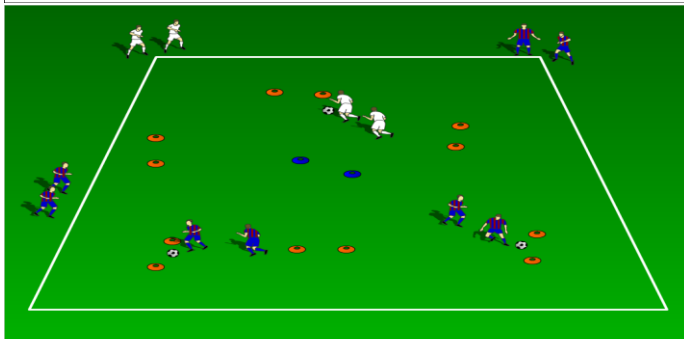




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Get the coach - Each player has a ball. The players have to dribble and attempt to pass the ball and hit the coach on the knee or below. The coach can also call out the names of players and the kids can try to hit that player. The coach can manipulate how long a player is the target for based on how quick they are.



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Gate Dribble - This is a great game as it teaches the players the individual skill of dribbling and also the tactic of dribbling away from pressure. Group your team into sets of 4 or 3. Have 2 players on the side and they will count the goals for the 2 players working in the middle. The 2 active players play 1v1 and can score in any goal in any direction. Remind the players to get their heads up and be aware of where the other groups are. Play for 1 minute then switch the players.



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Steal the bacon - Coach sets an area up with goals at each end. Players are all given a number. Coach yells number and players run the designated path as set by the coach and then enter the field. Coach then plays a ball in and the players play till the coach calls the end game. Coach can yell 2 or 3 numbers to create 2v2 or 3v3 games.

HIT THE COACH - OBJECTIVE: Dribbling in different directions and have them pass/shoot at a target.

TIME – 5-10 minutes

Click here for video demo:

<https://www.youtube.com/watch?v=yWn3oENYVmc>

LEARNING: Can you keep the ball close when dribbling. Keep your head up and see where the target is moving to.

GATE DRIBBLE - OBJECTIVE: Encourage players to start to make tactical decisions by dribbling away from pressure and scoring goals.

TIME – 5-10 minutes
Click here for video demo:

http://www.youtube.com/watch?v=zBxGFP_IGKM

LEARNING: Players now have to be aware. Coaches should encourage players to look up so they go away from pressure to score in an open goal.

STEAL THE BACON - OBJECTIVE: Directional dribbling/Small sided game

TIME – 5-10 minutes

Click here for video demo:

<http://www.youtube.com/watch?v=fshcCCpd-L4>

<http://www.youtube.com/watch?v=O6sXzJik2YY>

LEARNING: Beat your opponent on the dribble and score a goal. When playing with team mates get your head up and decide whether to pass, dribble, or shoot.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.