

U9

Week 2 Training Curriculum

Topic: *Dribbling Part II*



<p>10min Warm-Up:</p> <p>Gates</p>	<p>Objective:</p> <p>Coach sets out multiple pairs of cones separated about 1 yard from each other in a 10-yard x 10-yard grid. These cones act as gates in which players must dribble their ball through to earn points.</p> <p><u>Variations:</u> 1) Use both feet while dribbling. 2) Stop the ball before going through. 3) Drag the ball back out of the gate. 4) Circle around a cone using outside or inside of foot.</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 keep their heads up and find a free gate not occupied by another player.
<p>10min Individual-Based Activity:</p> <p>Knock Out</p>	<p>Objective:</p> <p>In a 10-yard x 10-yard grid, have players dribble their ball while at the same time trying to knock other players' balls out of the grid. Players cannot leave their own ball. If their ball gets knocked out have them perform a skills task before re-entering such as 10 toe taps or bouncing the ball off their thigh or foot while catching it.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet at all times. • <i>Encourage/Challenge</i> players to keep their head up while dribbling and find the open space within the grid.
<p>10-15min Small Group Activity:</p> <p>Bring it here!</p>	<p>Objective:</p> <p>Make 2 teams (A & B) that sit <i>near each other</i> out of play behind the coach. Give each player a number on the team that corresponds to a numbered player on the other team. Coach throws out a ball and calls out a number, such as #2, and both opposing #2 players (2A & 2B) run to get the ball. The first to dribble it back to coach earns a point for the team. Players return to their team and await another number called.</p> <p>Note: Try to even teams/players based on abilities. If teams are uneven, give two teammates the same number and have them alternate turns.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet at all times. • <i>Encourage/Challenge</i> players to keep their head up and protect the ball while dribbling. Try quietly moving around so they have to find you before returning the ball.
<p>20-25min 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.