



Week 1: Dribbling

WARM UP



Dribbling

Set up/Rules

20x15 yard area
All players have a ball and dribble inside the area.

Progression

Use Inside/outside/sole of feet
L Turn

Coaching Points

Keep ball close to feet
Head up to see space
Use different parts of the foot to move the ball

TECHNICAL



Dribbling Gates

Set up/Rules

Players have a ball each and dribble through as many gates as possible

Progression

Use sole of foot only
How many gates can player dribble through in 30 seconds

Coaching Points

Keep ball close to feet
Head up to see spare gate

TECHNICAL/TACTICAL



Fruit Store

Set up/ rules

Split area into 4 and give each area a fruit name. Each player has a ball and must dribble into the fruit area coach calls out

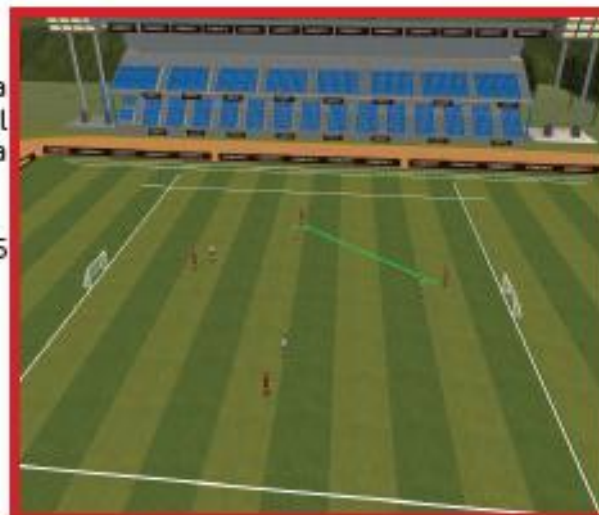
Progression

Last player into zone to perform 5 toe taps

Coaching Points:

Keep ball close to feet
Head up to see space

SMALL SIDED GAME



4v4

Set up/Rules

Play 4v4 no GKs

Rules

Players can pass or dribble back into play.