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| Club: | Arlington | | |
| Week: | 1 | Date: | 04/15/2014 |
| Team: | U8 U9 U10 U11 U12 | | |
| Coach: | Arlington Coaches | | |
| Session Topic: | Positive dribbling / footskills | | |



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| **Stage of Session Information Time** | |
| Warm Up Touch Technique 10minutes | |
| **DRILL 1 5:30 – 5:50** | |
| **Field Demo**  **blackrunleftblackrunleft**    **blackrunleftblackrunleft**    **blackrunleftblackrunleft** | **Implementation**  Players start dribbling around the grid. When the coach shouts a number the players perform the skill that number represents. 1 Stepover / 2 Change direction / 3 Juggle the ball / 4 Swap balls with another player / 5 King of the ring. Coaches can implement own numbers. |
| **Coaching Points**   * Small touches * Head up, looking for space * Communication i.e. swapping balls * Shoulder down for stepover * Part of foot |
| **DRILL 2 5:50 – 6:10** | |
| **whitestandingwhitestandingField Demo**  **whitestandingwhitestandingwhitestandingwhitestandingblackrunleftblackrunleftblackrunleft**  **blackrunleft** | **Implementation**  Split your players into 2 teams. Let the players choose a team name. Players line up on opposite sides of the pitch and number them 1-5 (or however many players you have. if odd numbers, a coach can join in). When the coach shouts a number, the player on each team with that number must run into the pitch, while the coach throws a ball in. Players must score in their teams goal. |
| **Coaching Points**   * Same as above * Positive dribbling * Team with most points wins. * Progress to 2v2 3v3, and finish with all numbers playing at once. |
| **DRILL 3 6:10 – 6:30** | |
| **Field Demo**  **blackrunleft**  **blackrunleft**    **whitestanding**  **blackrunleft** | **Implementation**  Players must dribble in and around the pitch. To start, the coach must stand inside the little box in the middle. Players must try to dribble through the little box every few seconds without the coach stealing the ball. If players lose their ball then they join the coach in the middle making it harder for remaining players. For younger ages, the little box can be a Haunted House, and the players inside are zombies. |
| **Coaching Points**   * Same as first drill * Change of pace * Change size of the little box |
| **Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00** | |