

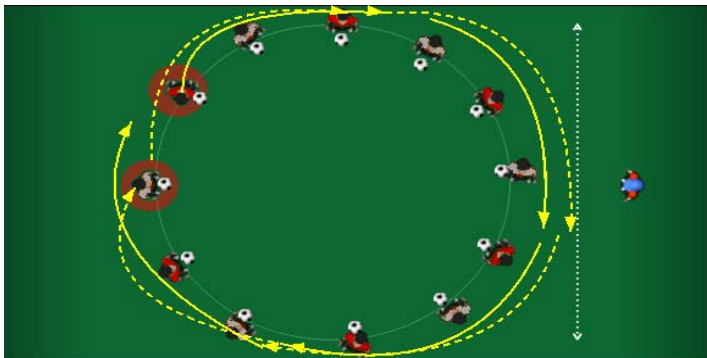
Session Plan U10 - U12 - Dribbling



Split the players into two teams and give one team a pinnie each. The team with the pinnies hang the pinnie from the back of their shorts and the other team, on the coaches command, chase the players and try to pull the pinnies from their shorts.

There are many ways you get the players to move around – Skip, hop, jump, side step.

Introduce a ball



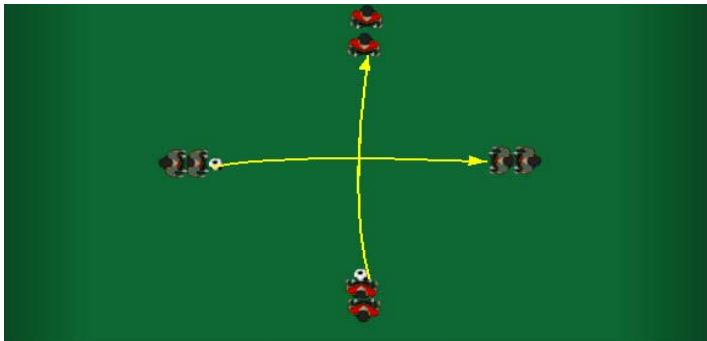
Number the players from 1 - 12. Each player has a ball and faces towards the centre of the circle. The coach then calls two numbers that are fairly close together - 3 and 4 for example. The first number called aims to dribble clockwise around the circle and get back to their starting position before the second number called tags them.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

Dribble using outside of either foot only.

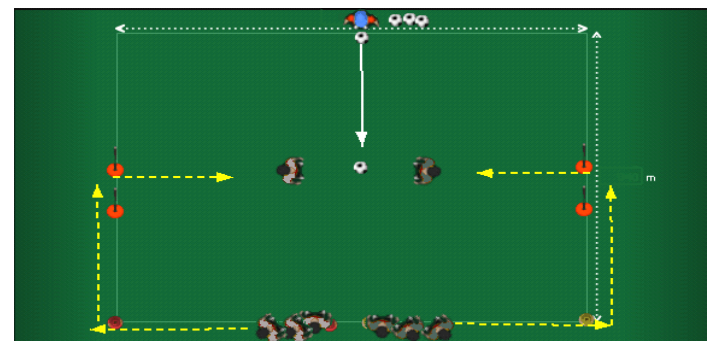
Dribble using inside of either foot only.

Get players to slalom in and out of the players around the circle



Divide players in to four groups. The two groups facing each other set up with one ball. The first players with the soccer ball dribble to the team opposite and must dribble through the centre forcing them to negotiate their way through the other players.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces. Dribble using outside of either foot only. Dribble using inside of either foot only. Have players perform a move/turn before or after cross over. Coach calls LEFT or RIGHT just before players meet in the middle and the player move the direction instructed, using inside / outside of foot to change direction.



Players are divided in to two teams and line up behind two discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage

Black = Organization

Red = Progression