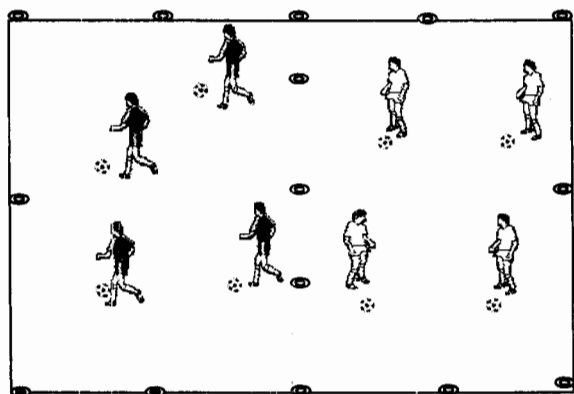


TUESDAY – DRIBBLE STOP DRIBBLE MOVES - 6-9 Years

BALL MASTERY/FUN GAME – 9am-9:15am

Size of Area - 20 x 30yds

Set Up – Place 12 cones around the grid and 3 cones down the centre to create two halves. Split groups into 1s and 2s with a ball each in their half of grid. Coach moving around both grids.



FUN GAME – PIRATES OF THE CARRIBEAN

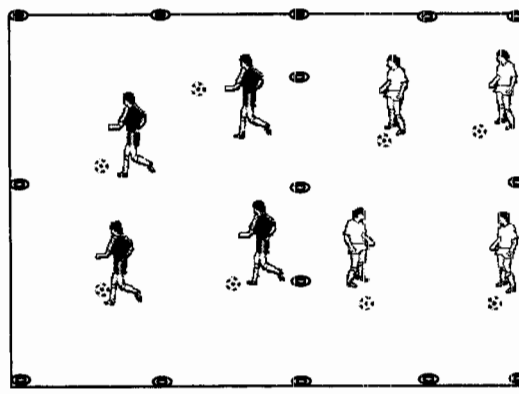
Action – Players are now Pirates and you are the Captain of 2 Pirate ships “Flying Dutchmen” & “The Black Pearl”. Players have to dribble their Cannon balls in their own ship listening to captains instructions:

- | | |
|---------------------|---|
| -Captains Coming | -Squish ball “aye aye cap’n” |
| -Scrub the Decks | -Inside/Outside Rolls |
| -Climb the Rigging | -Sole Taps x 10 “I see land” |
| -Port/Starboard | -Sideways Rolls to end of ship |
| -Walk the plank | -Pendulums walking forwards |
| -Squash Buckle | -Big Toe Little Toe |
| -Pirates Attack | -Dribble ball into other ship |
| -Steal the Treasure | -Place cones/pennies in each ship and on “Pirate Attack” steal treasure and bring back to your ship, 1 st team w/ all treasure win |

DRIBBLE STOP DRIBBLE – 9:15am-9:25am

Size of Area - 20 x 30yds

Set Up – Same set up as last activity with each player with a ball. Keep players on toes by continuing with “Switch” command from one grid to the other performing move on the way.



Action – Players work on Drizzle Stop Drizzle moves from curriculum in open space following guidelines below:

- 1)Static – Teaching Move with ball still
(Break move down into small parts)
- 2)Dynamic – Teaching Move with ball moving
(Players pass ball forward and perform move)
- 3)On the move – Teaching Move after a dribble
(Now players perform move on the dribble)

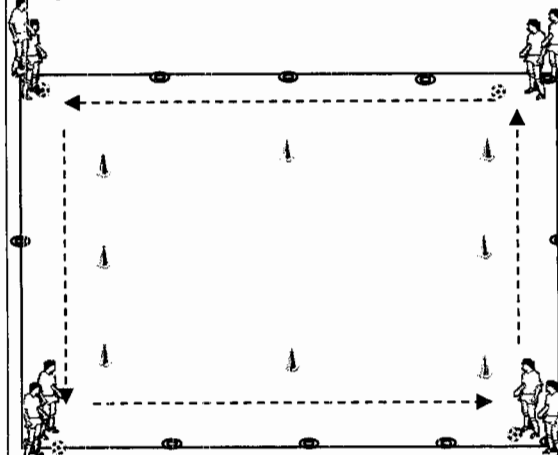
Coaching Points –

- Change of speed, slow in, quick out

LIMITED SPACE/WORLD CUP DRIBBLING 9:25am-9:35am

Size of Area - 20 x 30yds

Set Up – Same outside grid but add 8 pointy cones to create a smaller square within the 20x30 grid creating a lane to dribble into. Split Players into 4 teams in each corner of grid.



Action –On “Go”1st Player up in each corner dribbles ball around grid counter clockwise through lane back to beginning. Once each player has had a practice, now perform dribble-stop-dribble move once per side of square.

