

Session plan

Tyngsboro

U10+ *clinic*

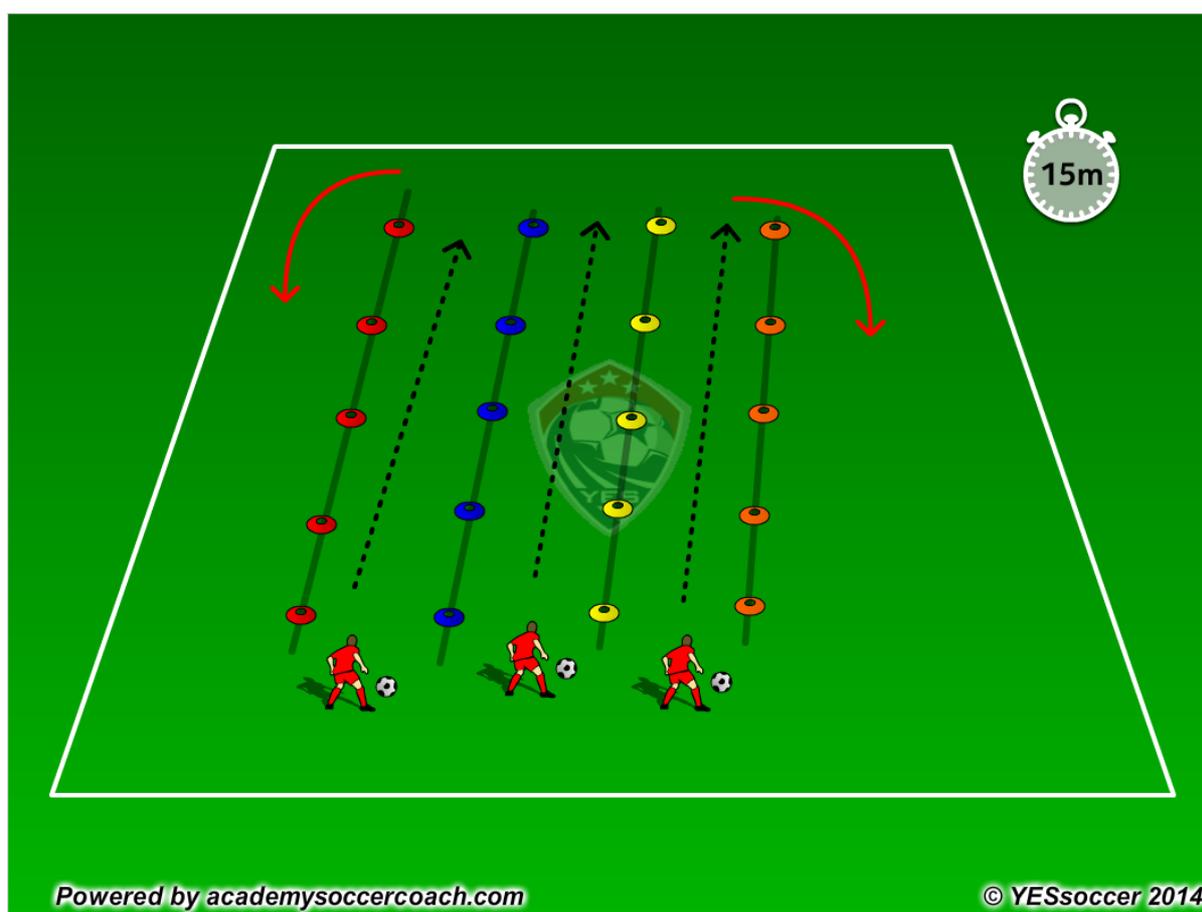
9.24.2014, 17:30 - 19:00



*This session was based in improving dribbling skills.
We divided the kids by age in 3 groups. 20 kids participated.*

#1: Technical warm-up drill with lines

We set up a number of lines with cones in a small area like in the graphic below. The players dribble straight between the lines performing various technical actions. To dribble well players must be on their toes and take a small touch every step. Its important to use both feet and also be aware of the surroundings while focusing on the ball. This is a technical drill, so at the beginning speed is not important.



Moves to practice

- 1: inside outside dribble <https://www.youtube.com/watch?v=WS0BhRvcYrM>
- 2: inside outside both feet <https://www.youtube.com/watch?v=CQETxp5eOw>
- 3: roll scissors dribble https://www.youtube.com/watch?v=B_ZdJ2BocFk

Aspects to observe

- Touch the ball with each step
- Good side touch with the outside foot

#2: Technical drill with 5 cones

We set up 5 cones in a small area like in the graphic below. The players dribble to each cone and perform various technical skills. To dribble well players must be on their toes and take a small touch every step. Its important to use both feet and also be aware of the surroundings while focusing on the ball. Each cone represents also a defender, so players make moves at each cone.



