



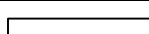


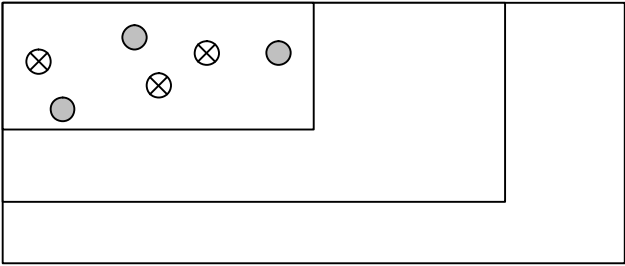
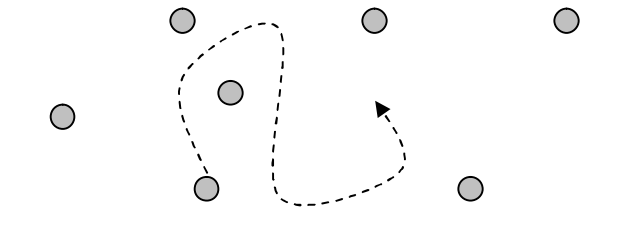
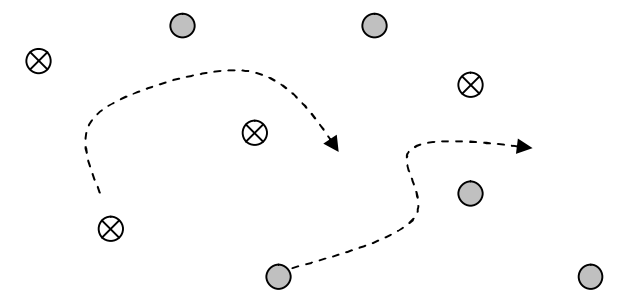
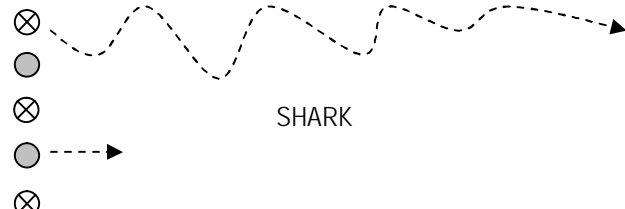
Topic: U4 to U6 Dribbling

Location: Millennium Park

Date: 04.21.2006



Pass = 	Players =  
Dribble = 	Cone = 
Movement = 	Goals = 

Activity & Description	Diagram	Coaching Points
<p>Warm Up Activity: Hee Bee Dee Gee Bee's Area: 20 x 20 - yards split into 3 zones as shown.</p> <p>Small Area Rules: Players jog around the area making sure not to bump into anyone. If players collide they must do a fun punishment! Australian Push Ups.</p> <p>Medium Area Rules: Each player now has a ball.</p> <p>Large Area Rules: Players are now asked to move full speed with the soccer ball.</p>		<ul style="list-style-type: none"> ▪ FUN. ▪ Movement with and without the ball. ▪ Repetition of ball touches. ▪ Balance. ▪ Eye foot co-ordination. ▪ Change of speed. ▪ Change of direction. ▪ Decision-Making.
<p>Main Activity 1: Goofy Stop and Go Area: 20 x 20-yards Each player needs a soccer ball.</p> <p>Game: Players dribble around the area. When the coach shouts 'STOP', players must stop the ball and freeze in a goofy position.</p>		<ul style="list-style-type: none"> ▪ FUN. ▪ Same as above.
<p>Main Activity 2: Body Part Dribbling Area: 20 x 20 -yards Each player starts w/a ball inside the area.</p> <p>Game: Players dribble around the area. When the coach shouts:</p> <ol style="list-style-type: none"> 1. 'STOP' players stop the ball with a body part of their choice. 2. 'ARM', coach now shouts a body part and the players must stop the ball with that body part. 3. Ask a player to shout out a body part. 		<ul style="list-style-type: none"> ▪ FUN. ▪ Same as above.
<p>Main Activity 3: Sharks & Minnows Area: 20 x 20-yards. Place players on one end line with a soccer ball.</p> <p>Game: Coach is the shark and is trying to steal the player's balls. Players must dribble across to the opposite end line. If the coach steals the ball they become a shark.</p>		<ul style="list-style-type: none"> ▪ FUN. ▪ Dribbling under pressure. ▪ Defending. ▪ NOTE: this is an inclusive game, players are either dribbling or looking to take the ball from a player.