Coaching Points –

- Slow down to perform move
- Change of speed coming out of move
- Keep ball close to feet

Variation – Relay Races in teams

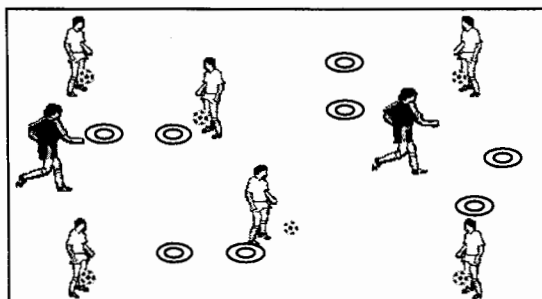
- Change direction to work on left foot
- Increase difficulty by adjusting size of square
- Place ball on a cone in middle of grid, 1st team Back has 1st shot at knocking ball over w/pass

Dribbling – 6-9 yr olds

OPPOSED 10:05 – 10:20

Size of Area - 20 x 30yds

Set Up – Place a number of gates around the grid, 'Dribble Thru gates'. All players with a ball.



Action – Players have to dribble their ball thru as many different gates as possible. After one minute, introduce 2-3 defenders (Gatekeepers) to the game to block the gates. If the Gatekeeper blocks the gate, player has to perform a turn and dribble thru an open gate. Change Gatekeepers every 30-45 seconds. Gatekeepers can only block to start off with, no tackling.

Coaching Points –

- Same as previous exercise.
- Show awareness of open space
- Perform a good technical turn at the right time

Variation –

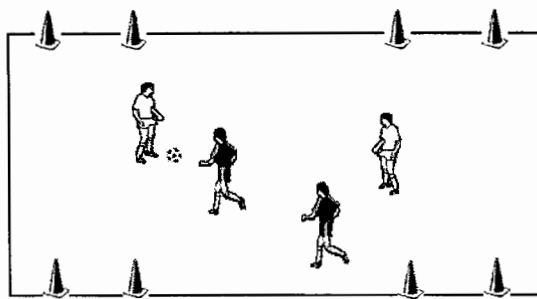
Add a time limit to the game – how many gates can you dribble thru in 30 seconds? Next time can they beat their highest score.

Defenders can tackle dribblers.

OPPOSED 10:20 – 10:35am

Size of Area - 15 x 10yds

Set Up – “2v2” . Have 2 teams play against each other. Each team defends two goals and attacks their opponent’s goals..



Action – Team in possession score goals by dribbling through one of their opponents goals. Once a goal is scored the team in possession immediately attack the goals on the opposite line.

Coaching Points –

- Get to the ball quickly
- Have a look to see where the defender is
- Attitude – if you get chance to score a goal do so
- Accelerate away from the defender

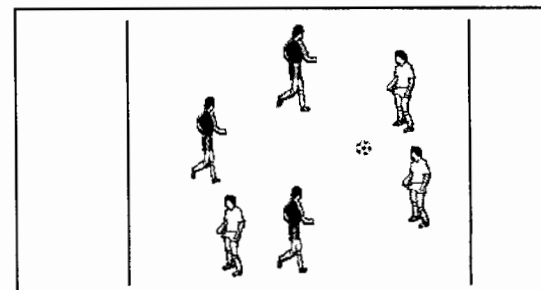
Variation –

If players having difficulty scoring go to 2 v 1

CONDITIONED GAME 10:35 – 10:55am

Size of Area – 2 x 20x30yd fields

Set Up – Play two 3v3 or 4v4 games next to each other in a tournament style format. Name each field (e.g. Wembley Stadium and Fratton Park). Play winner stays on (the Champions field being Wembley of course!). Use end zones for goals.



Action – Players have to dribble into end zone with ball under control to score a point. Defenders can't enter their own end zone. Encourage 1v1 play at every opportunity and turns at the correct time (e.g. close to touchlines, away from pressure etc). If the ball goes out of the end zone, the re-start can be with a player dribbling back in. Rotate teams after 5-minute games.

Coaching Points –

- Can players play with their heads up?
- How is their spacing (triangle shape)
- Attack any open space with a dribble

Variation – Have a goal at the back of both end zones. Same as before but players have to dribble into end zone before shooting.

Passing – 6-9 yr olds

WARM UP

9:00 – 9:35am

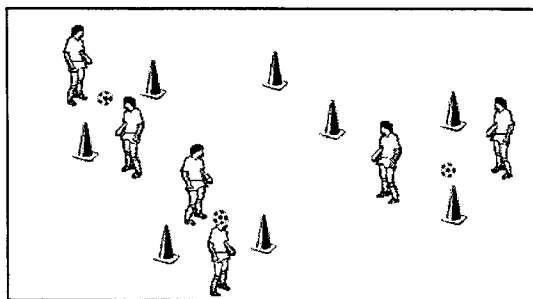
DRIBBLE STOP DRIBBLE MOVES FROM
PREVIOUS PAGE

UNOPPOSED

9:35 – 9:50am

Size of Area - 20 x 30yds

Set Up – Place a number of gates around the grid, 'Pass Thru gates'. In pairs, one ball between two.



