

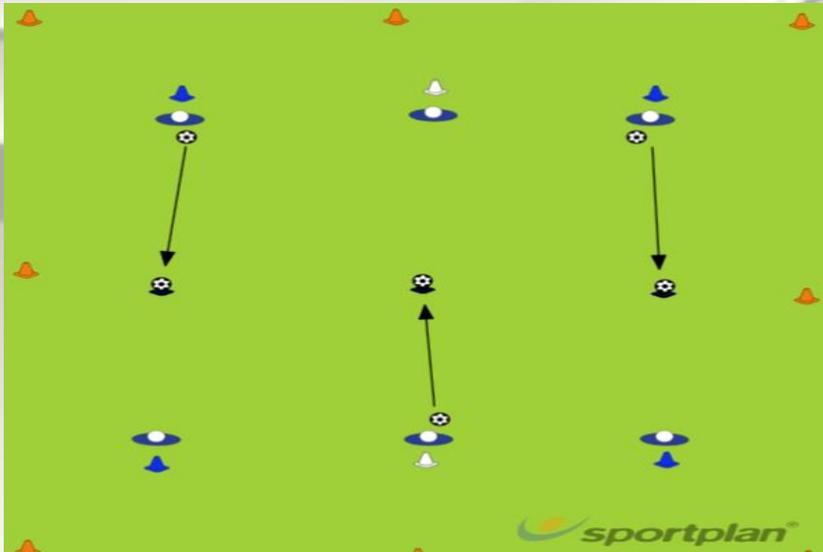


UK International Soccer



SESSION TOPIC: DRIBBLING WEEK 8

DRILL 1: COCONUT SHY



ORGANIZATION: SET OUT A 30X20 PLAYING AREA. PLAYERS PLAY IN PAIRS AND ARE PLACED AROUND 15 YARDS APART, DEPENDING ON THEIR AGE. BETWEEN THE TWO PLAYERS IS A CONE WITH A BALL ON TOP. THE PLAYERS TAKE TURNS TO STRIKE THEIR BALL AT THE CENTRAL BALL. TRYING TO KNOCK IT OFF THE CONE. THE GAME CAN EITHER HAVE A TIME LIMIT OR PLAY TILL ONE OF THE PLAYERS KNOCKS THE BALL OFF THE CONE A SPECIFIC NUMBER OF TIMES.

PROGRESSION: AFTER PLAYERS HIT 3 CONES CONSECUTIVELY THEY TAKE TWO STEPS BACK.

COACHING POINTS:

1. ABCS OF FINISHING: ADJUST BODY, BASIC TECHNIQUE, CLEVERNESS – INVENTIVENESS TO GET THE BALL TO HIT THE CONES
2. ACCURACY AND TECHNIQUE OVER POWER
3. DEVELOP THE ACCURACY USING BOTH FEET BEFORE IMPROVING THE POWER OF THE STRIKE
5. USE LACES FOR POWER

DRILL 2: 1V1 (NUMEROUS GOALS)



ORGANIZATION:

SET OUT A 20X20 PLAYING AREA, WITH TWO GOALS ON ONE SIDE OF THE GRID. SPLIT THE GROUP INTO TWO TEAMS, ONE GROUP OF DEFENDERS AND ONE GROUP OF ATTACKERS. THE DEFENDER MUST PASS THE BALL TO THE ATTACKER, THE ATTACKER MUST ATTEMPT TO DRIBBLE PAST THE DEFENDER AND SCORE IN ONE OF THE TWO EMPTY GOALS. ONCE THE BALL IS OUT OF BOUNDS THE DEFENDER AND THE ATTACKER ROTATE SO EVERYONE DEFENDS AND ATTACKS. A POINT SYSTEM CAN BE PUT IN PLACE, A POINT FOR A GOAL SCORED OR A POINT FOR THE DEFENDER NOT CONCEDING A GOAL.

COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM
2. KEEP HEAD UP AS OFTEN AS POSSIBLE – TO SEE DEFENDER AND OPEN GOAL
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. CHANGE DIRECTION AND USE DIFFERENT SKILLS OR TURNS