

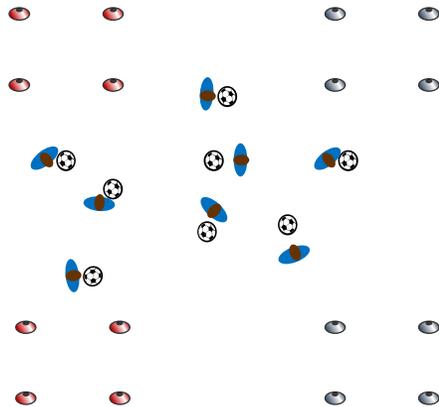


**COACHING BEGINNERS
DEVELOPMENT PROGRAM
SESSION 3 – SPEED DRIBBLING**

SESSION OVERVIEW

Speed Dribble

Phase 1

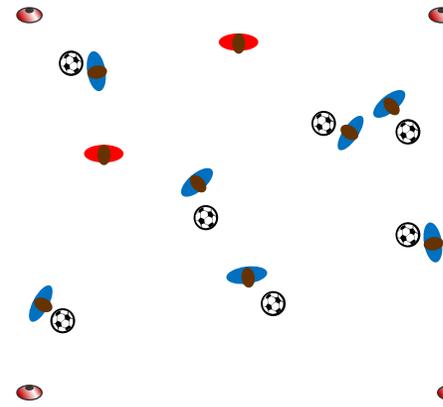


Description: Each box within the grid is named after a different cartoon and allow the players to decide. All players must dribble the ball under control until the coach shouts the name of a cartoon “Sponge Bob!”, all the players must speed dribble to that box.

Progression:

- 1- Players should perform toe taps or tick tocks while in the box.
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Phase 2

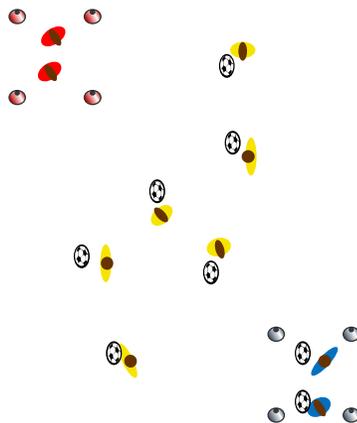


Description: Designate 2-3 catchers, these catches will hold on to a pinnie “the flag”. Everyone else is a player with a ball. When the game begins, these catchers must try to tag a player, when caught, the player must give the catcher their ball and take the pinnie... they are now the catcher.

Progression:

- 1- The catcher must now also have a ball
- 2- Make the grid larger or smaller to make it easier for the dribbler or harder.

Phase 3

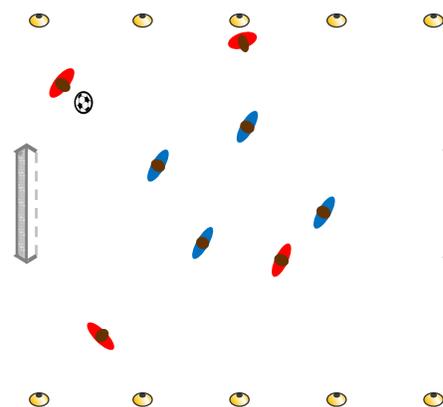


Description: Designate 2 robbers (no ball) , 2 cops , and the rest are players . The robbers job is to steal the players balls. As soon as a robber touches a ball, that player is frozen and must stand with their legs open and the robber will take that ball back to the red safe house. The cops role is to save the players from all getting caught and catch the robbers. A cop can pass their ball through a frozen players legs to save them, the player can then go and retrieve their ball from the red safe house. If a cop tags a robber they must go to the blue jail. The robber can be saved by another robber tagging them. If all the players lose their ball the robbers win. If all the robbers a caught and go to jail the cops win.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t get caught or to chase the robbers or to save a player.

