



**SESSION PLAN**

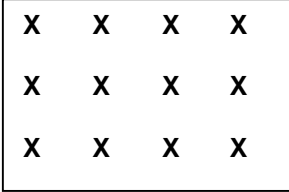
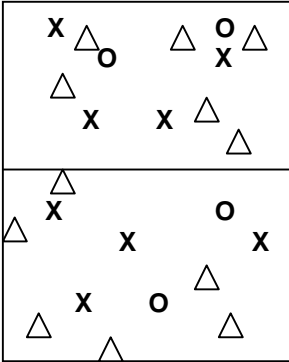
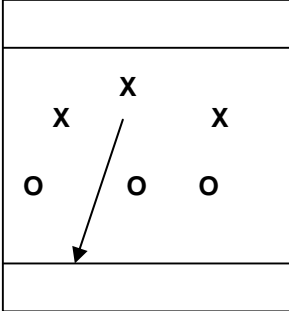
**Session Title**

**U 7 Dribbling**

**Objectives**

**To Penetrate when possible**

**To Develop Awareness**

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Ball each dribbling around the area. Use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot dribbling.</p> <p><b>Elite Feet Move: Stop and Go</b></p> <p><b>2. Technical Practice</b></p> <p>X's dribble in the designated area (small). O's do not have a ball but aim to touch as many balls in their half as possible in one minute. Switch roles after thirty seconds. Ensure sufficient rest.</p> <p><i>Scoring: Player in possession loses one of ten lives each time their ball is touched by an opponent or if the ball goes out of the area</i></p> <p><b>Progression:</b> Defenders can steal the ball thus making the game continuous</p> <p><b>Progression 2:</b> As above but 3X's and 3O's in each half. Score by dribbling their ball through any of the goals.</p> <p><b>3. Skill Practice</b></p> <p>Team X starts with ball and attempts to dribble ball into opposition End zone where ball is left. If O's steal ball then he /she dribbles to X's End zone. One or two balls can be used. The scoring player must retreat to the halfway line before becoming 'active' again. No defensive player is allowed to recover into End zone</p> <p><b>4. Regular Scrimmage</b></p> <p>No more than 4 v 4 (+GK's)</p>	  		<p>Close control of ball Use inside / outside of foot and laces to dribble</p> <p>Keep head up</p> <p>Keep ball close 'Feel the ball and see the field'</p> <p>Accelerate into space Awareness of other players</p> <p>Awareness of opponents</p> <p>Attack space.</p> <p>Positive and aggressive attitude in order to penetrate.</p> <p>On gaining possession attack before opponents can get in position.</p>