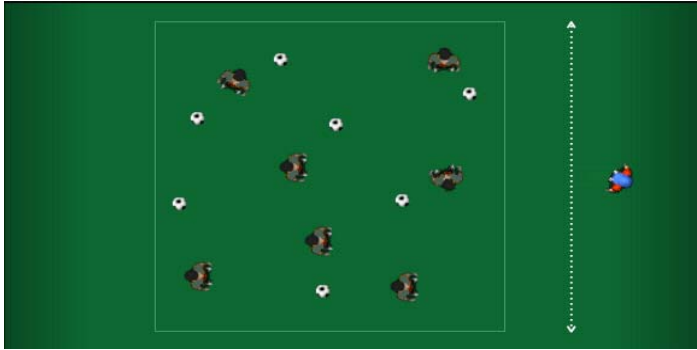


Session Plan U14 – U18 – Dribbling



Players jog around the grid without a ball keeping their heads up. When the coach shouts "Ball" each player finds a soccer ball and puts their foot on the ball. When the players are jogging around get them to - skip, hop, jump, high knees, kick backs, side step

When players get to a ball get them to do Toe Taps / Quick Feet
Coach can take a ball away after each go to increase speed and competition.



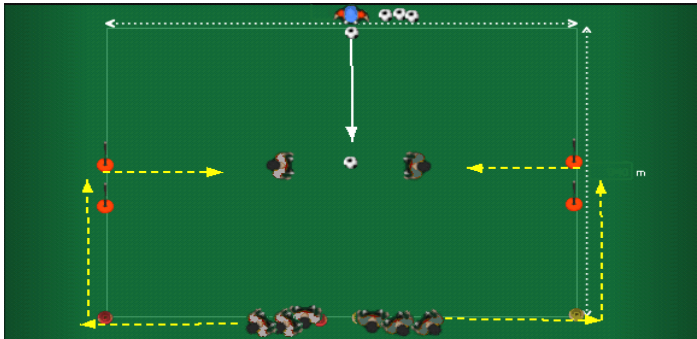
Players dribble around inside the grid and go through as many gates as possible.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.
Give the players a time limit to introduce competition.
Introduce a defender - Depending on ability have the defender shadow - not allowed to kick balls.



Play 4v2, with the remaining players spread out along the perimeter. The four offensive players score a point by dribbling the ball through any of the gates set up inside the grid. The defenders aim to steal the ball and complete a pass to any of the players on the outside to score a point. Offensive players can use outside players.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.
Give players a target score to introduce competition.
Add two more players inside the grid and play 5v3



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.