



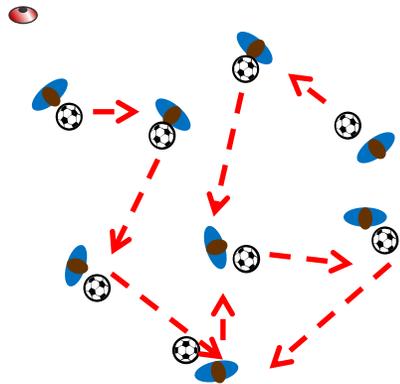
COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 2 – CLOSE CONTROL DRIBBLING

SESSION OVERVIEW

Close Control Dribbling

Phase 1

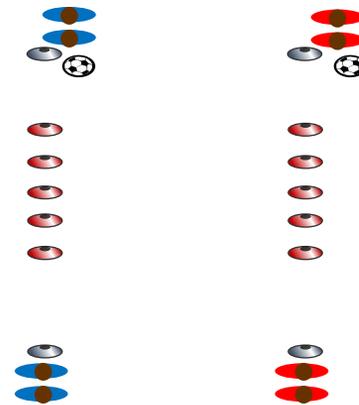


Description: Each player has a ball and must attempt to take another player whilst avoiding being tagged themselves.

Progression:

- 1- Make it a competition, how many times can you tag someone. Play for 90 seconds.
- 2- Still a competition, How many times can you tag someone minus how many time you got tagged. Play for 90 seconds.

Phase 2

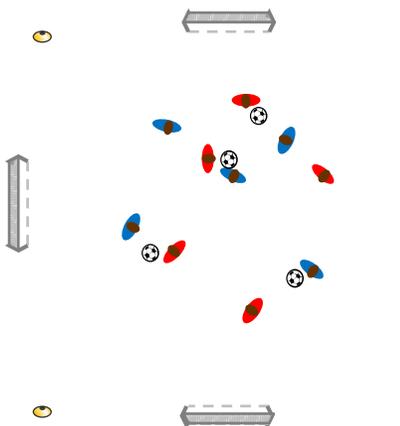


Description: Players are separated into teams of 3 or 4. Each team has their own grid as shown. Players must dribble through the red cones and join their team mates at the other side. On arrival the ball switches players and the teammate dribbles back up through the red cones and so on.

Progression:

- 1- Make it a team competition, the first team to get all the players to complete 1 run wins.
- 2- Use other foot (practice then make it a competition)

Phase 3

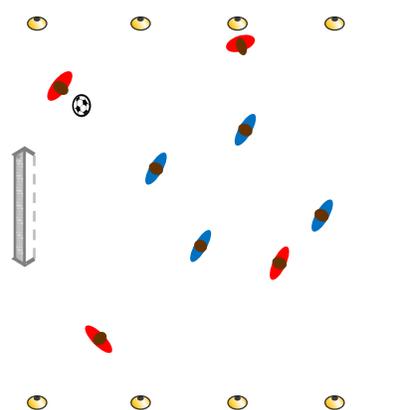


Description: Separate the team into 2 teams. Each team will begin with 2 balls each. The teams must try to score in any of the 4 goals. As soon as they score they must leave their ball in the net and hunt for a different ball. The players without a ball must try to take one off an opponent or take one of the balls that have been scored of the net.

Progression:

- 1- Increase or reduce the number of balls to make it easier or more challenging.