Phase 4



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

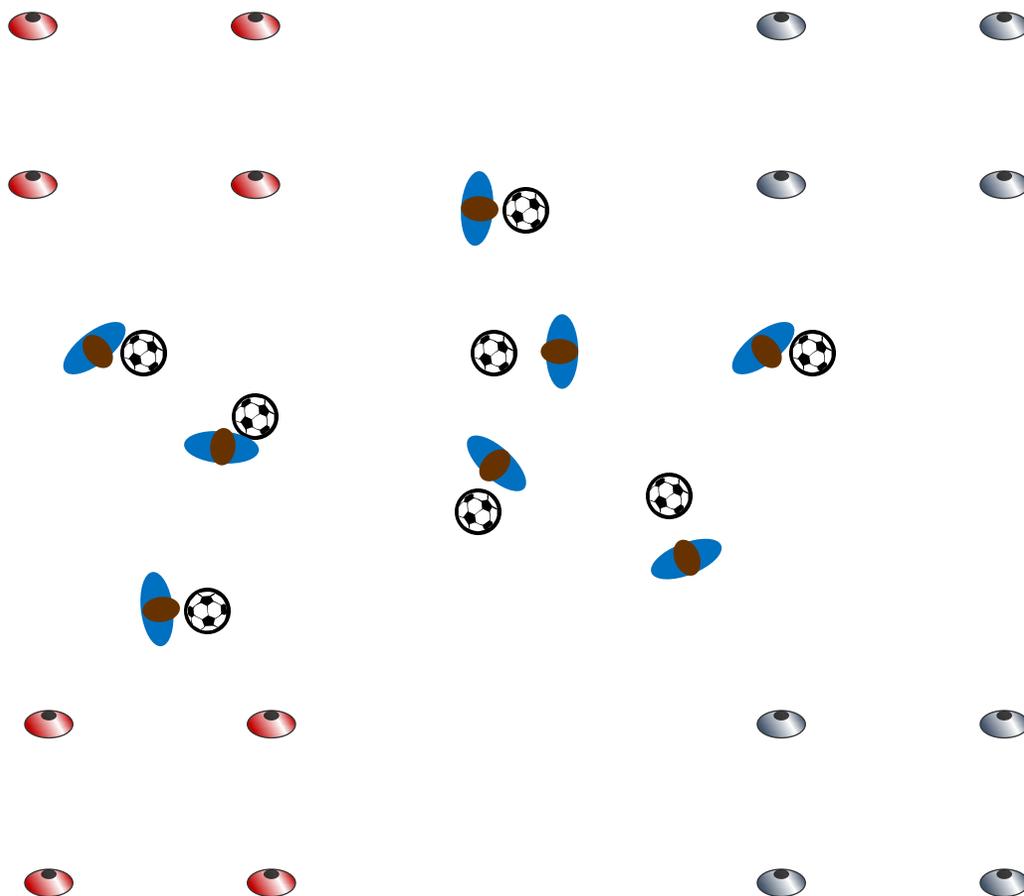
Coaches Phrases:

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

Cheer when the opposition score!



Session Topic	<i>Cartoons</i>
Session Phase	<i>1 – Related Warm-Up</i>



Area: 16x16 yard grid with 4 5x5 boxes in each corner.

Equipment: 8 red and 8 blue cones, 1 ball each.

Description: Each box within the grid is named after a different cartoon and allow the players to decide. All players must dribble the ball under control until the coach shouts the name of a cartoon “Sponge Bob!”, all the players must speed dribble to that box.

Progression:

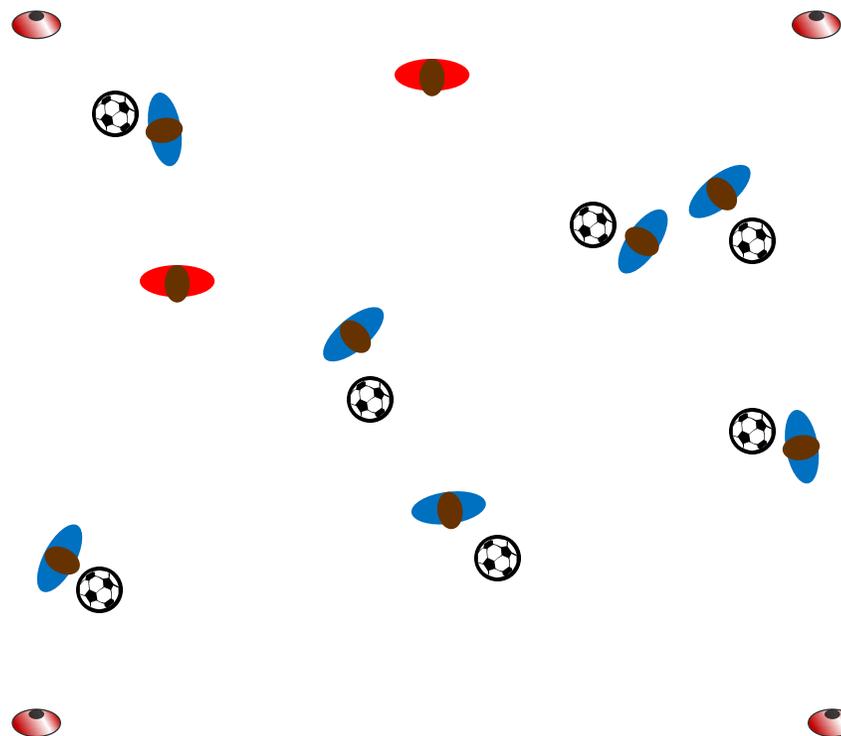
- 1- Players should perform toe taps or tick tocks while in the box.
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t crash!



