



Dribble Session - 10-12yr olds -Rec/Travel Level

Category: Technical: Ball Control

Difficulty: Beginner

Am-Club: TSF Academy

Mark White, Lincoln Park, United States of America

Description

Ball Skills Warm-Up (15 mins)

Ball Skills Warm Up

All players have a ball each inside area.

Have players dribble - show them two skills - DROP SHOULDER & SCISSORS. Make sure you teach the correct technique and spend time demonstrating the skills as well as asking each player to show you how they are doing.



Steal The Bacon (15 mins)

Split group into two teams, and number players on each team 1 through 4 9or higher if more in group)

Coach is at center line, and calls out number. That player from each team runs in as Coach serves the ball. Play 1v1 until team scores or ball goes out of play.

FOCUS IS ON DRIBBLING AND SKILLS



Jail Break (15 mins)

Place all soccer balls in one square on corner of field (jewelry store)

Place another square on the next corner and set as JAIL HOUSE
On corner opposite soccer balls set up another square (HOME BASE).

Split group into two teams. One team is the ROBBERS the other team is the COPS.

Robbers start in the empty square (Home Base), Cops start in the Jail House.

Robbers must run to opposite square (Jewelry Store) and dribble ball back to their original square (Home Base). Cops can stop them by getting the ball and dribbling it back to Jewelry Store.

Switch Roles

FOCUS ON DRIBBLING AND SKILLS



4-Goal Game (15 mins)

FOUR-GOAL GAME - Dribble Game

Split group into two teams. Set up field with four 'cone' goals.

Object is for team to dribble through either one of their opponents two goals.

ENCOURAGE SKILLS & DRIBBLING