Moves to practice

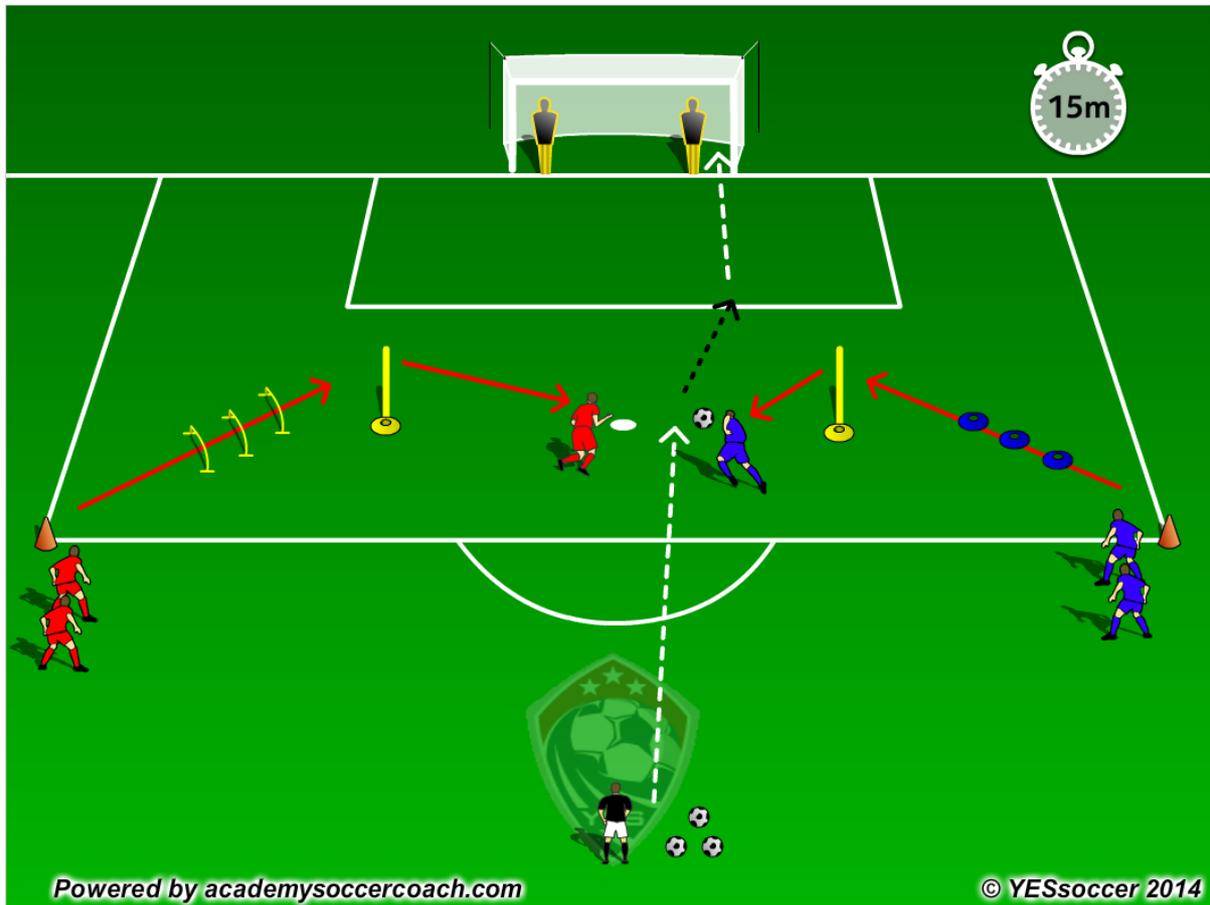
- 1: side step https://www.youtube.com/watch?v=yFjOSZMKB-c&list=UUQnPQTJxSG8C91_3yG_ZzZA
- 2: step-over <https://www.youtube.com/watch?v=kHTf8HTkHfc>
- 3: double scissors <https://www.youtube.com/watch?v=bPfKFO2JtQU>

Aspects to observe

- Use outside and inside of both feet
- Touch the ball with each step
- Change the pace: slow down to 1v1 the break
- Dribble up close to the cones
- Awareness

#3: 1v1 with coordination and finishing

We have 2 teams, each team with 3-4 players. Starting positions are the orange cones. On the coaches signal 1 player from each team runs through the coordination obstacles, then turns around the yellow stick, running for the ball passed in by the coach. The faster player gets the ball and tries to score into the corner of the goal, avoiding the obstacles. If the players are similar speed, than a 1v1 situation is to be resolved before finishing. Players use dribbling speed and fakes to get into good shooting position.