Action – The pairs have to move around the grid passing the ball thru as many gates as possible. Let them have 1-2 practice attempts and then give them a time limit of 30 seconds. How many points can they get? Pass has to go thru gate without touching cones to gain a point.

Coaching Points –

- Good weight of pass
- Movement after passing to partner (into space)
- Good 1st touch towards next gate
- Communication – show your partner by pointing which goal you are going to next

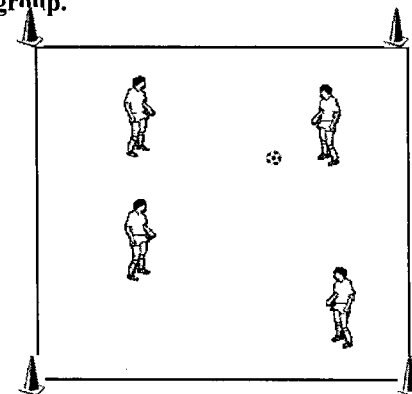
Variation – Weaker foot only; use flick pass only

UNOPPOSED

9:50 – 10:05am

Size of Area – 4 – 10 x 10 yd grids

Set Up – “Pass and move”. Split the group into teams of 4 each to a 10x10yd square and 1 ball per group.



Action – Players pass to each other by keeping the ball inside the grid. Once a player passes the ball he/she must run around one of the corner cones. They cannot run around the same cone twice in succession. Players must take a minimum of two touches – one to control and one to pass. How many passes can they make in 30 seconds. Score goes back to 0 if the ball goes out of the grid or if a player takes one touch.

Coaching Points –

- Same as previous
- Approach the ball from an angle
- Bend your knees
- Use inside of foot to control the ball

Variation –

Make the grid larger if it is too hard or make it smaller if the passers have a lot of success.

Passing – 6-9 yr olds

OPPOSED 10:05 – 10:20

Size of Area – 4 – 10 x 10 yd grids

Set Up – “Pass and move with a defender”. As before but now split the group into teams of 4 with one defender (4 v 1). 1 ball per group.



Action – Players pass to each other by keeping the ball inside the grid. Once a player passes the ball he/she must run around one of the corner cones. They cannot run around the same cone twice in succession. Players must take a minimum of two touches – one to control and one to pass. How many passes can they make in 30 seconds without the defender touching the ball.. Score goes back to 0 if the ball goes out of the grid or if a player takes one touch.

Coaching Points –

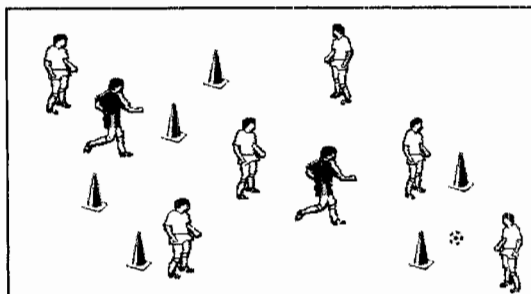
- Same as previous

Variation – have defender hop on one leg; have defender move like a crab (on all fours)

OPPOSED 10:20 – 10:35am

Size of Area - 2 - 20 x 30yds

Set Up – Same as before but now have two grids next to each other with gates and play 6 v 2 or 5 v 3.



Action – Same as before but two defenders work in each grid trying to stop the other team from passing thru the gates. Play for 30 seconds and rotate defenders. Make it a competition between the two groups. What happens if you bunch up? What happens if you stand still? How can we keep the ball away from the defender?

Coaching Points –

- Same as previous
- Keep an eye out for the defender
- Move into space

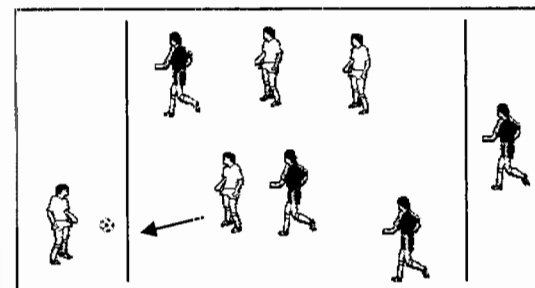
Variation –

Add a 3rd defender or add a second ball to the exercise.

CONDITIONED GAME 10:35 – 10:55am

Size of Area – 2 x 20x30yd fields

Set Up – Play two 3v3 or 4v4 games next to each other in a tournament style format. Name each field (e.g. Wembley Stadium and Fratton Park). Play winner stays on (the Champions field being Wembley of course!). Use end zones for goals.



Action – Players have to pass to a teammate (target player) in the end zone with ball to score a point or make 3 consecutive passes. Defenders can't enter their own end zone. All re-starts are made with a pass in on the ground. Rotate teams after 5-minute games. The target players can move anywhere up and down the end zone. Once a goal is scored the target player plays the ball in to the other team.

Coaching Points –

- Can players get open?
- How is their spacing (triangle shape)
- Attitude - get your head up early - can you score?

Variation – Vary the service into the target player – on the floor, in the air for target to catch etc.