

EDUCATE - CONNECT - INSPIRE



**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**



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Session One: Dribbling: Ball Mastery



WARM-UP: TOUCHES ON THE BALL



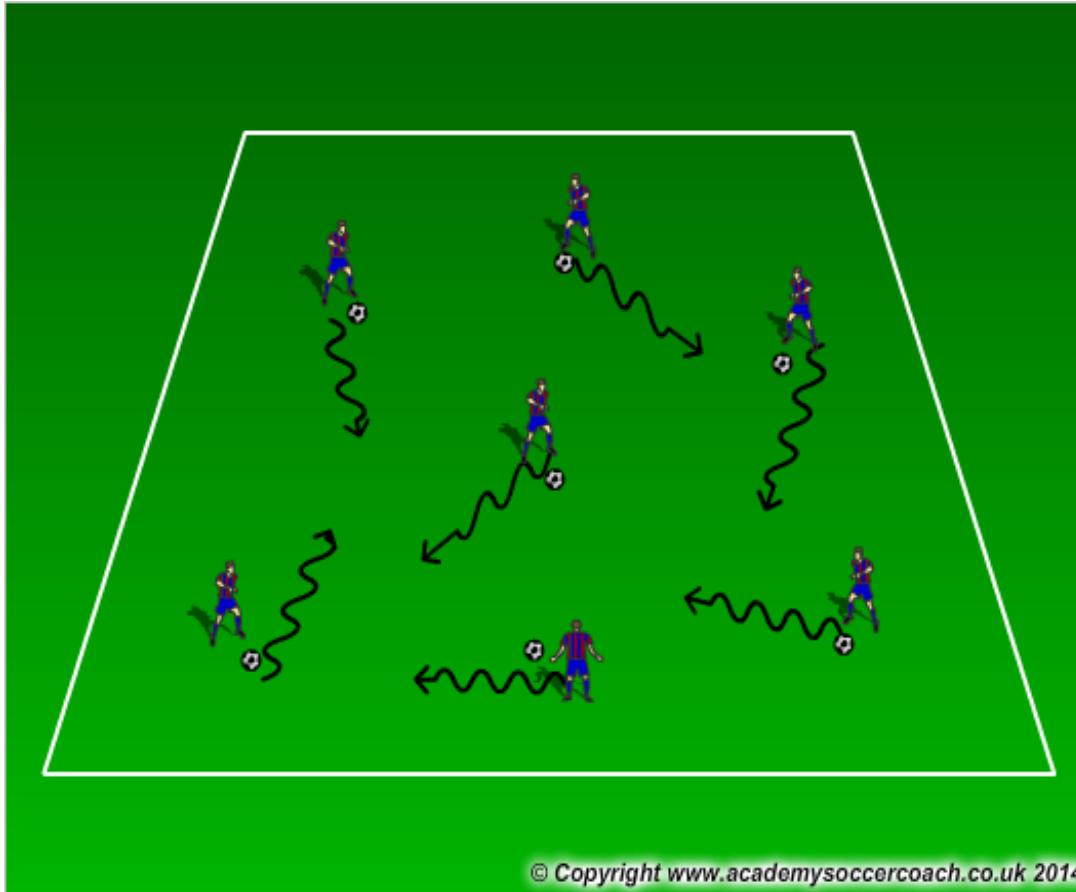
Area: 30 x 30 yards area. All players with a ball.

Description: All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

Progression:

