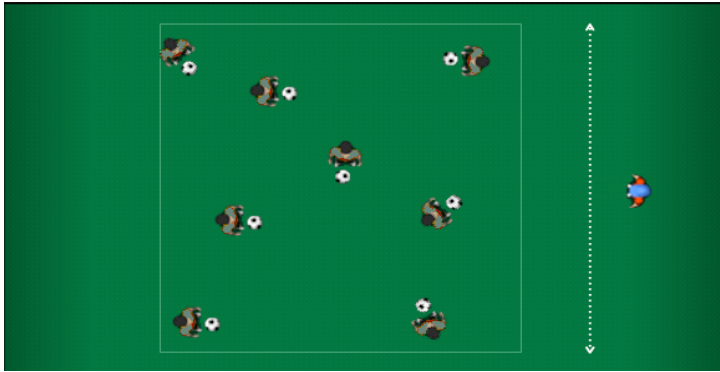


Session Plan U10 – U12 – Dribbling



Players dribble around inside the grid. The coach shouts STRETCH and a players name, players stop their ball and the player who had their name called performs a dynamic stretch, all players follow. When the coach shouts DRIBBLE players get any ball and continue to dribble.

When the players are dribbling around get them to –
 Use right foot, left foot only.
 Perform turns
 Perform moves



All the players dribble around inside the grid and try to kick the other players balls out while trying to protect their own.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.
 Develop game in to a competition and if a players ball is kicked out they are eliminated from the game



Split the players in to two teams. One team starts the game with soccer balls and the other without. The players with the soccer balls dribble around inside the grid and aim to pass their balls and hit the opposing team.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.
 Turn the game in to a time trial to add competition