End with a scrimmage if there is time! No more than 3 v 3.

Topic: U7 & U8 Dribbling & Turning

Location: Millennium Park

Date: 04.21.2006



Pass = 	Players =  
Dribble = 	Cone = 
Movement = 	Goals = 

Activity & Description	Diagram	Coaching Points
<p>Warm Up Activity: Foxes & Rabbits – 5 to 10 Minutes Area: 20 x 20 yards. Every player needs a bib.</p> <p>Game: Players tuck the bib in the side of their shorts (make sure that you can see the bib)! Coach starts as the fox, when he/she steals a bib that player also becomes a fox. Cont. until only one rabbit remains; they become fox for the next game.</p>		<p>No coaching points. Let players have fun and get warmed up.</p>
<p>Main Activity: Interactive Dribbling – 10 to 15 Minutes Area: 30 x 30-yard area with gates randomly spaced inside Each player has a ball</p> <p>Progressions:</p> <ol style="list-style-type: none"> 1. Players dribble around the area freely. 2. Players try to dribble through the gates. 3. Timed: Players try to dribble through as many gates as possible in 30 seconds. 4. Players try to beat there score in a second 30 seconds. 5. Every time a player dribbles through a gate, they must turn and dribble through the same gate. Progress to timing! 		<ul style="list-style-type: none"> ▪ Dribble Technique. ▪ Turning Techniques: Inside Hook, Outside Hook & Drag Back.
<p>Main Activity 2: Knock Out - 5 to 10 Minutes Area: 15 x 15-yards. Each player starts w/a ball inside the area.</p> <p>Game: Players dribble around the area trying to knock each others balls out of the area. If a ball is knocked out that player must do 10 toe taps before re-entering. Players score points for each ball knocked out. Play for 1 minute.</p>		<ul style="list-style-type: none"> ▪ All above. ▪ Use turn to move away from danger. ▪ Get your body in between the defender and your ball.
<p>Scrimmage: 4 v 4 - Remainder Area: 20 x 30 with small goals / pug goals.</p> <p>Activity: Play 4 v 4 to goal. Add more than one soccer ball if required.</p>		<ul style="list-style-type: none"> ▪ All Above.

Topic: U9 to U12 Dribbling & Moves

Location: Millennium Park

Date: 04.21.2006



Pass =	Players =
Dribble =	Cone =
Movement =	Goals =



Activity & Description	Diagram	Coaching Points
<p>Warm Up Activity: Dribbling and Moves Area: 30 x 30-yards. Place cones / flags randomly around the area. Every player needs a ball.</p> <p>Game: Players dribble around the area using the correct dribbling technique and changing direction.</p> <p>Variation 1: When the coach claps their hands the players do a designated move.</p> <p>Variation 2: When players get to a cone they do a designated move and dribble away.</p>		<ul style="list-style-type: none"> ▪ Dribbling Technique: Use all surfaces. ▪ Scissors, Matthews and Maradona. ▪ Bend knees. ▪ Accelerate out of moves.
<p>Main Activity: Crab Soccer Area: 30 x 10-yards split into 3. Split players into two teams. Place players from one team in each area. Players in the areas are backwards on the ground like crabs.</p> <p>Game: Player at the end starts with a ball, dribbles through the crabs and tries to get to the end line. Team with the most points wins.</p>		<ul style="list-style-type: none"> ▪ All above. ▪ Use moves to beat the crabs. ▪ Keep the ball close at all times.
<p>Main Activity: 1 v 1 Numbers Game Area: 20 x 20-yards.</p> <p>Rules: Coach has all the balls. Number players. Coach shouts a number; those players enter the area through the goal and play 1 v 1. Player to win gets a point for their team. 1st team to 10 points wins.</p> <p>Variation 1: Coach can be used as an attacker!</p> <p>Variation 2: Coach can call more than one number.</p>		<ul style="list-style-type: none"> ▪ All above. ▪ Players get 10 points if they use a move during the 1 v1 game!
<p>Scrimmage: 4 v 4 - Remainder Area: 20 x 30 with small goals / pug goals.</p> <p>Activity: Play 4 v 4 to goal. Add more than one soccer ball if required.</p>		<ul style="list-style-type: none"> ▪ All Above.

