



SOUNDERS FC

SESSION PLANNER



GAME PHASE & PRINCIPLE:	DRIBBLING TO SHIELD / TURNING	TEAM:	U8/U9	COACH:		DATE:	
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TRAINING OBJECTIVES:

TECHNICAL:	TACTICAL:	MENTAL:	PHYSICAL:
DEVELOP INDIVIDUAL SKILL AND BALL MASTERY TO SHIELD AND TURN.	DRIBBLE / TURN AWAY FROM PRESSURE. PROTECT THE BALL.	CONFIDENCE AND CREATIVITY.	DEVELOP CHANGE OF DIRECTION AND CHANGE OF SPEED. STRENGTH AND BALANCE.

EXERCISE 1: Warm Up

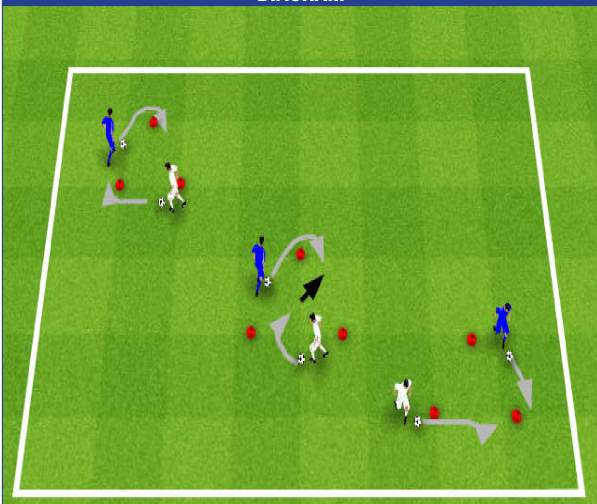
WORK TO REST RATIO:

15 mins : 6 x 1.5 min: 1 min rest

DIMENSIONS:

3x3x3 yard triangles

DIAGRAM



KEY QUESTIONS

What type of touches do you need around corners?

How can you

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

Hunters and Rabbits

Two players per triangle. One player is the hunter, one player is the rabbit. The hunter tries to tag the rabbit. If tagged, players switch roles and restart game. During rest period have players work on foot skills or juggling.

Set 1 - 2: Players are without a ball. Must remain on outside of triangle, can change directions whenever they choose.

Set 3 - 4: Same as above, but both players have a ball at their feet and must dribble around triangle.

Set 5 - 6: The hunter may now cut through middle of triangle when they choose. If they cut through, they must then go around a cone before they can do it again.

EXERCISE 2: Discovery Game

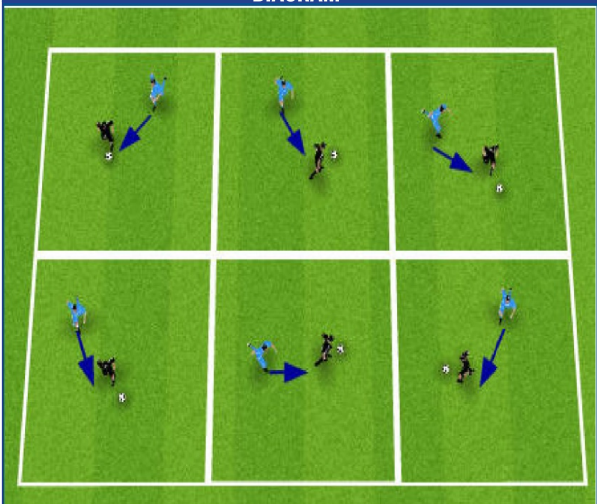
WORK TO REST RATIO:

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

DIMENSIONS:

10 x 10 yard squares.

DIAGRAM



KEY QUESTIONS

Which surface of the foot should the ball be on?

(answer: surface furthest from the defender)

COACHING POINTS

Keep ball on surface away from pressure.

Keep body between ball and defender. Use body and arm to shield and hold off defender.

Change of direction and speed to turn away.