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

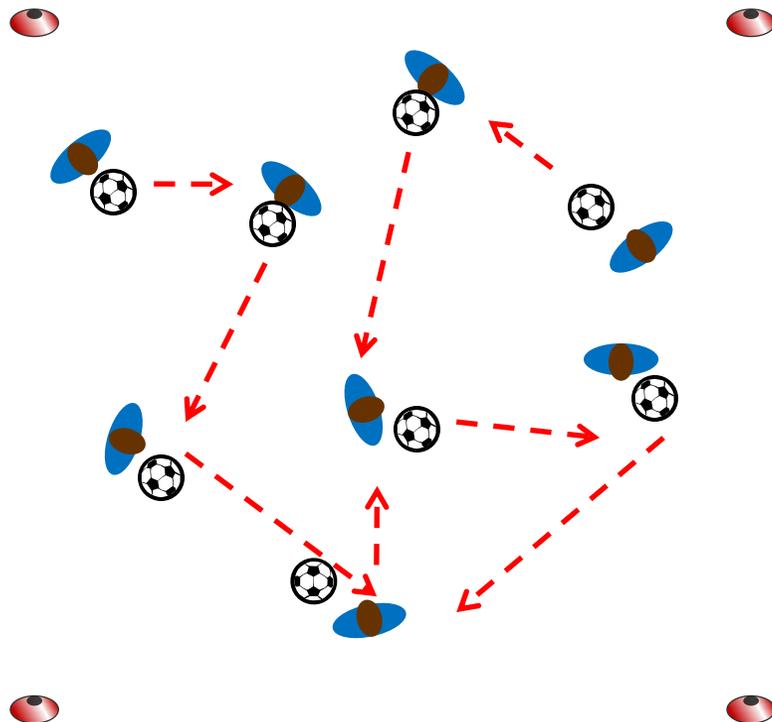
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



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|----------------------|----------------------------|
| Session Topic | <i>Tag Count</i> |
| Session Phase | <i>1 – Related Warm-Up</i> |



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player has a ball and must attempt to take another player whilst avoiding being tagged themselves.

Progression:

1- Make it a competition, how many times can you tag someone. Play for 90 seconds.

2- Still a competition, How many times can you tag someone minus how many time you got tagged. Play for 90 seconds.

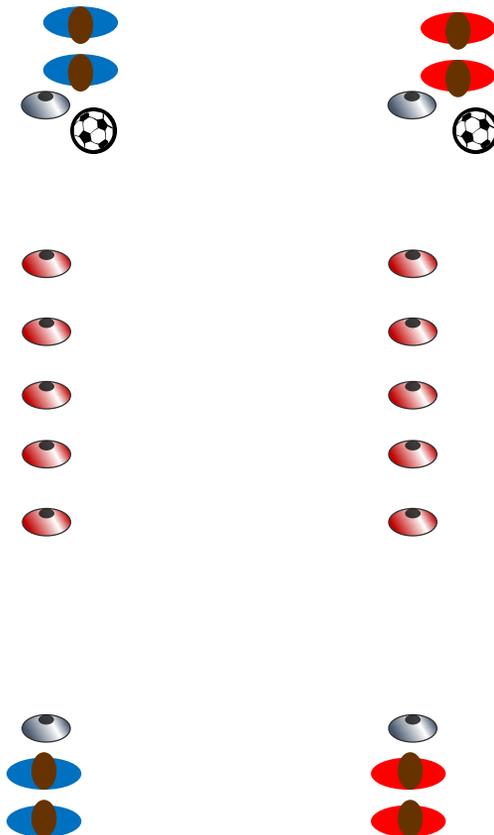
Coaches Phrases:

1- Keep the ball close – take care of it.

2- What can you see? – Look up so you don't get caught!



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|----------------------|----------------------------|
| Session Topic | <i>Relay Race</i> |
| Session Phase | <i>1 – Related Warm-Up</i> |



Area: 2 blue cones 10 yards apart with 5 red cones in between, create 2 or 3.

Equipment: 4 blue and 10 red cones, 1 ball per grid.

Description: Players are separated into teams of 3 or 4. Each team has their own grid as shown. Players must dribble through the red cones and join their teammates at the other side. On arrival the ball switches players and the team mate dribbles back up through the red cones and so on.