Session Topic	<i>Flag Tag</i>
Session Phase	<i>2 – Low Pressure</i>



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each, pinnies.

Description: Designate 2-3 catchers, these catches will hold on to a pinnie “the flag”. Everyone else is a player with a ball. When the game begins, these catchers must try to tag a player, when caught, the player must give the catcher their ball and take the pinnie... they are now the catcher.

Progression:

- 1- The catcher must now also have a ball
- 2- Make the grid larger or smaller to make it easier for the dribbler or harder.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Don’t get caught!



Session Topic	<i>Cops and Robbers</i>
Session Phase	<i>1 – Related Warm-Up</i>



Area: 16x16 yard grid

Equipment: 4 red and 4 blue cones, 1 ball each, 3 colors of pinnies

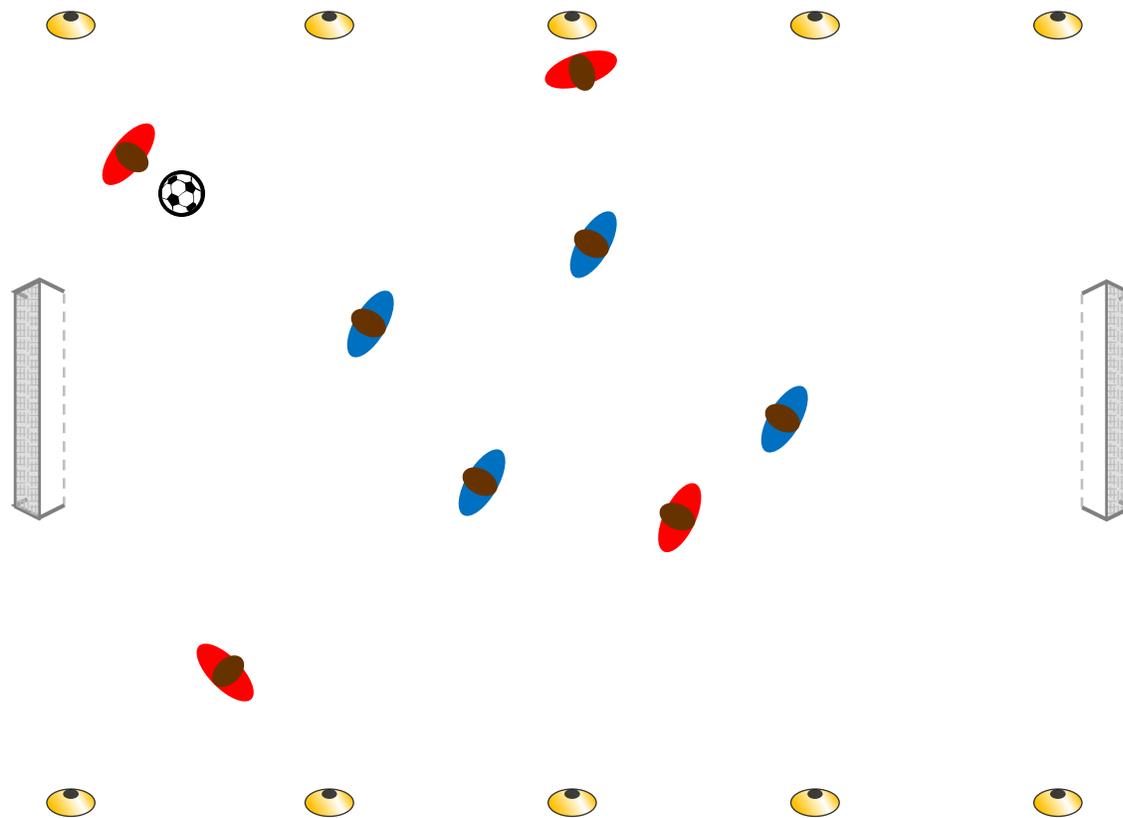
Description: Designate 2 robbers (no ball) , 2 cops , and the rest are players . The robbers job is to steal the players balls. As soon as a robber touches a ball, that player is frozen and must stand with their legs open and the robber will take that ball back to the red safe house. The cops role is to save the players from all getting caught and catch the robbers. A cop can pass their ball through a frozen players legs to save them, the player can then go and retrieve their ball from the red safe house. If a cop tags a robber they must go to the blue jail. The robber can be saved by another robber tagging them. If all the players lose their ball the robbers win. If all the robbers a caught and go to jail the cops win.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don't get caught or to chase the robbers or to save a player.



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!