Keep head up - scan the field for defender and space.

INSTRUCTIONS/RULES

Play 1v1 in 10x10 yard squares.

One ball between two players.

Objective is to keep possession away from opponent.

Play 2 minute sets.

If ball is dribbled out of square the opposing players restarts in center of square.

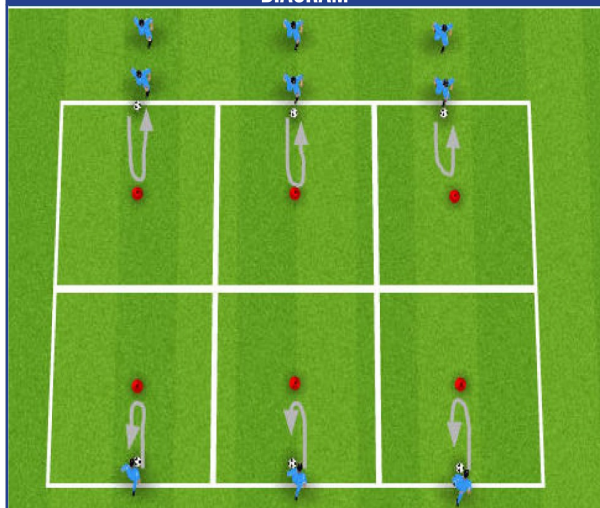
Rotate players between each set for new opponent

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

15 mins: 5 x 2 mins : 1 min rest

DIMENSIONS:

10 x 10 yard squares with cone 6 yds away

DIAGRAM**KEY QUESTIONS**

How can you make turn/move more believable?

Can you change pace after the turn?

COACHING POINTS

Close control, low center of gravity.

Balance, bend knees, arm position.

Exaggerate movements when faking before turn.

Push away with outside of foot and accelerate.

Keep head up.

INSTRUCTIONS/RULES

Player work in pairs, dribbling out to central cone, performing a turn and dribbling back. The next time out, turn should be performed with opposite foot.

Work through the below turns and vary ways players dribble out to cone i.e. right foot, left foot, inside/outside, sole rolls etc.

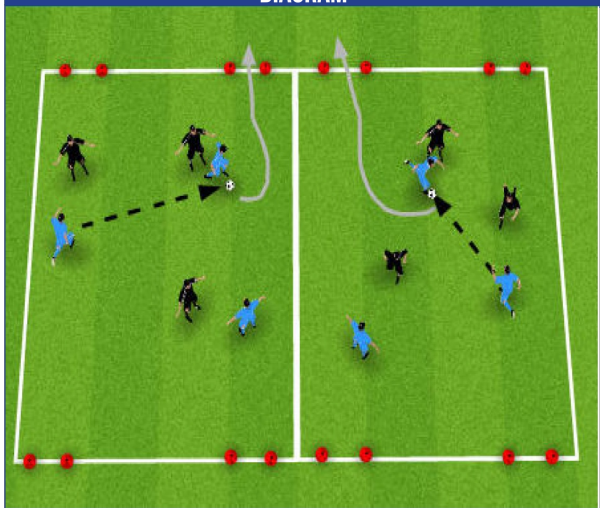
- 1 - Outside hook
- 2 - Hook turn
- 3 - Pull back
- 4 - Step Over
- 5 - L-Turn
- 6 - Any turn they want

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

15 mins : 3x4 min games : 1 min rest

DIMENSIONS:

Two 15 x 20 yard fields

DIAGRAM**KEY QUESTIONS**

What are good areas to dribble 1v1?

Can you receive in good areas to attack 1v1?

COACHING POINTS

Movement to create space to dribble.

Positive attitude / confidence and creativity.

Commit defender, unbalance with change of speed and direction.

Use body / turns to protect ball.

INSTRUCTIONS/RULES

Play 3v3 or 2v2+N no keepers.

Each team has two wide goals to defend.

Teams score by dribbling through wide goal.

ADDITIONAL NOTES