Coaching Points: Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake

DRIBBLING: BASIC TECHNIQUE



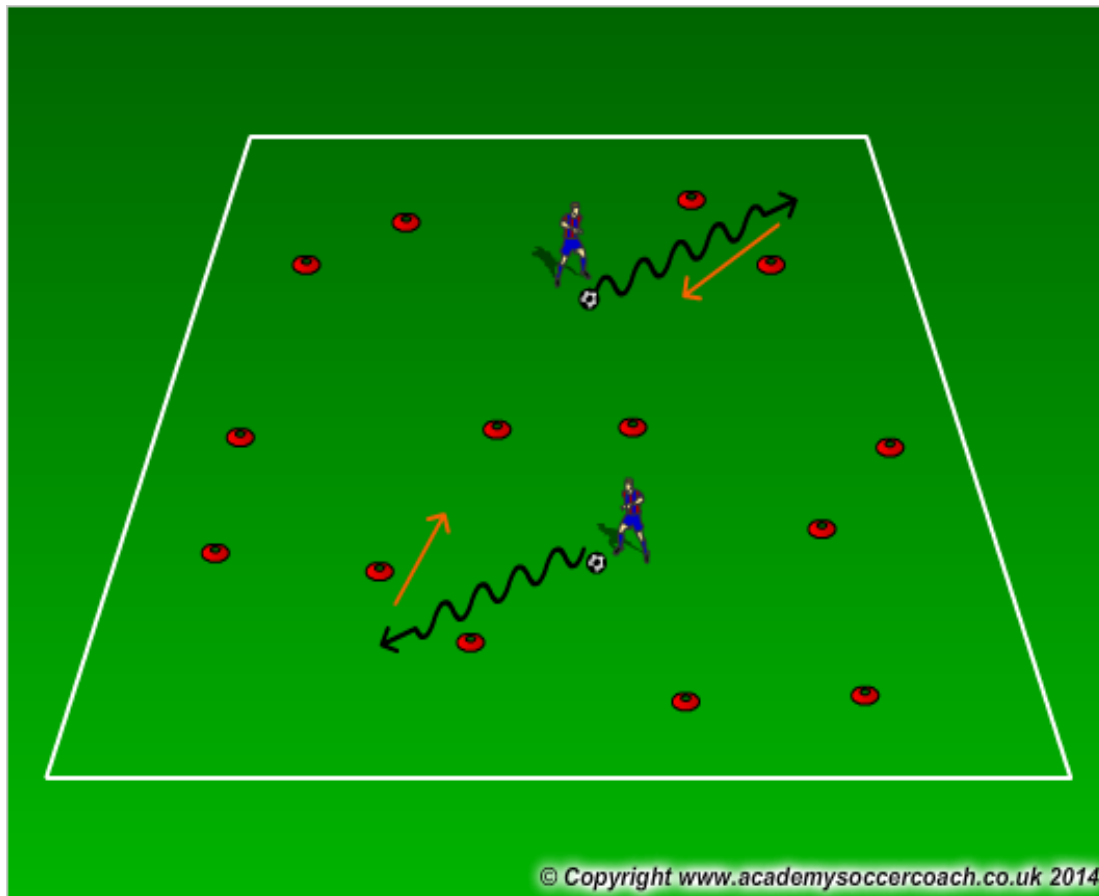
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Set-up: 30 x 30 yard area. Players working individually with 1 ball per player.

Description: Coach leading the activity calling out different dribbling surfaces and coordination activities with the ball (toe taps, tic tock, zig zags etc).

Coaching Points: Correct dribbling technique, dependent on the surface of the foot being used: inside and outside (one in/one out)

DRIBBLING: GATES



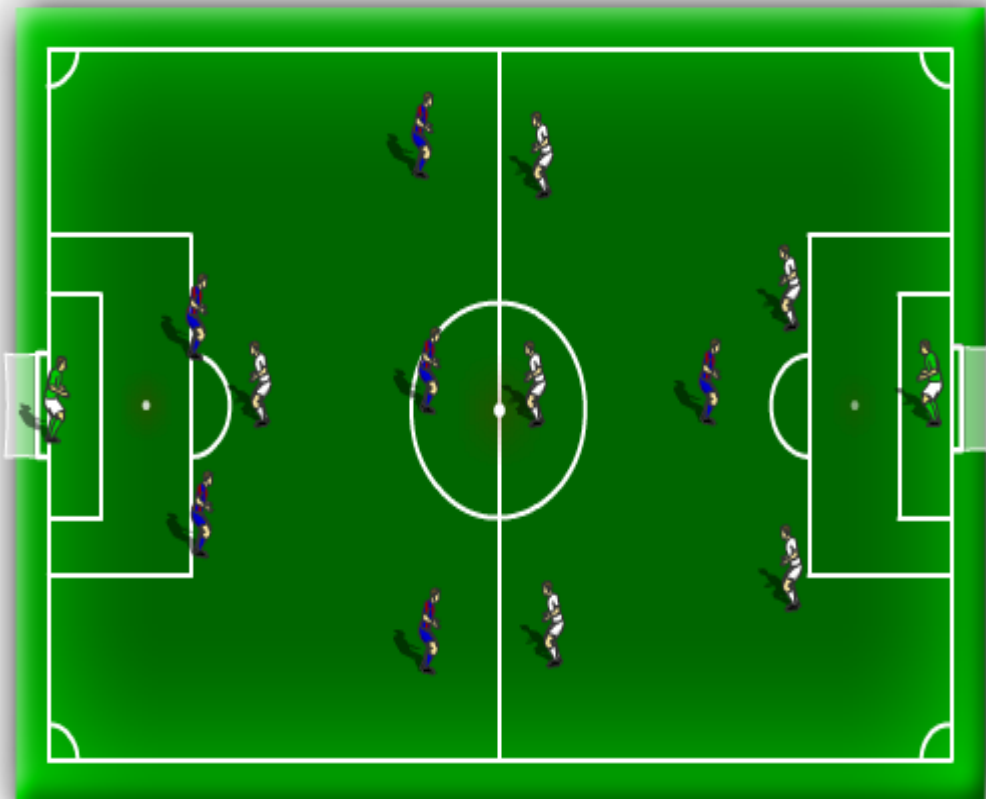
Set-up: Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

Coaching Points: Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Dribbling under control, dribbling with inside and outside of the foot.

Progression: Add neutral players or target players, dependent on the number of players available.