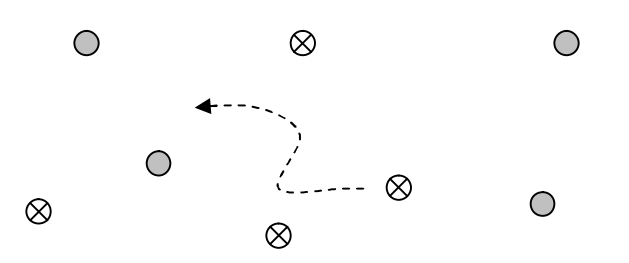
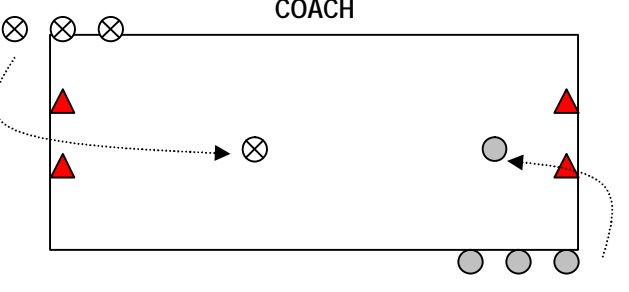
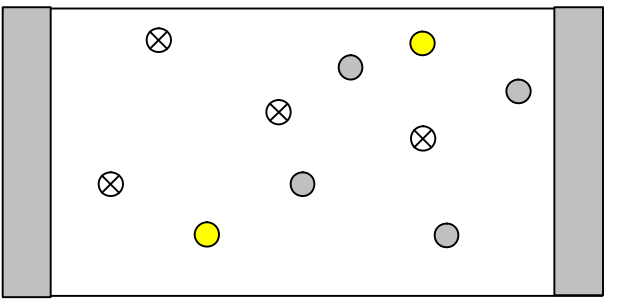
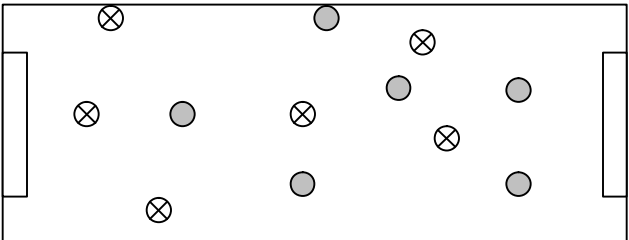
Topic: U13 & Above Dribbling, Moves & Turns

Location: Millennium Park

Date: 04.21.2006



Pass = 	Players =  
Dribble = 	Cone = 
Movement = 	Goals = 

Activity & Description	Diagram	Coaching Points
<p>Warm Up Activity: Professional Player Moves and Turns Area: 30 x 30-yards. Place cones / flags randomly around the area. Every player needs a ball.</p> <p>Game: Players dribble around the area using the correct dribbling technique and changing direction.</p> <p>Variation: Coach introduces moves to players. Every time player says the name, the player does the appropriate move.</p>		<ul style="list-style-type: none"> ▪ Dribbling Technique: Use all surfaces. ▪ Beckham = Backward V Move ▪ Cryuff Turn ▪ Maradonna ▪ Dennilson = triple scissors! ▪ Bend knees, get low to the ball. ▪ Slow into the move and fast out.
<p>Main Activity: 1 v 1 Numbers Game Area: 20 x 20-yards.</p> <p>Game: Coach has all the balls. Number players. Coach shouts a number; those players enter the area through the goal and play 1 v 1. Player to win gets a point for their team. 1st team to 10 points wins.</p> <p>Variation 1: Coach can be used as an attacker!</p> <p>Variation 2: Coach can call more than one number.</p>		<ul style="list-style-type: none"> ▪ All above. ▪ Players get 10 points if they use a move during the 1 v1 game! ▪ Attack at speed. ▪ When to turn and keep possession vs. attacking the player. ▪ Change of pace after a move or a turn.
<p>Main Activity: 4 v 4 + 2 to N-Zones Area: 30 x 50-yards w/5-yard N-Zones.</p> <p>Game: Each team defends an N-Zone. Play 4 v 4 plus two neutral players. Neutral players are always attacking and join the team that has possession.</p>		<ul style="list-style-type: none"> ▪ All above. ▪ Players get 10 points if they use a move during the 1 v1 game!
<p>Scrimmage: 6 v 6 Area: 40 x 50 with small goals / pug goals.</p>		<ul style="list-style-type: none"> ▪ All Above.