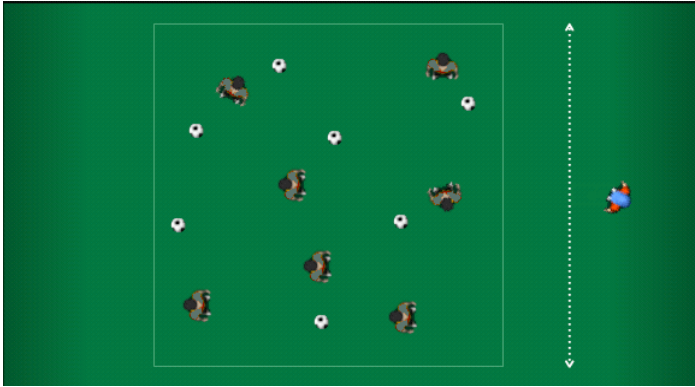


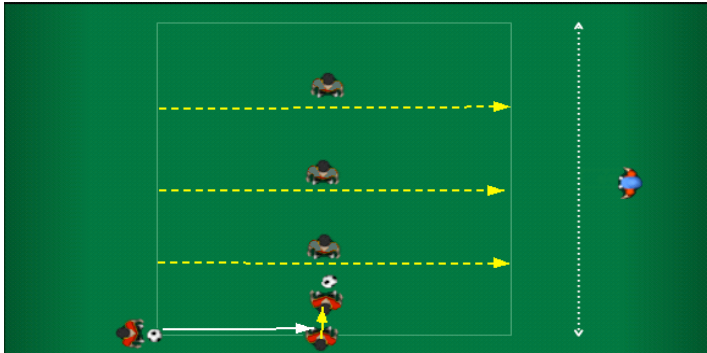
Session Plan U14 – U18 – Dribbling



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

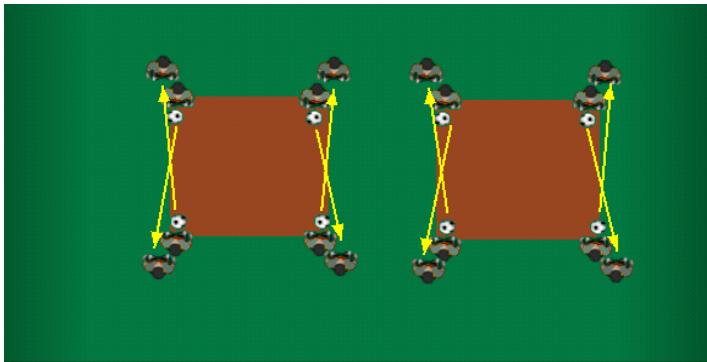


Player in corner of the grid passes to player on end line. Player receives the ball and aims to beat each defender to complete the gauntlet. Defenders can only move along the lines. If the ball goes out sideways the player starts again.

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

Add more defenders

Adjust activeness of the defenders to get more success of attackers



Two players line up in the corner of each square. The first players in each corner dribble to the back player of the opposite corner facing who then takes the ball and repeats. All four front players in each square go at the same time. The drill continues until all players return to starting positions

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

Use sole of foot forwards / sole of foot backwards

Inside of foot only / outside of foot only

Combination – inside / outside / outside / inside

Finish session with a scrimmage

Black = Organization

Red = Progression