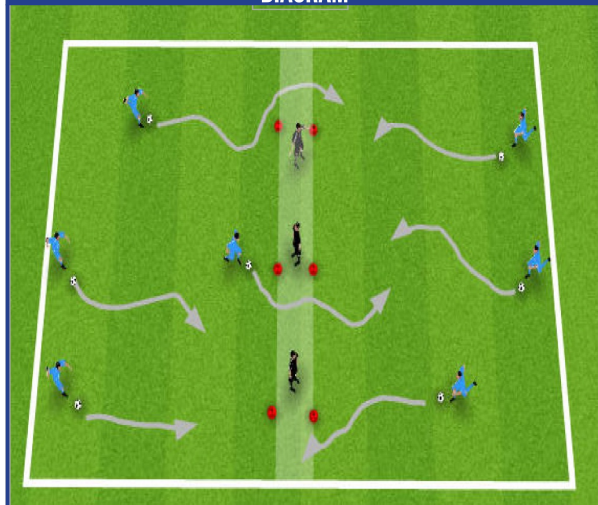
Whichever group has the most balls at the end are the winners. Rotate defenders.

EXERCISE 3: Situational Game**WORK TO REST RATIO:**

15 mins. 5x2 min : 1 min rest

DIMENSIONS:

30 x 20 yards. 5 yards for central channel.

DIAGRAM**KEY QUESTIONS**

What should you be looking for?

Why is it important to vary speed of dribbling? (answer: to move and beat defender)

COACHING POINTS

Close control in tight spaces / bigger touches into space.

Change of direction and speed to unbalance defender.

Vary speed - slow to fast. Creativity.

INSTRUCTIONS/RULES

"Break Through"

Set up the field with a central zone (1 yard wide) with three defenders.

All other players each have a ball each and score a point by dribbling from one end line to the other via dribbling "breaking through" the central zone. Attackers start on end line and aim to get to opposite end line for a point. Then turn and repeat in opposite direction.

Defenders start with a ball in their hands, and they aim to throw their ball at dribbling players ball in central channel. If they can hit the other ball, dribbling player becomes a defender.

Progress: Defender can now aim to poke ball away with their feet.

Play for 2 mins and rotate roles.

Add bonus point for specific moves i.e. scissors / inside-outside

EXERCISE 4: Autonomous Game**WORK TO REST RATIO:**

15 mins: 4 x 3 min games : 1 min rest

DIMENSIONS:

Two 15 x 20 yard fields with 4 yard end zone.

DIAGRAM**KEY QUESTIONS**

Can you get in a position to receive and dribble?

What are the visual cues to be able to penetrate with a dribble? (answer: gap between opponents and space behind)

COACHING POINTS

Movement to get open to be able to dribble.

Head up and awareness of gaps and space to penetrate.

Change of speed and direction into the gaps.

INSTRUCTIONS/RULES

Play 3v3 (or 2v2+N) with end zone and goal.

Set 1 - 2: To score, player must dribble into end zone (gray area) before finishing on small goal. No defenders can drop into end zone.

Set 3 - 4: Allow one defender to chase into end zone.

Coach awards bonus points for 1v1 dribbling skills used during games (players trying skill moves, turns, change of pace)

ADDITIONAL NOTES