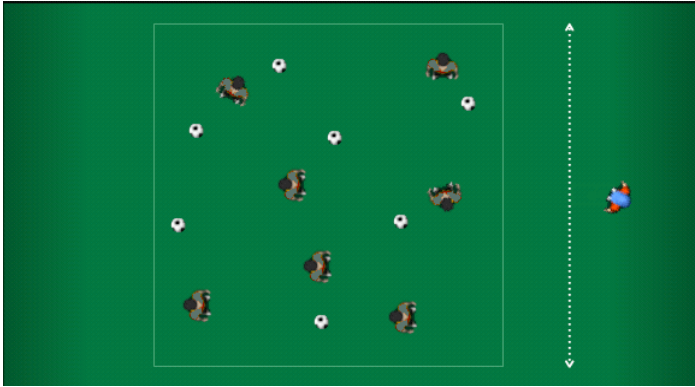


Session Plan U14 – U18 – Dribbling



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



Split the players in to two teams, the aim is to dribble the ball in to a corner and stop the ball in the and the area marked off with the cones. Pass the ball within team to create opportunity.

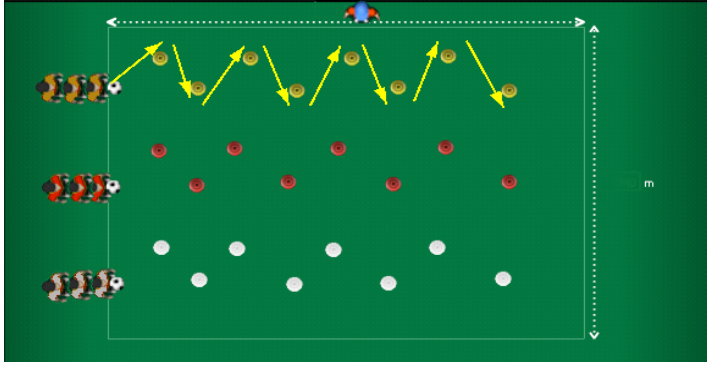
This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

Introduce a neutral player and to score a point the neutral player must touch the ball.

Set up the players in groups of three or four. The first player in each group will dribble through the cones.

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

First players dribbles through cones, leaves ball at last cone and runs back - second player runs through cones and dribbles ball back - repeat.
Dribble using outside of either foot only.
Dribble using inside of either foot only.



Finish session with a scrimmage

Black = Organization

Red = Progression