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| Club: | Arlington | | |
| Week: | 2 | Date: | 04/21/2014 |
| Team: | U8 U9 U10 U11 U12 | | |
| Coach: | Arlington Coaches | | |
| Session Topic: | Positive dribbling / footskills | | |



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| **Stage of Session Information Time: 5:30-700** | |
| Warm Up Touch Technique 10minutes | |
| **DRILL 1 5:50-6:00** | |
| **Field Demo**  **blackrunleftblackrunleft**    **blackrunleftblackrunleft**    **blackrunleftblackrunleft** | * each player has a ball and is allowed to dribble throughout the area. * the coach calls out instructions for the players to follow, fast, slow, right foot, left foot etc. * progression: * players perform the opposite of the coaches call |
| **Coaching Points**   * players to take little touches * keep your head up * look for space |
| **DRILL 2 6–6:15** | |
| **whitestandingwhitestandingField Demo**  **whitestandingwhitestandingwhitestandingwhitestandingblackrunleftblackrunleftblackrunleft**  **blackrunleft** | * Players working in pairs dribble throughout the area. One player is designated as a tagger and tries to pass their ball and hit their partners ball. If they are successful the roles reverse. * Progression: * if a player is tagged they must preform a skill i.e toe taps, side to sides etc. |
| **Coaching Points**   * pass with inside of foot * placement of non-kicking foot * passing weight and accuracy |
| **DRILL 3 6:15–6:30** | |
| **Field Demo**  **blackrunleft**  **blackrunleft**    **whitestanding**  **blackrunleft** | * with a partner, players stand facing each other with one ball between two, passing back and forth. * Progression: * have a player perform a skill before passing * player to dribble, perform skill before passing * same exercise as before only now there are a set number of defenders trying to stop the pass. |
| **Coaching Points**   * pass with inside of foot * placement of non-kicking foot * passing weight and accuracy * head up to see the defender(s) * gentle touch away from pressure |
| **Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00** | |