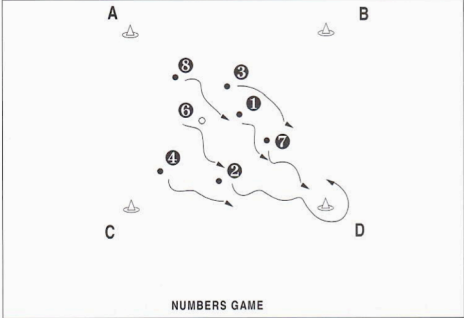


U9

Week 1 Training Curriculum

Topic: *Dribbling*



<p>10-15min Warm-Up:</p> <p>Follow the Leader - Numbers Game</p>	<p>Objective:</p> <p>Each player is given a number. Players dribble a ball around freely. When coach calls out a number, the player with corresponding number dribbles around a cone as quickly as possible while the rest of the group follows.</p>  <p style="text-align: center;">NUMBERS GAME</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Instruct players to find the open space and use the whole area/grid for dribbling. • Players should be in control of ball and very close to their feet at all times. • <i>Encourage/Challenge</i> players to not be the last back in the grid and to use tight turns around cones.
<p>10-15min Individual-Based Activity:</p> <p>Coach Directed - Sharks and Minnows</p>	<p>Objective:</p> <p>Using half of the field, all players (minnows) start at one end of the field, while coach (shark) is in the middle. The shark starts the game and all minnows dribble the ball to the opposite end of the field while avoiding the shark until they reach the end of the line safely. Shark(s) <i>can only</i> kick ball away if the minnows break any of the <i>Dribbling Rules</i> outlined below. If the minnows make it safely, they turn around and wait for the shark to call again. If they lose the ball, then they become a shark in the middle with the others.</p> <p>Set <i>Dribbling Rules</i> one at a time as the game progresses:</p> <ol style="list-style-type: none"> 1) Must keep ball close to feet. 2) Must be looking forward not down at the ball. 3) Must be running with the ball. 4) Cannot run towards a shark – must find the open space. 5) Must use both feet while dribbling. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet <i>at all times</i>. • Players should be clear of other players and in open space. • <i>Encourage/Challenge</i> players to spread out when stopped along the end lines of play.
<p>25-30min Small-Sided Game:</p> <p>4v4 or 5v5 with or without goal keepers</p>	<p>Objective:</p> <p>Set up 2 teams to scrimmage. Coach should be in control of the ball. When out of play, coach serves ball <u>on the ground</u> to the player in the most open space within the field.</p> <p><i>Encourage players to spread out and use the entire field. This will put them in the best position to dribble the ball to space.</i></p> <p><i>Encourage dribbling – not passing!</i></p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality. • Keep play continuous. Do not allow players to get distracted with "who kicked it out?" or "who scored?" • <i>Encourage/Challenge</i> players to dribble and not simply kick the ball away when no opposing player is applying pressure.