Aspects to observe

- Use various starting position
- Speed of reaction
- Balance through the coordination part
- Add jumps, turns, changes of direction
- Adjust length and frequency for the footwork part

Use ladder, start with linear drills: <https://www.youtube.com/watch?v=KYJX0Wt6OdM>

#4: 3v3 on 4 wide goals

We have 2 teams, each team with 3 players, playing a 3v3 small sided game. Each team defends 2 small goals and can score into the opposite 2 small goals. Finishing is only allowed in the final third of the pitch.



Aspects to observe

Which of the 2 goals is the best one to attack and switching play

Peripheral vision to see the whole situation

Run with the ball if there is space

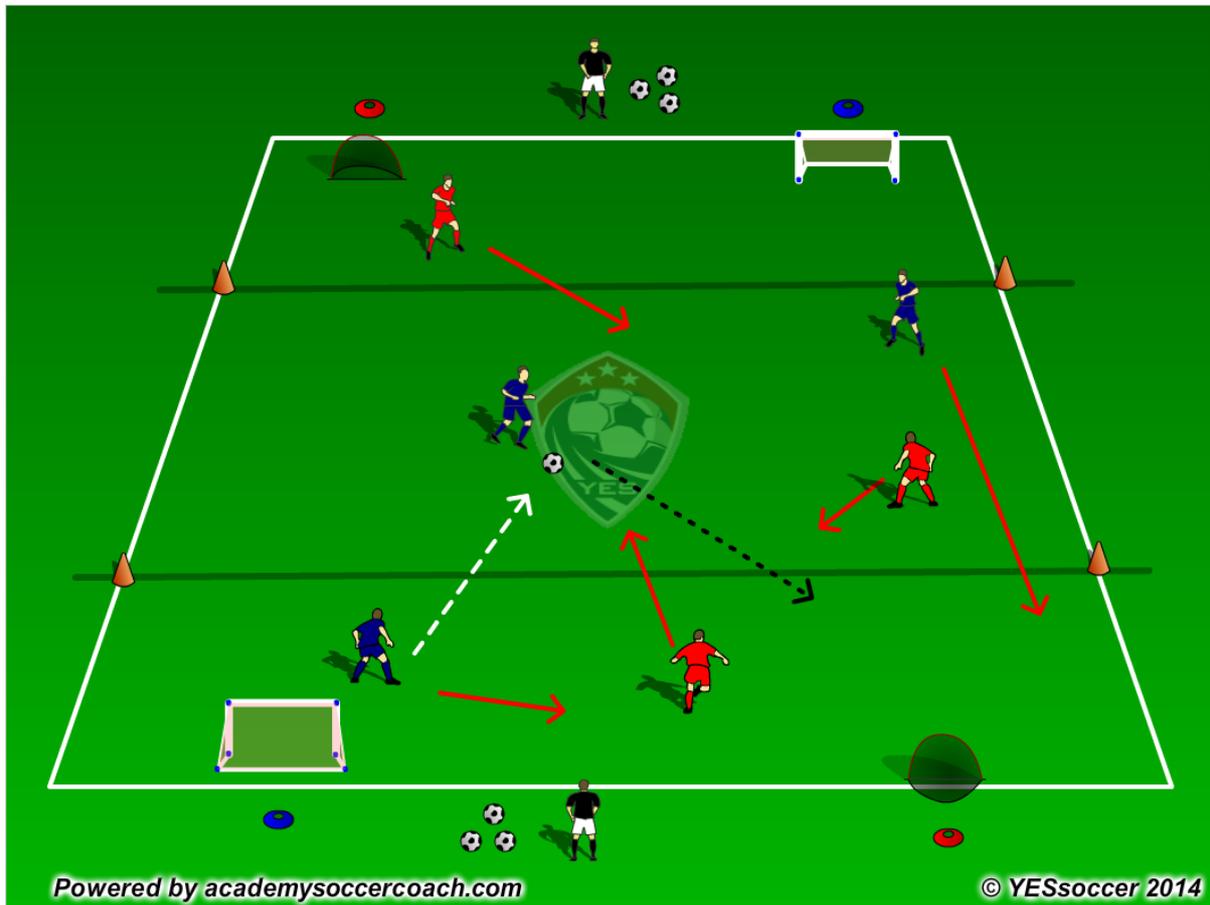
Passing when 2v1

Attract opponents and free teammates with dribbling

Video: <https://www.youtube.com/watch?v=4e1v8oolim8>

#5: 3v3 on 4 diagonal goals

We have 2 teams, each team with 3 players, playing a 3v3 small sided game. Each team defends 2 small goals and can score into the opposite 2 small goals. The goals are positioned diagonally. Finishing is only allowed in the final third of the pitch.



Aspects to observe

- Which of the 2 goals is the best one to attack and switching play
- Peripheral vision to see the whole situation
- Run with the ball if there is space
- Attract opponents and free teammates with dribbling
- Diagonal positions for passing