Progression:

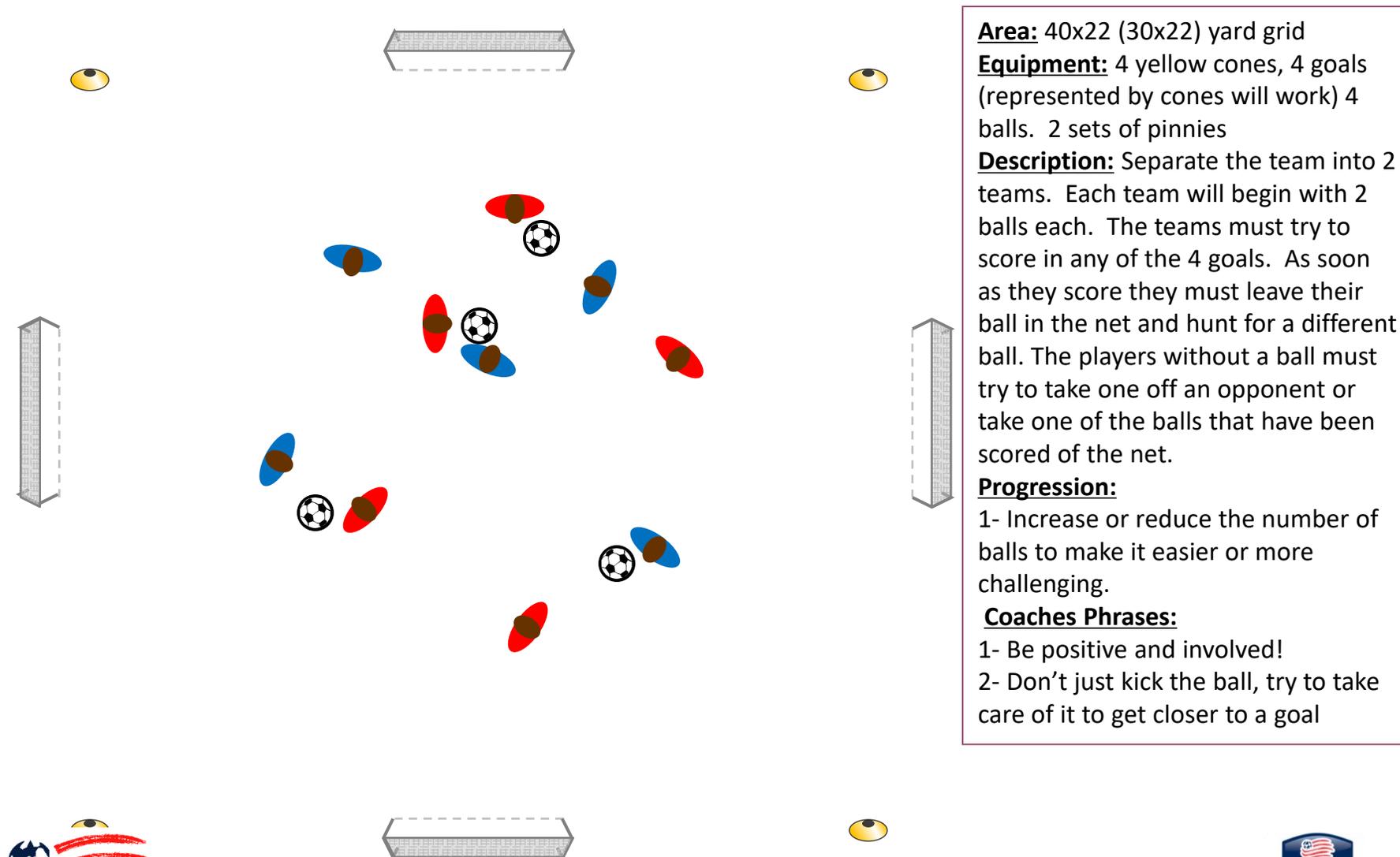
- 1- Make it a team competition, the first team to get all the players to complete 1 run wins.
- 2- Use other foot (practice then make it a competition)

