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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
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| **Coaching Points*** players to take little touches
* keep your head up
* look for space
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| **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.
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| **Coaching Points*** pass with inside of foot
* placement of non-kicking foot
* passing weight and accuracy
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| **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.
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| **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
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| **Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00**  |