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Avoid the cones



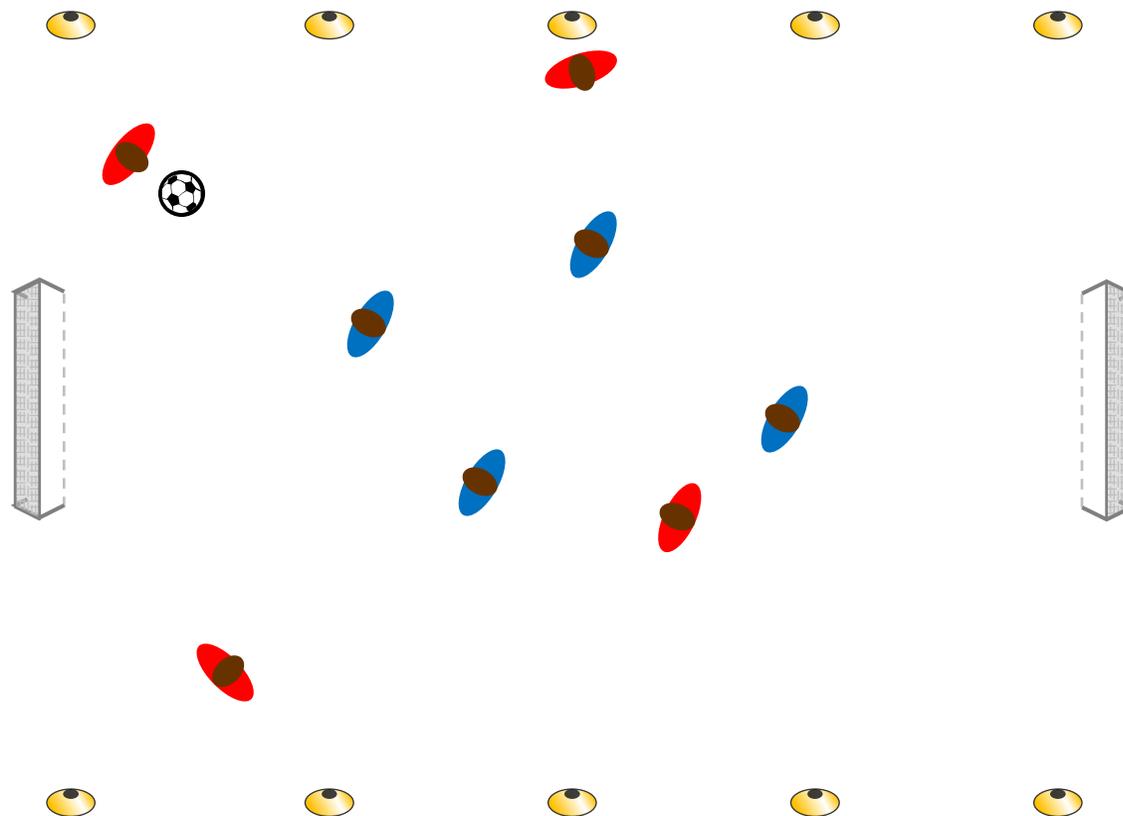
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|----------------------|----------------------------|
| Session Topic | <i>Multi Ball</i> |
| Session Phase | <i>1 – Related Warm-Up</i> |



Area: 40x22 (30x22) yard grid
Equipment: 4 yellow cones, 4 goals (represented by cones will work) 4 balls. 2 sets of pinnies
Description: Separate the team into 2 teams. Each team will begin with 2 balls each. The teams must try to score in any of the 4 goals. As soon as they score they must leave their ball in the net and hunt for a different ball. The players without a ball must try to take one off an opponent or take one of the balls that have been scored of the net.
Progression:
 1- Increase or reduce the number of balls to make it easier or more challenging.
Coaches Phrases:
 1- Be positive and involved!
 2- Don't just kick the ball, try to take care of it to get closer to a goal



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|---------------|--------------|
| Session Topic | 3v3/4v4 Game |
| Session Phase | 4 - Game |



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!

